



Dear Parents and Carers,

On Thursday 3rd February we have invited **Dr Dominique Thompson** to speak to parents on how best to help build your child's confidence and resilience - so they can become a strong, happy and independent adult.

This presentation is FREE and will be taking place for us online from 6.30pm – 8.00pm

Dr Thompson is an award-winning GP, young people's mental health expert, TEDx speaker, author and educator, with over 20 years of clinical experience caring for students, including as a police and expedition doctor, and as Director of Service at the University of Bristol Students' Health Service. It was for this work that she was named Bristol Healthcare Professional of the Year 2017. Dominique is the author of the Student Wellbeing Series of books, and has co-written a book for parents of teenagers 'How to Grow a Grown Up', with the aim of developing an independent and resilient younger generation.

The talk is aimed at John of Gaunt parents of students from years 7 to 13 and will cover:

- An overview of the pressures and problems facing this generation of young people - why are they increasingly stressed, anxious or suffering from mental health issues
- What exactly parents can do to help their teens and young adults become healthily independent, navigate challenges and flourish in preparation for adult life
- Top tips for addressing new challenges such as social media, tech use, sexting and study drug use, as well as traditional worries like alcohol and parties
- Ways to recognise the signs of mental health distress and what to do about it, particularly dealing with problems from a distance.

We are anticipating this to be a popular event as Dominique has spoken to John of Gaunt parents previously and she has always been well received. The event will be a live broadcast on Microsoft Teams and the link is below:

[Dr Dominique Thompson - How to Grow a Grown Up Microsoft Teams Link](#)

At the end of the talk there will also be time for question and answers.

Many thanks,

Paul Skipp
Headteacher



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A Community Academy



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