

Education Wellbeing Service

Parent Webinar Series – what did parents say?

Session title: Mental Health During the Teenage Years – An Introduction and Overview

Session dates: 26 Sept 2023, 19:30 & Thu, 28 Sept 2023, 12:30

Total webinar signups: 262

Parents were asked to rate how they felt about the statements below:

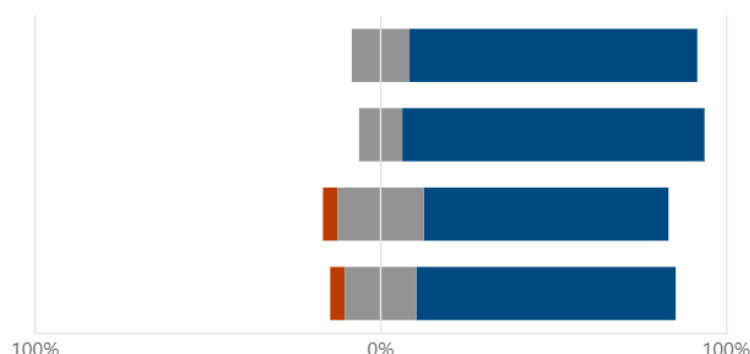
■ Not at all ■ Somewhat ■ Definitely

The content was relevant for me and/or my child/teen

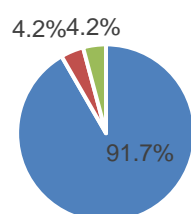
The presenter(s) delivered the material in a clear and easy-to-understand way

The content was engaging

The workshop gave me ideas of things I can take away to put into practice

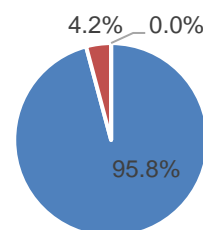


Was the pace of the webinar?



■ About right ■ Too fast ■ Too slow

Would you recommend this and similar webinars to others?



■ Yes ■ No ■ Other

What parents said their main take aways were from the webinar:

I think using some of the 'problem solving' approaches, when talking about day to day issues, could be very useful

No groundbreaking new information, but was good to know that simple things like "just being there" and regularly checking in with your child can be all that's needed to support them. Hope we will never need them, but also good to get the links and names of lots of different organisations / helpful resources available

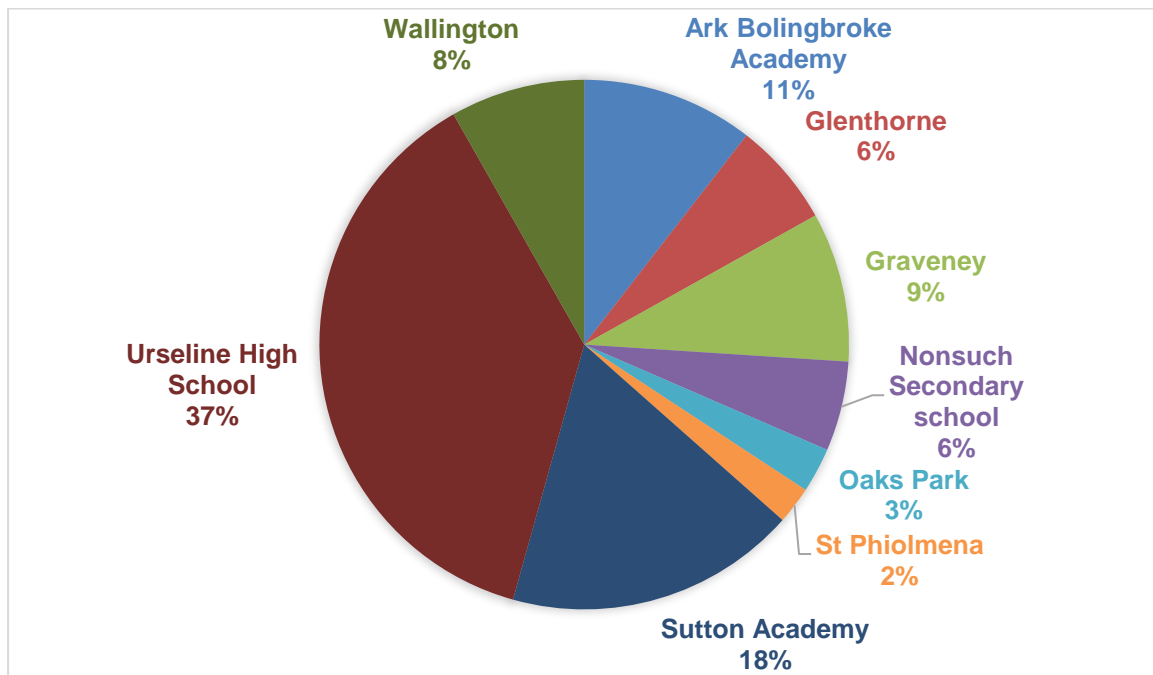
I think the drive-soothe-threat model was a useful way of thinking

