



Braes High School Course Descriptions for Parents

- **Mental Health Awareness:**

Many of our children and young people are experiencing anxiety and reduced mental wellbeing at the moment. In this information session we'll look at why this is and how reduced mental wellbeing such as anxiety can impact on feelings and behaviour. We'll also look at ways to support our children and young people, what resources we can use and how best to access them.

- **Building Resilience & Positive Self-care Techniques:**

There are many reasons for young people experiencing negative thinking and reduced self-esteem. This short information session looks at ways to bolster their confidence and begin to regain their self-belief.

- **Understanding & Managing Anxiety:**

Anxiety and worry is unpleasant to experience and can really impact on our children and young people's day to day life and their coping abilities. This sessions looks at how we can help them reduce the effects of anxiety, avoid negative coping methods and begin to use techniques to reduce their anxiety.

- **Stepping Out Of The Drama Triangle & Responding Within Challenging Conversations:**

If you find yourself having the same arguments time and time again with your children and young people, or find it difficult to approach difficult conversations, this session will look at how we can change our approach and reactions that will break that cycle of endless arguments. We'll also look at how we begin and hold those more difficult conversations.



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- **Understanding Self-harm:**

This session looks at why our children and young people may self-harm, how we can spot the signs of self-harm, how we approach the topic with our young people and manage our reactions. We'll also look at resources and supports available to address this distressing issue.

- **Managing Exam Anxiety:**

Exam time can be difficult for not just our young people undertaking the exams, but the stress can often spill over into family life generally. This session looks at ways to effectively support our young people and help them avoid becoming overwhelmed during this important time, with as little impact on the rest of the family as possible.

- **Understanding Transitions, Change & Loss:**

Times of change and particularly moving from Primary to Secondary school can be daunting for our children and young people and never more so than now. Any change or loss of familiarity and routine can be very unsettling and cause feelings of anxiety. This session looks at why this is and how we can help and support our young people to aid a smoother transition.