

Worried? Sad? Hurt? Upset? Tips that could help...

Children and young people have access to lots of social media, TV, movies and games. While the wonderful array of content available offers many positive learning opportunities, there is some content that may have potentially harmful effects on young people.

Keeping an eye on what media children and young people are accessing, and any changes in their behaviour, is a good way to help avoid any long-term worries down the track.

Kids Helpline (KHL) has put together Tip Sheets that suggest ways to help manage worry and concerns some may experience due to exposure to some media content. The three sheets are audience specific for:

- children
- teenagers and young adults, and
- teachers and parents.

They include tips about managing individual worries and about how to help others. We encourage you to distribute these to children, young people, teachers and parents who might find these helpful.

KHL is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

Talking with KHL can help. We're here 24/7. Any time. Any reason. Free call 1800 55 1800 or www.kidshelpline.com.au