



Raising Girls

## RAISING GIRLS

**Raising girls in today's modern world can be a difficult path for parents and carers to navigate.**

These days, girls are transitioning to puberty a lot earlier than they used to and the physical, psychological and emotional changes they experience are challenging. As a result, by mid-adolescence, girls are twice as likely to develop mood disorders more so than boys.

Some parents and carers may feel uncertain about how best to support their daughter through the ups and downs of adolescence and how to keep the lines of communication open. With the rise of social media and technology, mental health difficulties in girls are increasing as often they are faced with online images that make it difficult to see themselves as acceptable. Ensuring a daughter's opinions are heard and her views listened to, will go a long way towards making her feel loved and supported as she tries to establish her own identity.

In this edition of SchoolTV, adult carers will attain a clearer picture of what girls are wanting from their adult carers and how best to support them through adolescence. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

**You may also want to explore the resources in this edition:**

Here is the link to this month's edition <https://thac.nsw.schooltv.me/newsletter/raising-girls>

and you may also benefit from checking out the resources linked to this edition:

<https://thac.nsw.schooltv.me/newsletter-resources/9479/4639>

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*Source: SchoolTV*

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