



Is your teenager struggling to attend school due to anxiety, depression or emotional distress?

Be among the first to trial a new online parenting program designed to support parents of teens struggling with school attendance.

Researchers from Monash University and Deakin University are offering parents a **FREE online parenting program** designed to support parents of teenagers who have **difficulty attending school due to anxiety, depression, or emotional distress** (sometimes called 'school refusal', 'school can't', or 'school phobia'). The program is being offered as part of a research trial.

What's included in the program?

- Personalised feedback about your parenting
- Up to 13 online modules with practical strategies to support your teen's mental health and school attendance
- Up to 8 one-on-one coaching sessions with a parenting coach via videoconference

Who can take part?

You may be eligible to participate if:

- you are the parent or guardian of a teenager aged 12-18
- live in Australia
- can read, write, and speak in English,
- have regular access to the Internet.

Unfortunately, parents of teens who also live with Autism Spectrum Disorder or an intellectual disability are not eligible to participate this time.

What else is involved?

- Complete weekly online modules (20-35mins) and coaching sessions
- Complete two online surveys about your parenting and your teen's mental health
- Attend an interview about your experience in the program

FIND OUT MORE:

Contact us at med-pip-ed@monash.edu
or express your interest at <https://redcap.link/pip-ed-eoi>