



## WELLBEING MATTERS

Wellbeing Matters series has been launched with great success.

Last Thursday over 60 parents gathered to learn from Rev James Grady of The Frank Chat [www.frankchat.com.au](http://www.frankchat.com.au) on the topic of 'Porn-wise Parenting'.

James' presentation was very well received as he is extremely well researched and approaches this topic with a Christian framework, which reflects the values of the College, on this topic. We outline his key takeaway messages below:

- Establish Internal Boundaries (what are you willing to accept / tolerate in the home?)
- Establish External Boundaries (what physical parameters / technology settings can you promote with your child and the home?)
- Having meaningful conversations – be in regular conversations with your child about this and other issues (as age appropriate of course)
- Create a safe space for your child to be honest and open about this issue
- Look for signs of increased exposure – increased access to technology, high levels of distress when devices are unavailable etc.

Online pornography presents a number of challenges and risks to young people on several fronts. Research informs us that it is linked with depression and anxiety, and additionally, can have devastating impacts on relationships.

James dealt with the topic in a respectful and constructive way and parents who attended were able to receive a number of important strategies to help them deal with this issue positively with their children.

If you do have concerns around this issue and are in need of additional help, please don't hesitate to contact a member of the Wellbeing Team here at the College.

We thank all the parents for attending this important Wellbeing Matters event – please look out for the next one!

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