



# Wellbeing for school communities

Supporting  
student  
wellbeing

Empowering  
confident  
parenting





# Welcome to SchoolTV

SchoolTV serves as an invaluable resource for school communities, aiming to support the mental health and wellbeing of students.

Raising confident, happy, and resilient young people in today's world presents numerous challenges. SchoolTV bridges the gap between schools and parent communities, strengthening relationships and equipping them with the knowledge to empower confidence and navigate the complexities of modern-day parenting.

Many schools are already making commendable efforts to support student wellbeing. By integrating SchoolTV into existing programs, these efforts can be further enhanced, providing valuable insights into community concerns.

SchoolTV plays a crucial role in facilitating understanding, breaking down barriers, and finding common ground for schools and families across the globe. By working together to build parenting capabilities, we can foster an environment for students to thrive and improve educational outcomes.

SchoolTV looks forward to partnering with your school to support the mental health and wellbeing of all students.



**Because parenting doesn't  
come with instructions**

# Unique features of SchoolTV



## Customised Content

Schools have the ability to publish content that reflects the needs of their community



## Specialist Interviews

Interviews with leading specialists in their fields from Australia and internationally



## Curated Resources

Credible resources from key organisations are curated into single topics for easy reference



## Multilingual Translation

Multicultural families can translate the resource into various languages for better clarity and understanding



## Wellbeing Dashboard

Select and publish topics for easy content promotion, saving staff time and resourcing



## Topics and Special Reports

Access to a range of youth mental health topics and special reports with new content added regularly



## Wellbeing Barometer

Provides a snapshot of concerns affecting the school community to highlight areas for further resourcing



## Wellbeing Calendar

Allows schools to plan topics to reflect seasonal school events or annual awareness days



## Reporting Analytics

Real-time access to reporting analytics measuring community usage, survey results and overall sentiment



# The state of youth wellbeing



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Mental ill-health represents a major threat to the health, survival and the future potential of young people around the world. Mental disorders are the chronic diseases of the young.

World Economic Forum



**50%** 16-17 year olds  
**25%** 12-15 year olds  
 Do not meet sleep guidelines on school nights

**#1**  
 sex educator of today's youth is porn

**↑200%**  
 Increase in girls self-harming over the last decade



**1 in 12** adolescents self-harm



**1 in 4** young people have a probable serious mental illness

**15%**  
 16-24 year olds experience an anxiety disorder each year

**33.7%**  
 15-19 year olds have a mental health issue

**<80%**  
 Of teens eat sufficient fruit & vegetables

**↑22%**  
 Increase in suicide contacts to Kids Helpline



**1 in 5** 16-17 year olds spend 8 or more hours on the internet every day



**1 in 7** students have experienced a mental health disorder

**Top 3**  
 Issues for teenagers

**1. Managing stress**

**2. Mental health**

**3. Body image**

**<92%**  
 Of children don't meet guidelines for physical activity

**↑10%**  
 Increase in suicidal behaviour in teenage boys

**Suicide**  
 biggest killer of young people

SOURCE: Mission Australia Youth Survey 2022; Unicef; World Economic Forum; Australian Research Council; BeyondBlue; Headspace; Black Dog Institute, Australian Institute of Family Studies; Australian Government Department of Health; Australian Bureau of Statistics; Yourtown; Kids Helpline.

# The benefits of a whole school approach to student wellbeing



## Wellbeing Staff

- Provides immediate access to 'on-time' resources
- Complementary to existing school wellbeing resources
- Access to real-time reporting analytics
- Topics scheduled to align with existing school agenda
- Focuses on early intervention and prevention



## Educators & Other Staff

- Improves communication with parents and caregivers
- Helps staff identify student wellbeing issues
- Reinforces early intervention and prevention measures
- Starts conversations on issues affecting young people
- Some resources can be used as in-class handouts



## School Leaders

- Supports and complements a school's wellbeing offering
- Helps strengthen the school-family partnership
- Supports a whole school approach to wellbeing
- Enables students to thrive and achieve academically
- Meets parents expectations when seeking advice



## Parents & Caregivers

- Credible, accessible resources for parents and caregivers
- Provides an on-going stream of fact-based information
- School-branded to ensure a level of trust and dependability
- Empowers confidence in having parenting conversations
- Streamlines information and multiple resources in one place



# The SchoolTV framework supporting child and adolescent wellbeing

SchoolTV incorporates two key frameworks: **'The Five World Model'** and the **'Social Development Model.'** These frameworks are supported by the community, which plays a crucial role in the wellbeing of young people. By considering these various domains, we can effectively highlight the influence of protective and risk factors in the development of resilience and the prevention of mental health issues in children and adolescents.

