WEBSITES AND RESOURCES FOR PARENTS and SCHOOLS

SDERA
EDUCATING FOR SMARTER CHOICES

School Drug Education and Road Aware:
www.sdera.wa.edu.au

- Resiliency
- Drug information
- Road safety information

Building family connections...

Maggie Dent
http://www.maggiedent.com/

Parenting Ideas
Michael Gross
www.parentingideas.com.au/

raisingchildren.net.au
the australian parenting website

Australian parenting website
http://raisingchildren.net.au/

THE EASY GUIDE TO SOCIALISING ONLINE
http://www.ideas.org.au/uploads/resources/326/The_Easy_Guide_to_Socialising_Online_2014.pdf
The Australian Government's Easy Guide to Socialising Online provides information on how internet users can protect themselves and their information when using social networking sites, search engines and online games. This site tells you all about the different social networking sites (e.g. Facebook, Twitter, Bebo, Club Penguin, etc) and their cybersafety features and has tips for socialising online. The easy guide can also be accessed from the Cybersmart website.

THINKUKNOW
http://www.thinkuknow.org.au

ThinkUKnow is an Internet safety program delivering interactive training to parents, carers and teachers through schools and organisations across Australia using a network of accredited trainers. Created by the UK Child Exploitation and Online Protection (CEOP) Centre, ThinkUKnow Australia has been developed by the Australian Federal Police (AFP) and Microsoft Australia.

SMILING MIND
http://smilingmind.com.au/

Smiling Mind is modern It is a unique web and designed to help bring not-for-profit initiative provides a sense of clarity,
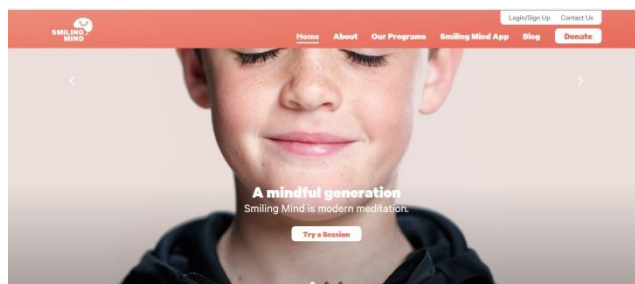
meditation for young people. App-based program, balance to young lives. It is a based on a process that calm and contentment.

THE KIDS ARE ALL RIGHT
http://www.thekidsareallright.com.au/

The Kids Are All Right provides a range of resources and support for parents of teenagers, including:

- Articles on topics such as health and wellbeing, drugs and alcohol, technology, relationships and sex and study.
- Recommended books for parents of teenagers.
- Facebook, Twitter and Pinterest communities to receive news and advice.

KEEPING COOL
http://www.keepingcool.edu.au/node/97

This website providing pre-service and practicing teachers with strategies and resources to build capacity for resilience in their professional lives. At this website you will find information about teacher resilience and links to contemporary resources and programmes about resilience.
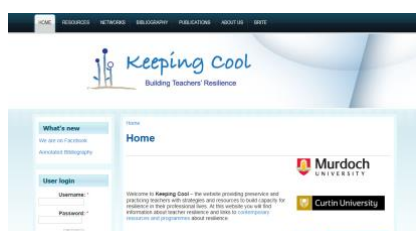
MENTAL STILLNESS LEARNING PROJECT
http://www.mentalstillness.org/

Primaryly for Junior Schools, High Schools, Teachers developed In association with **Sydney University** and the **Meditation Research Programme T**he Mental Stillness Research Project is modules for teaching school students and teachers to enter the state of mental silence or stillness. These can be accessed via the internet and used in the home also.