



# Understanding the 'boy code'

## Where to get more information

**Webcast available online until 20 June at <https://www.decd.sa.gov.au/parenting-and-child-care/parenting/parenting-sa/parenting-seminars-and-videos>**

### For parents

#### **Dr Justin Coulson**

Parenting author, columnist, speaker and Director of Happy Families. Visit website for blogs and podcasts on a range of topics, parenting books and online parenting courses  
[www.happyfamilies.com.au](http://www.happyfamilies.com.au)

#### **Family and relationships information and counselling services** (fees may apply)

- **Relationships Australia**

Phone 1300 364 277 [www.rasa.org.au](http://www.rasa.org.au)

- **Uniting Communities**

Phone 8202 5190 [www.unitingcommunities.org](http://www.unitingcommunities.org)

- **Centacare**

Phone 8210 8200 [www.centacare.org.au](http://www.centacare.org.au)

- **Anglicare**

Phone 8301 4200 [www.anglicare-sa.org.au](http://www.anglicare-sa.org.au)

- **Mission Australia**

Phone 8218 2800 [www.missionaustralia.com.au](http://www.missionaustralia.com.au)

#### **SHine SA**

Booklet 'Talk it like it is'. A guide for parents on communicating with their children about life, love, relationships and sex [www.shinesa.org.au](http://www.shinesa.org.au)

#### **Office of the Children's eSafety Commissioner**

Online safety information  
[www.esafety.gov.au](http://www.esafety.gov.au)

#### **Australian Council on Children and the Media**

Phone 1800 700 357  
Information about children and media, and an app review service 'Know before you load'  
[www.childrenandmedia.org.au](http://www.childrenandmedia.org.au)

#### **Common Sense Media**

Helping children and families thrive in a world of media and technology  
[www.common sense media.org](http://www.common sense media.org)

#### **Mission Australia 2016 Youth Survey Report**

The issues that are important to young people  
[www.missionaustralia.com.au/publications/research/young-people](http://www.missionaustralia.com.au/publications/research/young-people)

#### **ReachOut Australia / parents**

Information, practical tips and online forums that help parents support their 12-18 year olds  
[parents.au.reachout.com](http://parents.au.reachout.com)

#### **Headspace / parents**

Helping parents understand the challenges of adolescence and how best to support their teen  
[www.headspace.org.au](http://www.headspace.org.au)

#### **Teen Line / parents**

Helping parents to listen, understand and support their teen  
[www.teenlineonline.org/parents](http://www.teenlineonline.org/parents)

#### **Child and Youth Health**

Information on child and youth health, and parenting  
[www.cyh.com](http://www.cyh.com)

#### **Raising Children Network**

Information on raising children of all ages  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

#### **Parenting SA - Parent Easy Guides**

Free Parent Easy Guides on parenting children and young people from birth to 18 years, including:

- Living with young people
- Peer pressure
- Running away
- Children and learning about sexuality
- Talking sex with young people
- Young people, alcohol and drugs
- Young people and food
- Young people and parties
- Young people, feelings and depression
- Young people who are gay, lesbian and bisexual
- Blended families
- Single parenting
- Violence towards parents
- Young parents

[www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)

**See over for resources for young people**

**If you have any concerns about your child or teen's wellbeing contact your doctor, counsellor or other health professional.**

## For young people

### Kids Helpline

Phone 1800 55 1800

Phone, web or email counselling for children and young people 5-25 years

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### SHine SA Sexual Healthline

Phone 1300 883 793, 9am-1pm, Mon to Fri  
Country callers 1800 188 171. Free and confidential advice on a range of sexual health matters. Interpreting can be arranged free of charge

### SHine SA Clinics

Phone 1300 794 584 to make an appointment at Woodville, Hillcrest, Davoren Park, Salisbury, Marion or Noarlunga. See website for drop-in times and fees [www.shinesa.org.au](http://www.shinesa.org.au)

### ReachOut Australia

Information and online support for young people under 25 on everyday issues as well as tough times [www.au.reachout.com](http://www.au.reachout.com)

### Youth Beyond Blue

Telephone or online mental health and wellbeing support for young people  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

### Headspace

Phone 1800 650 890

In person or online counselling; information for young people on a broad range of topics

[www.headspace.org.au](http://www.headspace.org.au)

### alcoholthinkagain

Western Australian site with information for young people and parents

[www.alcoholthinkagain.com.au](http://www.alcoholthinkagain.com.au)

### National Drugs Campaign

Australian Government website with information for young people and parents about drug use and its effects

[www.drugs.health.gov.au](http://www.drugs.health.gov.au)

### Child and Youth Health

Information for teens and young adults on a broad range of health topics [www.cyh.com](http://www.cyh.com)

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