What parents felt could be improved in the future:

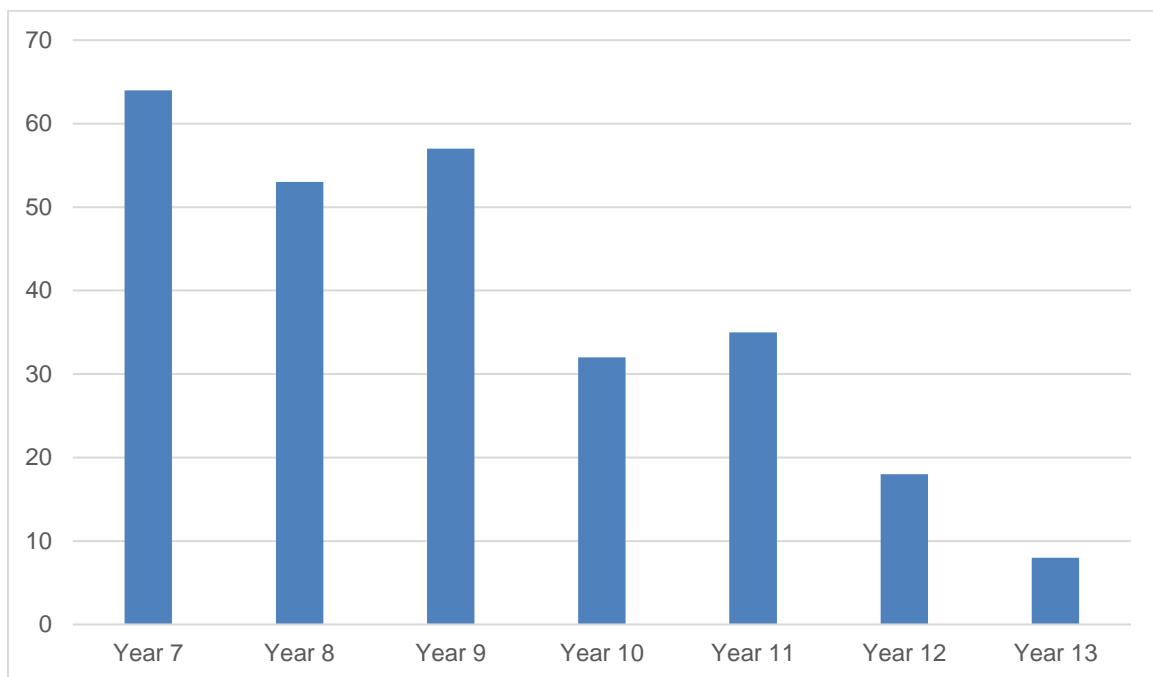
Would have appreciated guidance on tackling topics connected with mental wellbeing: Social media usage / body image / drugs / peer pressure

More time for questions/interactivity

Signups by school:



Signups by year group:



Schools some signups but low rate (5 or less parents):

The Link Secondary School	Carshalton Boys Academy
Southfields	Carew Academy
Rutlish	
Rushy Meadow	
Ricarda Lodge	
Overtone Grange	
Harris Battersea	
Cheam	

If your school name is not on the above lists, none of your parents signed up to this webinar. Please advertise these free webinars as part of your Education Wellbeing Services to support parent wellbeing. Please speak to your Education Wellbeing Service Lead for support, advice or discussion.