



St Leonard's College
An education for life.

Term 4 2025 Parent Program

Platform	Year Level	How to Access	Content
Black Dog Institute	Years 5 to 12	Register for the webinars via the link below https://www.blackdoginstitute.org.au/education-services/schools/parents/	Insightful and empowering webinar focused on providing strategies and resources to help you in supporting your teen. Delivered by a Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter, they will explore: • How to make sense of adolescence • Identify signs of mental health struggles • Understand how to support your teen • Know where you and your teen can get support This webinar is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care. • 9, 20 and 30 October – 7.00pm • 12 and 27 November – 7.00pm • 10 December – 7.00pm
CyberSafety Project	Years 5 to 9	Register for sessions via the link below https://cybersafetyproject.com/parents2025/	• Thursday 23 October – 7.30pm Safe Gaming for Kids: Building Boundaries for Positive Play • Tuesday 18 November – 7.00pm Social Media Reset for Under 16s Live Online Available Recordings • Cyberbullying Uncovered: Empowering Parents to Protect Kids' Wellbeing • AI Deepfakes and Misinformation: Understanding AI's impact on Your Kids • Online Safety Essentials: Keeping Your Kids Safe in the Digital World



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Elevate Education	Years 7 to 12	Register for webinars directly through the Elevate Education website https://go.elevateeducation.com/auschoolwebinars	• 29 October - 6.30pm-7.30pm – How You Can Help Your Child Manage Their Time • 12 November - 6.30pm -7.30pm – How to Help Your Child Alleviate Stress • 26 November - 6.30pm -7.30pm – How You Can Build Resilience in Your Child • 10 December - 6.30pm-7.30pm – How You Can Set Your Child Up for Success
eSafety Commissioner	ELC to Year 12	Register for webinars directly through the eSafety commissioner website https://www.esafety.gov.au/parents/webinars	The eSafety commissioner releases a number of 45-minute parent seminars across the year about online topics. They are free to register and are delivered across a range of different timeslots for parents and guardians. Suitable for parents and carers of upper primary and high school students. • 15 October - 3.30pm – Algorithms and adolescents: The rewards and risks of recommender systems for young people • 21 October - 12.00pm – AI-assisted image-based abuse: Navigating the deepfake threat • 29 October - 12.30pm – The changing face of cyberbullying: Protecting your child in 2025 • 6 November - 12.30pm – Understanding and using parental controls to help protect your child online • 18 November - 12.30pm – Supporting healthy tech use as your child transitions into secondary school



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KidsROAR	ELC	Visit the KidsROAR website for further information https://www.roaraustralia.edu.au/kids-roar/	KidsROAR is committed to the prevention of abuse of children through education on Personal Safety. Their programs are based on Protective Behaviours Themes: We all have the right to feel safe at all times and “We can talk to someone we trust about anything, no matter what it is”. Every child has the right to feel safe at all times. This parent session will run online on Tuesday 14 October at 8.00pm. The link has been emailed to all ELC families. The children’s workshops will run on Monday 20 October.
SchoolTV	ELC to Year 12	Access STL SchoolTV via the Parenting Resources Centre https://stleonards.vic.schooltv.me/	SchoolTV is a resource which contains videos and resources from a wide range of experts on topics relevant to youth. As an STL parent you have access to this throughout your time at the College. Term 4 Topics: • Transitions • Mental Health • Social Media • Digital Wellbeing
Step Into Year 7 and The Final Word	Years 7 to 9	Access the series via the Parenting Resources Centre https://learn.stleonards.vic.edu.au/parents/step-into-7/	For parents of Year 7 students, this three part series covers important information about your child’s transition into Year 7 at St Leonard’s College. Navigating the Digital Transition to Secondary School Monday 10 November Parents are invited to join our Navigating the Digital Transition to Secondary School information session to understand the key challenges and trends their child may face online. Parents will gain practical tips, explore essential themes for safe online behaviour, and learn conversation starters to help support their child’s responsible digital journey as they enter secondary school. A separate link to future Year 7 parents will be sent via email.