



WELLBEING NEWS



In this edition of SchoolTV

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.

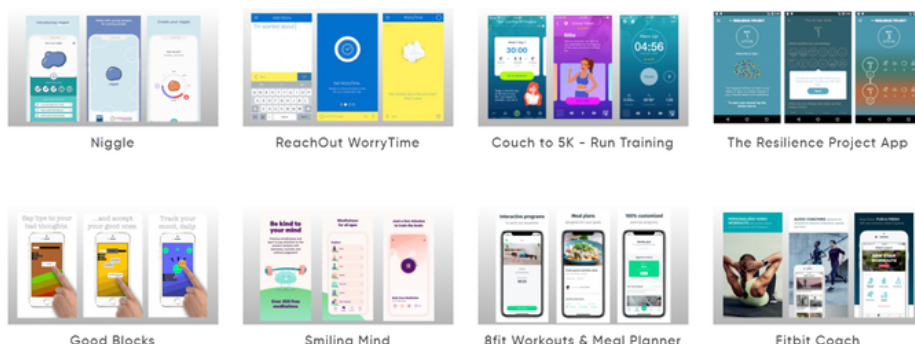
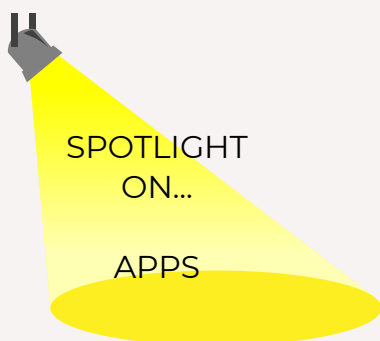
Some parents and carers may feel uncertain about how best to support their daughter through the ups and downs of growing up and adolescence and how to keep the lines of communication open. With the rise of social media and technology, mental health difficulties in girls are increasing as often they are 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 edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact Jess Courtney for further information or seek medical or professional help.

Here is the link to the Raising Girls edition of SchoolTV

<https://spcamperdown.catholic.schooltv.me/newsletter/raising-girls>





Raising girls

Raising girls can be a wonderful and rewarding experience, but it can also be challenging. As a parent, you play a critical role in shaping the values, beliefs, and character of your daughter. It means being there for her through the ups and downs of childhood, providing guidance and support, and helping her grow into a confident, responsible, and compassionate adult. By understanding the unique challenges and developmental milestones of girls, you can provide the love, attention and resources she needs to thrive.

Start the conversation using these strategies:

1.

Body image and self-esteem

Encourage them to appreciate their bodies for what they can do rather than how they appear, and remind them that beauty comes in many forms, far beyond the narrow images often shown in media.

2.

Relationships and boundaries

Teach your daughter about healthy relationships, respect for others, and the importance of setting and maintaining boundaries.

3.

Emotional intelligence

An important thing to teach girls about emotional intelligence is that all feelings are valid, even the hard ones. Learning to name and express them in healthy ways is a real strength.

4.

Gender roles and stereotypes

Discuss gender roles and stereotypes with your daughter and help her understand that there are no limitations to what she can do based on her gender.

5.

Consent and sexual health

Teach your daughter about consent and sexual health, including healthy relationships, contraception and STI prevention.

6.

STEM and career opportunities

Encourage your daughter's interest in STEM and other fields and help her understand the various career opportunities available to her.

7.

Diversity and inclusion

Teach your daughter about diversity, inclusion, and cultural differences and how to respect and appreciate them.

8.

Mental health

Discuss the importance of mental health, encourage her to talk about her feelings, seek help if needed, engage in regular exercise and get plenty of sleep.

8.

Digital citizenship

Remind them that what they post, share, and comment on can leave a lasting impression. A digital footprint can shape future opportunities, like friendships, study, and even careers.

9.

Drugs and alcohol

Discuss the dangers of these substances and help your daughter understand the importance of making healthy choices.