## Individual World

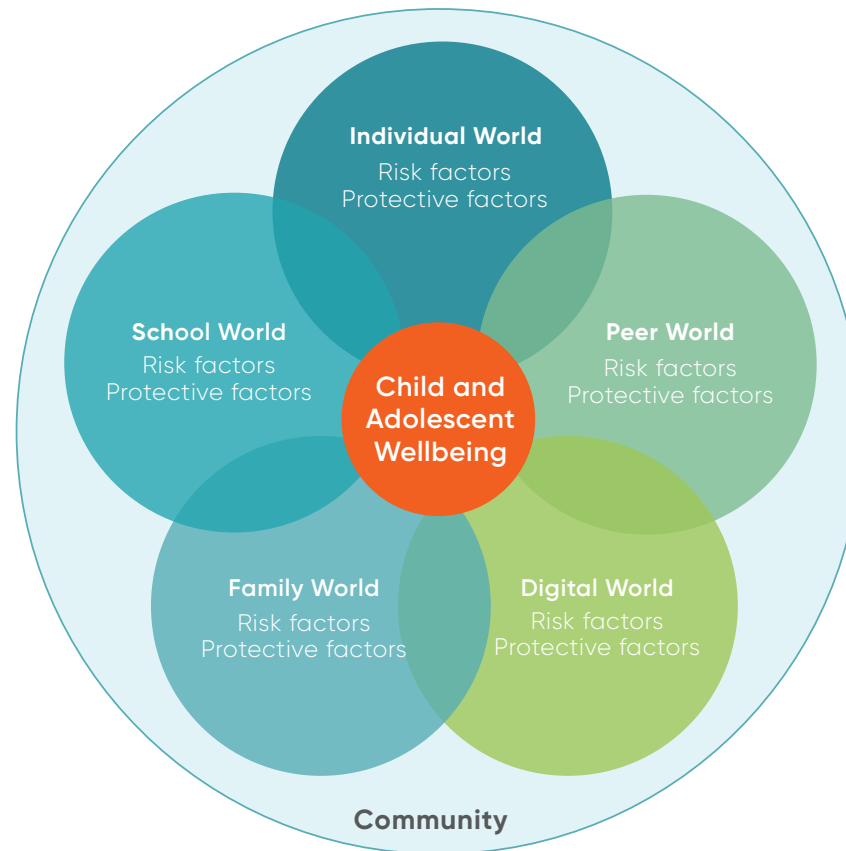
A young person's sense of self is crucial to their development, including their self-esteem, self-worth, and identity.

## School World

Positive school experiences can foster a sense of belonging and achievement, whilst negative experiences can lead to feelings of disengagement and isolation.

## Family World

The family environment plays a significant role in the development of a child's relationships with parents, siblings, and other family members.



## Peer World

Interactions with peers can be critical for social and emotional development and provide a sense of belonging and social support.

## Digital World

This is a distinct social context that presents unique opportunities, risks and challenges that impacts a young person's identity formation.

## Community

Engaging with the broader community can have a significant impact on development, sense of purpose, belonging and emotional growth.

# Remaining Relevant

Every parent's journey is unique and the obstacles faced along the way can differ greatly. At SchoolTV, we aim to provide families with the necessary support during each stage of a child's development.

The content and guidance is readily accessible when parents need it the most. SchoolTV covers a wide range of topics specifically designed to assist families with children aged 5-18 years. Regardless of a child's age or stage, the extensive collection of resources will ensure that families feel empowered with the knowledge to effectively support their children.





# Topic Editions and Special Reports

SchoolTV is an ever expanding library of topics designed to support the mental health and wellbeing of primary and secondary students. Schools have the ability to publish and share content that reflects the needs of their community. Every year new content is produced and updated, including video interviews with leading specialists and a host of resources from key organisations such as fact sheets, articles, apps, books, websites, podcasts and other videos.



## Mental Health Series

## Healthy Body Series

## Cybersafety Series

## Positive Parenting Series

## School Survival Series

## Diversity & Inclusion Series

- State of Youth Mental Health
- Grief & Loss
- Suicide & Self Harm
- Drug & Alcohol Use
- Youth Anxiety
- Trauma
- Depression

- Mindfulness
- Body Image
- Sleep
- Eating Disorders
- Diet & Nutrition
- Physical Activity and Exercise

- Cyberbullying
- Digital Reputation
- Internet Addiction
- Managing Screen Time
- Online Gaming
- Impact Of Gambling
- Online Pornography
- Sexting

- Friendship & Belonging
- Understanding Adolescence
- Raising Girls
- Raising Boys
- Blended Families
- Resilience
- Positive Parenting
- Happiness & Gratitude

- School Refusal
- School Transitions
- Surviving Final Year
- Exam Jitters

- Multiculturalism
- Neurodiversity
- Supporting Disabled Youth
- Gender Diversity
- Respectful Relationship
- Sibling Relationships

## Special Reports

- Vaping & e-Cigarettes
- Starting Year 7
- Wellbeing Barometer
- Instilling Hope
- Building Resilience
- Celebrating NAIDOC
- Managing Overwhelm
- A Conversation on Consent
- Dealing with Disappointment
- Having the Alcohol Discussion
- Final Year Exam Stress
- Respectful Language

