

**It's never been more challenging for parents to raise happy, healthy and resilient children.**

**Like never before, parents need to be informed with clear, fact-based information on the many challenges faced by today's youth. Topics such as youth anxiety, depression, self-harm, drug and alcohol use, cyberbullying and many others need clear explanation and guidance.**

**SchoolTV is a new ongoing resource that is now available to our parents. Each edition will address a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information.**

**You can access the SchoolTV archive here:**

**<http://stpatscooma.nsw.schooltv.me/>**

**Depression, Anxiety, Cyberbullying, Drugs, Alcohol...**  
**Some of the challenges faced by today's parents.**



**Essential Parenting Information and Advice**