



MY ULTIMATE SCHOOL AND STUDY *Resource Guide*



MY VIDEOS FOR TWEENS & TEENS ON FLOURISHING IN SCHOOL



7 Tips on Making Friends at School



5 Secrets to School



6 Friendship Lessons for Tweens & Teens



5 Rules for Texting and Messaging
for Tweens & Teens



Setting Personal Boundaries



How to Avoid Drama Cyclones



How to Handle Mean Kids



How to Change Friendship Groups

These Webinars are around \$20 each and you can buy them [here](#).

OR

SAVE MONEY by buying these as a bundle [here](#)

EXPERTS WHO WRITE FOR TWEENS/TEENS



REBECCA SPARROW

Author, Speaker, Podcast Host



CLAIRE EATON

Author, Speaker, Youth Coach



DANNIELLE MILLER

founder of Enlighten Education



SHARON WITT

Author, Educator, Speaker



MICHELLE MITCHELL

Author, Speaker, Educator

PARENTING EXPERTS TO FOLLOW



- 📌 Linda Stade
- 📌 Maggie Dent
- 📌 Dr Justin Coulson's Happy Families
- 📌 The Rite Journey with Andrew Lines
- 📌 Steve Biddulph
- 📌 Safe on Social Media
- 📌 Dr Kristy Goodwin
- 📌 The CyberSafety Lady
- 📌 Code9 Parent
- 📌 Susan McLean (author of Texts, Sexts and Selfies)
- 📌 Families for Inclusive Education
- 📌 Caroline Ellen - **Safer Stronger Kids** - *(the least known on this page is probably Caroline but this former social worker is GOLD. I promise you, you won't be disappointed.)*

MENTAL HEALTH/WELLBEING/BULLYING

- 📌 Karen Young - Hey Sigmund
Fabulous advice here for kids/teens + adults dealing with anxiety
- 📌 ReachOut.com Australia
- 📌 Kids Helpline Official
- 📌 Dolly's Dream
- 📌 Stymie
- 📌 Smiling Mind
Podcast for mindfulness - IT'S THE BEST THING!
- 📌 Esafety Commissioner
- 📌 Brook Gibbs, PhD
Brook offers terrific videos + advice on dealing with bullying

HELP FOR KIDS WHO ARE NEURO-DIVERSE

- 📌 Sue Larkey

HELP WITH TEENS AND STUDY



Former English teacher Jane Sullivan runs **Scholarly** and offers a BRILLIANT essay writing webinar but also gives terrific assistance to year 11 and 12 students doing QCE English.

Wootube

the fantastic Eddie Woo teaches maths to kids.

Claire Eaton

author of the book 'Happy In High School' is terrific at walking kids through how not to get overwhelmed with lots of strategies and tips on how to thrive. There's also an accompanying study planner which my own 12yo really likes.

Enhanced Learning Educational Service with Dr Prue Salter

This website offers so much free advice on effective study skills and tips. Honestly -- every school should be giving out this website to students.

Youtube Videos by Seth Perler

'he is excellent at helping teenagers develop executive functioning skills and get organised. They're not long, average 8-12 mins each. Have tips on stationery organisation and digital organisation, depending what suits'

USEFUL STUDY APPS + TIPS

as recommended by people on my page

Forest

an app helping you stay away from your smartphone and stay focused on your work

Egenda

a homework management app

The Pomodoro Technique

Studiosity

study help online

My Study Life

a free cross platform planner app

Trello

organisation app

Many, many parents talked about how powerful a whiteboard or month long planner was rather than apps.

READING



Children's Books Daily

Teacher-librarian Megan Daley offers tips on how to get kids reading and the latest books to read for all ages. Megan also runs an online course called **Build A Book Club** where she teaches you how to set up a book club for kids at your school.

Your Kid's Next Read

Brilliant Facebook community where readers offer each other suggestions on your kid's next read.

Reading Opens Doors

This is a space where creator Elise Ellerman uses her teaching experience to share book reviews, reading resources, themed book suggestions and creative activities relating to a diverse range of genres. Books and activities are for primary and lower secondary school students.

BOOKS FOR KIDS ON THRIVING IN SCHOOL

- 📖 **Every Day Resilience Journal**
Michelle Mitchell (primary school)
- 📖 **ROC and RISE**
Claire Eaton (all ages of high school)
- 📖 **Hello High School**
Claire Eaton (all ages of high school. My 12 yo daughter really likes this book and the accompanying organisational journal)
- 📖 **Surviving High School**
Sharon Witt

- 📖 **Starting Secondary School**
Sharon Witt and Dr Michael Carr Gregg
- 📖 **Iso Journal**
Sharon Witt (Great journal for lockdown!)
- 📖 **Girl Wise and Guy Wise**
Sharon Witt
- 📖 **Find your Tribe and 9 Other Things I Wish I'd Known in High School**
Rebecca Sparrow (I would say 14 and Up)

PUBERTY !

- 📖 **Girls Guide to Puberty**
Michelle Mitchell (for ages 7-12)
- 📖 **Guys Guide to Puberty**
Michelle Mitchell (for ages 7-12)
- 📖 **Sex Ed Rescue**
with Cath Hakanson

ONLINE VIDEOS/RESOURCES FOR PARENTS

- **Self Harm - Guidance for Parents**

Michelle Mitchell

- **Dr Justin Coulson's Happy Families**

website has LOADS of useful videos including little kids starting school, big kids with devices how to get siblings to get along, mindfulness, kindness and more! EVERYTHING is covered!

- **The Everyday Resilience Video Series**

Michelle Mitchell

- **Online Puberty Course**

Michelle Mitchell (coming soon!!)

About Rebecca



OVER THE PAST 25 YEARS...

Rebecca Sparrow has been a travel writer, a magazine editor, a newspaper columnist, a TV scriptwriter and a novelist. She is perhaps best-known as the author of three best-selling non-fiction books for teenage girls designed to help them navigate those tricky high school years. Those books include *Find Your Tribe (and 9 other things I wish I'd known in high school)*; *Find Your Feet (The 8 things I Wish I'd Known Before I Left High School)* and the best-selling *Ask Me Anything (heartfelt answers to 65 anonymous questions from teenage girls)*.

Aside from writing books Rebecca writes for Mamamia, plays agony aunt to teenage girls on the [Ask Me Anything podcast](#) and runs an online course called [The Lighthouse Plan](#) to help parents build deeper bonds with their daughters. She is also co-captain of [three online book clubs](#) for kids, teens and adults. Bec talks to thousands of high school students every year about friendship, resilience, giving back and life online, and is also an ambassador for The Pyjama Foundation and ReachOut Parents. In 2018 she was invited to be a member of the Queensland Government's Anti-Cyber Bullying Taskforce. She is a mother to three kids (including one tween girl!!)

www.rebeccasparrow.com