# Interviews with leading wellbeing specialists



**Prof Ian Hickie**  
Brain and Mind Centre



**Prof Pat McGorry**  
Orygen



**Dr Elizabeth Scott**  
Headspace



**Dr Jo Robinson**  
Orygen



**Dr Joanna McMillan**  
Get Lean



**Prof David Dunstan**  
Baker Heart & Diabetes Institute



**Sharon Witt**  
Author, Speaker & Educator



**Karen Young**  
Hey Sigmund Founder



**Prof Dorothy Bruck**  
Sleep Health Foundation



**Prof Ken Rigby**  
Author & International Bullying Expert



**Susan McLean**  
Cyber Safety Solutions



**Prof Jane Burns**  
University of Sydney



**Yasmin London**  
Ysafe



**Christine Morgan**  
Butterfly Foundation



**Dr Carmel Harrington**  
Sleep for Health Foundation



**Brad Marshall**  
The Unplugged Psychologist



**Vas Stavropoulos**  
Victoria University



**Dr Charlotte Keating**  
Psychologist



**Lesley Podesta**  
Alannah & Madeline Foundation



**Julie Rae**  
Alcohol & Drug Foundation



**Rev Tim Costello**  
Alliance for Gambling Reform



**Prof Frances Kay-Lambkin**  
Drug & Alcohol Research



**Melinda Tankard Reist**  
Collective Shout



**Dr Addie Wooten**  
Smiling Mind



**Prof Felice Jacka**  
Food and Mood Centre



**Andrew Kinch**  
Founder of GameAware



**Tom Brunzell**  
Berry Street Education Model



**Michele Chevalley Hedge**  
A Healthy View



**Dr Michael Carr-Gregg**  
Child & Adolescent Psychologist



**Madonna King**  
Journalist, Author & Commentator



**John Chellew**  
Founder of School Refusal Clinic



**Glenn Melvin**  
School of Psychology, Deakin University



**Hugh van Cuylenburg**  
The Resilience Project



**Dr Timothy Hawkes**  
Training in Leadership



**Dr Sarah Blunden**  
Australian Centre for Sleep



**Derek McCormack**  
CEO of Raising Children Network



**Dr Jo Mitchell**  
The Mind Room



**Dr Heidi Bergmeier**  
Eating Disorders Victoria



**Dr Emma Woodward**  
NZ Institute of Wellbeing & Resilience



**Nicola PalfrEy**  
Australian Trauma, Loss & Grief Network



**Prof Matt Sanders**  
Triple P



**Prof Tony Attwood**  
Autism Spectrum Disorders Expert



**Prof Lea Waters**  
Psychologist, Author & Researcher



**Andrea Downie**  
Thrive Project



**Dyonne Anderson**  
Educator & President of NATSIPA

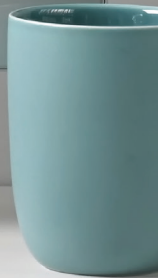
Leading experts and researchers in youth wellbeing from across the globe are interviewed for SchoolTV. Each edition includes content from specialists in their respective fields providing hours of relevant and practical information.



# Curated resources from key organisations



A popular feature of SchoolTV is its ability to aggregate curated content from many leading and key organisations supporting youth mental health. Each edition includes fact-based, credible and relevant content for users, delivered on a single topic.





# Wellbeing Dashboard

The Wellbeing Dashboard is designed to streamline content customisation, provide access to powerful data and includes a suite of marketing resources to help make the process of engaging your school community in student wellbeing simple and time efficient.



Wellbeing  
Calendar



Reporting  
Analytics

## Community Promotion

Seamlessly share wellbeing content within newsletters, EDM's and social posts across all topics to provide staff and parents with a common language for student wellbeing.



Wellbeing  
Barometer



FAQs

## Measure Engagement

Access real-time reporting analytics to view community usage, survey results and insights to highlight areas of concern which may require further resourcing.



School  
Admins



Marketing  
& Promotions

## Customise Content

The publishing topics feature allows you to select topics you would like visible on your SchoolTV site and manage the content you are sharing with your community.



How To  
Videos



Publishing  
Topics

## School Administration

The dashboard is designed to save time and help communicate easily to your school community. Here you will find all the functions needed to manage your SchoolTV site.





# Subscription Packages

## Standard

- School branded
- New editions annually
- Integration of school counsellor(s)
- Archive library of past editions
- Launch and marketing web page
- Supporting resources and marketing collateral
- Special video reports on major and current day events

**\$3,150\*** AUD  
Annually

## Premium

Most popular choice

Includes all the features of a **Standard Package**



- Access to the **reporting analytics feature** showing data usage and other important statistics relevant to your school
- **Publishing and scheduling control** over Edition Topics and Special Reports

**\$4,150\*** AUD  
Annually

## Multi-site

Includes all the features of a **Premium Package**



- The ability to customise content for **up to three campuses** with the option to purchase subscriptions for any additional campuses

**\$5,150\*** AUD  
Annually

\*excludes GST

**Small school** subscriptions are also available to schools with  $\leq 300$  students. Please contact SchoolTV to request a quote on this option.



- +61 3 8538 1644
- [schooltv.me](https://schooltv.me)
- [enquiries@schooltv.me](mailto:enquiries@schooltv.me)
- [@schooltv.wellbeing](https://www.instagram.com/schooltv.wellbeing)
- [linkedin.com/company/schooltvme](https://www.linkedin.com/company/schooltvme)



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