PARENT & CARER ONLINE RESOURCES

Rockhampton State High School recognises that families play an important role in supporting young people's learning, wellbeing and development. The links on this page provide access to trusted information, practical strategies and community services for parents and carers. If you have concerns about your child's social, emotional or educational wellbeing, please contact the school and ask to speak with the Guidance Officer or Student Support/Wellbeing Team.

Supporting your teenager through secondary school

Parenting teenagers can bring many challenges and opportunities. The resources below provide trusted information and support to help families navigate young people's learning, wellbeing, relationships, health and development.

Mental health and emotional wellbeing

- headspace – Mental health, physical health, alcohol and other drug support, and work and study advice for young people aged 12–25.
- Kids Helpline – Free, confidential counselling for children and young people aged 5–25, including online chat. Phone 1800 55 1800.
- Beyond Blue – Information about anxiety, depression, mental health and supporting someone who is struggling.
- ReachOut – Practical information for parents supporting teenagers with mental health challenges.
- Parentline Queensland – Parenting support, counselling and advice for Queensland parents and carers. Phone 1300 30 1300.
- Raising Children Network – Evidence-based information about adolescent development, teenage mental health and parenting.

Online safety and cyberbullying

- eSafety Commissioner – Parents – Advice about cyberbullying, online abuse, image-based abuse, social media and reporting harmful content.
- ThinkUKnow Australia – Online child safety education, including online grooming, exploitation and staying safe online.
- Australian Federal Police – Information about online child safety and reporting concerning online activity.
- Australian Centre to Counter Child Exploitation – provides information, resources and support for parents, carers and the community to help protect children from online sexual exploitation, identify potential risks, report concerns and access advice on keeping children safe online.

Parenting teenagers and adolescent development

- Raising Children Network – Teen development, communication, behaviour, relationships and parenting strategies.
- Parentline Queensland – Support with parenting challenges, family conflict and communication.
- Triple P – Positive Parenting Program – Evidence-based strategies for managing behaviour, strengthening relationships and supporting family wellbeing.
- Emerging Minds – Resources to help parents support children's and young people's mental health and wellbeing.

Bullying, peer relationships and positive behaviour

- Bullying No Way – Information about bullying, recognising warning signs and responding to bullying behaviour.
- Queensland Department of Education – Bullying prevention – Queensland school information and support relating to bullying prevention.
- Respect.gov.au – Information about respectful relationships, consent, gender equality and preventing violence.

• ReachOut – Resources about friendships, social pressures, bullying, conflict and supporting teenagers.

Attendance, school engagement and learning

• Queensland Department of Education – Information about school attendance, student responsibilities, enrolment and education policies.
• Every Day Counts – Information about the importance of regular school attendance and strategies to improve attendance.
• Queensland Curriculum and Assessment Authority (QCAA) – Information about senior schooling, QCE, ATAR, subject selection, assessment and pathways.
• Queensland Tertiary Admissions Centre (QTAC) – Information about tertiary course applications, university entry and pathways.
• Australian Apprenticeships – Information about apprenticeships, traineeships and vocational career pathways.

Disability, neurodiversity and additional learning needs

• Raising Children Network – Autism – Information about autism, development, behaviour and family support.
• ADHD Australia – Information about ADHD, diagnosis, treatment, education and family support.
• Autism Queensland – Autism-specific services, resources, training and family support in Queensland.
• Parent to Parent Queensland – Support and connection for parents and carers of children with disability.
• National Disability Insurance Scheme (NDIS) – Information about eligibility, accessing supports and navigating the NDIS.
• Learning Difficulties Australia – Information about learning difficulties, literacy, numeracy and educational support.

Alcohol, drugs, vaping and adolescent health

• Alcohol and Drug Foundation – Information about alcohol, illicit drugs, vaping and supporting young people.
• Queensland Health – Alcohol and other drugs – Queensland health information and support relating to alcohol, tobacco and other drugs.
• Your Room – Easy-to-understand information about alcohol and other drugs for families and young people.
• True Relationships and Reproductive Health – Information about puberty, sexual health, consent, respectful relationships and reproductive health.
• Healthdirect Australia – Reliable health information about adolescent physical and mental health.

Family relationships and parenting support

• Family Relationships Online – Support with family relationships, separation, parenting arrangements and conflict.
• Relationships Australia Queensland – Family counselling, relationship support and parenting services.
• Emerging Minds – Resources to help parents support children's emotional wellbeing and mental health.
• Triple P – Positive Parenting Program – Parenting programs and practical strategies for supporting positive behaviour.

Crisis support and counselling services

• Kids Helpline – 1800 55 1800 – Free, confidential counselling for young people aged 5–25.
• Lifeline – 13 11 14 – 24-hour crisis support.
• headspace – 1800 650 890 – Mental health support for young people aged 12–25.
• 13YARN – 13 92 76 – 24/7 crisis support for Aboriginal and Torres Strait Islander people.
• Parentline Queensland – 1300 30 1300 – Confidential parenting support and counselling.
• Family and Child Connect – Help for families experiencing difficulties with parenting, relationships and family wellbeing.

Queensland Department of Education – useful parent links

• Information for parents – A starting point for families seeking information about student wellbeing.

• Bullying prevention and support – Information about bullying, working with schools and support for parents and the community.

• Cybersafety in Queensland schools – Departmental guidance about online safety and supporting young people online.

Important contacts

Emergency: Call 000 if someone is in immediate danger or requires urgent emergency assistance.

Kids Helpline: 1800 55 1800 | kidshelpline.com.au

Lifeline: 13 11 14 | lifeline.org.au

Parentline Queensland: 1300 30 1300 | parentline.com.au