I’m 15 and I have a simple reason to abstain from Social Media...
"simply put, I don’t want to have that pressure to be fake".
This excellent article in dailylife.com.au, written by a 15 year old who has made a significant decision, touches on the reason why she is refusing to be part of the social media hype.


... and talk to your child about how they make sense of the article.

The Anti-Social Network was written, directed and produced by Shae-Lee Shackleford. She created the film to be a humorous observation of the social media driven world we live in. The film is aimed to 'poke' fun at is the obsession we have with online interaction, sometimes to the detriment of our real everyday lives and relationships

https://www.youtube.com/watch?v=e0H6AzEMHSc

Media Issues

A series of cyber safety facts sheets:

Cyberbullying Fact Sheet #1
Cyberbullying can be described as any harassment, insults and humiliation that occurs through the electronic mediums such as email, mobile phones, social networking sites, instant messaging programs, chat rooms, web-sites and through the playing of online games.

Cyberbullying Fact Sheet #2
What are the signs that your child may be the victim of cyberbullying, and more importantly, what can I do if this is the case?

Internet safety tips for teachers, parents and carers

Online Grooming
Online grooming is conducted in a similar fashion to grooming in the real world and is often a preliminary step to procuring, where the adult through the words and actions attempt to loosen the child’s inhibitions regarding sexual activity or heighten their curiosity by sending pornographic material or talking about sexual matters. The aim of the predator is to eventually meet the child in person for the purposes of sexual activity.

Sexting: Sending a 'sexy text' or a posting a 'naked selfie'?
Sexting, is the act of sending sexually explicit messages or photos electronically, primarily between
mobile phones, but can include internet applications such as MSN, email, or social networking sites.

What is Problematic Internet Use?
Problematic Internet addiction or excessive Internet use is characterized by excessive or poorly controlled preoccupations, urges, or behaviours regarding computer use and Internet access that lead to impairment or distress.


A copy of the book “Sexts, texts and selfies” is available for parent borrowing from the Senior Campus parent library.

Parenting

Helping Girls Cope with Bullying and Frenemies
What to do when friendship is used as a weapon.

This is an excellent article on helping young people become resilient in their relationships. The author Signe Whitson identifies various helpful responses to bullying...
- Identify it
- Learn how to be angry
- Embracing emotion
- Clarifying what is important


Schoolies

Yes it happens. Here are some websites that can help prepare you to talk with your child about schoolies.


Building Resilience

Resilience is a part of the psychological immunity system. As parents promote a growth mindset within their children, they are actually helping a child develop internal strength for whatever the future holds. It is never too early to begin. The following article, from afineparent.com talks about 4 steps that can cultivate a growth mindset in your child...
1. Learn to hear your fixed mindset “voice”.
2. Recognise that you have a choice.
3. Talk back to it with a growth mindset voice.
4. Take the growth mindset action.


A brief article by Jill Weber about how to switch into a positive state of mind, in spite of life’s hardships

https://www.psychologytoday.com/blog/having-sex-wanting-intimacy/201509/5-beliefs-radically-transform-unhappiness-wellbeing

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