



Starting High School

A free webinar for parents and carers to support their young person as they start high school.

FREE
EVENT!

6.30PM - 8.00PM

MONDAY 10 NOVEMBER

ZOOM (link provided after registration)

Learn strategies and skills to support your young person with experienced speakers from KYDS and Harrison Riedel Foundation.

This webinar will be looking at how as a parent or carer you can support your young person once they have started at high school and help them navigate all the different challenges the school year may bring.

Our presenters will take you through:

Understanding the challenges - Learn the most common concerns Year 6 students face when starting high school, from academic pressures to social change.

Practical strategies - Discover simple, effective ways to support your child, from building routines and organisation skills to fostering independence and resilience.

Focusing on wellbeing - Explore how relationships, balance, and open conversations can make a huge difference during this formative time.

Helpful resources - Get introduced to trusted tools and services, including Kids Helpline, Headspace, Lifeline, and the complimentary YourCrew App, with journaling, safety plans, and pathways to help.

Registrations are essential to access the zoom link.



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