



Welcome to **Seaview High School** Acquaintance Night



Welcome



Ms Mari Omand

Assistant Principal Wellbeing & Inclusion

Mr Darren Stewart

Assistant Principal Middle School



The Team Around the Child



What is 'The Team Around the Child?'

The team of adults who are here to support your young person at school

Why is this important?

- In Primary School students had 1 main teacher
- In High Schools, young people can have up to 8 different teachers so it can be more difficult as a family to know who to speak to & how to seek support
- The complexities of adolescence and life often increase so is the need for support can increase

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Wellbeing Purpose Statement



Our aim is to be working with young people to increase their independence skills so they can manage their own wellbeing needs.

Seaview High School provides short term intervention and referral service to its young people. Students receive a high-quality wellbeing service and are referred to appropriate external or internal services to meet their therapeutic needs when required.

Staying Connected with your Teen



The Great Adolescent Transformation



- Ages 13-16 = massive growth spurt!
- Height: Girls up to 24cm, Boys 27cm
- Brain: Logical thinking is really kicking in, but impulse control is still developing
- Social and Emotional changes: They're developing their sense of identity, navigating friendships, learning independence, and sometimes, challenging us at every opportunity!

Myths vs. Reality



There are lots of stories people hear about adolescence:

- They'll go off the rails
- They will binge drink
- Their behaviour will be appalling, and home life will be nothing but conflict.

Myth vs Reality



Research actually tells us the majority of teens don't engage in high-risk behaviour.

Most young people are responsible, thoughtful, and resilient—with some boundary-testing along the way.

Social media and even the news sometimes amplify the exceptions, not the rule.

Yes, this can feel challenging, but it is also a time of fun and growth - and can be a rewarding stage for parents too

Fact: Most adolescents are pretty sensible!

Key Factors for Success



Connection

- The quality of your relationship - with you, their peers, and positive adults at school - is key for wellbeing
- Your adolescent needs to feel they belong and are valued - at home, with friends, and at school

Moving from 'Manager' to 'Consultant'

- In childhood, parents play the “manager” role, directing most decisions. In adolescence, our role is shifting toward “consultant” - offering advice, guidance, and boundaries, but allowing them space to problem-solve, make mistakes, and learn
- Too much control or constant power struggles can lead to conflict; being available and supportive, while still holding the line on key boundaries, builds trust.



What might this look like?



- Sometimes you may hear grunts, shrugs, and one-word answers
- Young people will often overshare with friends and speak much less to parents/adults
- This is typical - keep being there for them
- As tempting as it is, avoid fixing everything straight away - validate their feelings before stepping in with solutions
- Deliver consequences when needed but keep the connection intact
- You can win the argument – or the relationship (tough call!)



Staying Connected - Top Tips



- Side-by-side chats:
(car rides, cooking, walk)
- Validate
(“That sounds rough...”) before fixing
- Boundaries + empathy
- Praise effort, not just results

Building Resilient and Mentally Healthy Teens



- A sense of belonging is crucial for all young people. That comes from family, friendships, school and the wider community.
- Normalise struggle - it happens to us all!
- Encourage and support healthy friendships - these are a major protective factor.
- Keep connections with extended family alive; positive relationships with other adults - such as trusted teachers and school staff - also matter.
- You are their 'wise guide' - they're still learning the map
- Here at Seaview, our 'Team Around the Child' Wellbeing, Inclusion and Culture teams are always available should you or your teen need further support.

Practical Tips for Everyday Connection



- Connection time:** Make time for low-pressure, side-by-side activities—driving together, cooking, a walk after dinner.
- Be available:** Even if they push you away sometimes, just being around matters.
- Digital boundaries:** Stick with reasonable tech and social media boundaries, and be open to conversations about their experiences online.
- Normalize struggle:** All teens (and parents!) have tough days—mid-year subject challenges, friendship bust-ups, or a difficult teacher. This is all normal. Your steady support helps them build lifelong resilience.
- Praise efforts, not outcomes:** Let them know you value who they are, not just what they achieve.



Thank you for your attendance

Remember - No one is a perfect parent!

That's ok! Just be present, keep your sense of humour, and trust in the process

We're here to support you and your young person



seaviewhs.sa.edu.au



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