

# Parent Webinar

Helping adolescents thrive through anxiety at school



## Parent learning opportunity

Please feel free to join us online for the following parent webinar.

**Topic:** Anxiety is a normal part of life but if left unmanaged, can impact learning and overall wellbeing in students. The webinar will be delivered by Karen Young, a psychologist. She will explore the different ways anxiety manifests at school and the unique parts of the adolescent experience that can fuel anxiety. She will examine anxious thoughts, feelings and behaviours in adolescents. Parents will gain a range of practical strategies to support adolescents through anxiety both in the short term and in the longer term, to strengthen resilience and courage.

*NB: This webinar forms part of a coordinated approach to address anxiety in students. On the same day (17<sup>th</sup> September), all students will be participating in a masterclass delivered by Karen, and in the afternoon, all Aurora staff will participate in a professional learning session also delivered by Karen.*

**Date:** Thursday 17<sup>th</sup> September, 2020

**Time:** 7:00 – 8:00pm

**Location:** Online via Adobe Connect.

**Cost:** Nil

**Registration:** Register online at <http://www.aurora.nsw.edu.au/parent-masterclass-registration/>  
Registrations close Monday 14th September.

**Location:** Webinar via Adobe Connect. Instructions for connecting to the masterclass will be provided 2- 3 days before the event

## About the presenter

Karen Young has worked as a psychologist in private practice and in educational and organisational settings. She has worked extensively with children, teens and families. Karen founded '[Hey Sigmund](#)' an online resource that provides contemporary, research driven information on anxiety. The website attracts millions of readers each year worldwide. Recently, she published '*Hey Warrior*', a book for kids to help them understand anxiety and find their 'brave'. The book has now been translated into a number of languages.



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## Setting up Adobe Connect

The session will be held via Adobe Connect. The information below will help with setting up if you are not familiar with Adobe Connect.

- You will need to perform all necessary setup in advance of your online session so that you have time to resolve any connection or access issues. The Adobe room will be opened 30 mins prior to commencing to allow time for set up.
- Test your computer prior to accessing your online room by going to the [Meeting Connection Diagnostic](#). Ensure you install any add-ins, if prompted to do so by the connection test.
- The following guide may also be useful [Quick Start Guide for Participants](#)

## Entering the Adobe room

To enter your online room, refer to the link provided. Enter by typing your Dept of Education ID@*detnsw* in the *Username* field and then your password in the *Password* field.

The first thing you should do when you enter the room is complete the Audio Setup Wizard. (Meeting drop-down menu -> Audio Setup Wizard).

For IT enquiries related to this event, please contact:

**Aurora IT Support Team**

Phone: 1300 610 733

## Further information

If you have any questions or require more information, please contact

**Kate Thompson**

Head Teacher, Teaching and Learning

Aurora College

Ph: 1300 287 629

Email: [kate.donnelly@det.nsw.edu.au](mailto:kate.donnelly@det.nsw.edu.au)