



## Parent Tip Sheet 7. Health and Wellbeing

### The teenage years

The teenage years represent a transition from childhood to adulthood. With this comes many changes – changes to bodies, emotions, behaviours and attitudes.

Teachers and staff understand these changes and can provide information and support. Friendships developed during secondary school can provide peer support and help children develop social skills and self-esteem.

Making new friends and feeling comfortable are especially important when children start secondary school. It is important to remember, however, that your child's friendships may change as they develop a sense of themselves and make sense of the world around them. A child's relationship with their parents and family may similarly change.

Students adapt to adolescent life in different ways. If you feel that your child is having difficulties, it is important to discuss your concerns and ask for help if needed.



### Supporting your child's welfare

Parents have an important role in supporting their children's progress at school. It is also important to know that there are staff with specific roles to support student wellbeing and student learning available in schools.

### Student welfare coordinators

Secondary schools have student welfare coordinators who are responsible for helping students handle issues such as truancy, bullying and family conflict. They work with other welfare professionals and agencies to address student needs.

If you are concerned your child may be having difficulties at school, or they are at risk of disengagement, you should contact the school.

For more information, visit [www.education.vic.gov.au/student-support/supportinschools](http://www.education.vic.gov.au/student-support/supportinschools)