



schooltv.me™



Featuring
**Dr Michael
Carr-Gregg**



CONNECTING • INFORMING • EMPOWERING



Essential information for modern day parenting

SchoolTV offers parents a fresh approach to the growing issues and pressures faced by Australian youth. SchoolTV is a unique online resource delivering powerful and credible information to empower parents with the skills to address these issues and raise happy, well and resilient kids.

The purpose of SchoolTV is to provide a single resource for parents, about a specific topic, to streamline reputable information from leading specialists. Content is based around major topics of influence and are delivered via a series of videos presented by leading youth health specialist, Dr Michael Carr-Gregg.

SchoolTV is accessible via mobile, tablet and desktop and is designed especially for Australian schools.

SchoolTV will be presented as a monthly eNewsletter which will be emailed to you from your school and/or accessible via your school's website. Each month a new topic will be presented and introduced by Dr Michael Carr-Gregg.

Some topics will include:

- Youth Anxiety
- Depression
- Digital Reputation
- Screen Addiction
- Drug and Alcohol use
- Cyberbullying
- Social Networking
- Self-harm and Suicide

Credible and independent information presented by leading experts such as Professor Ian Hickie, Professor Pat McGorry and Dr Liz Scott.

Want to know more?

To discuss any issues relating to topics covered by SchoolTV, please contact your school counsellor.

To contact SchoolTV, email us at SchoolTV@ondigital.com.au

Snapshot of Young People in Australia

- 99% of young Australians are online
- 75% of parents feel digitally disconnected and concerned about their kids online*
- 1 in 7 children experienced a mental disorder**
- 1 in 3 girls and 25% of boys report being depressed***
- 10% of youth are self-harming*
- 15% of 16-17 year old girls have suicidal ideation, 1 in 13 actually attempted it.

* Young and Well CRC, 2015.

** The two-year survey of 6300 families - Mental Health of Children & Adolescence Report, 2015.

*** Resilient Youth Report, 2014.