

## Sexts Texts And Selfies Susan Mclean

*Sexts, Texts & Selfies* Susan McLean (cyberbullying expert.) 2014

**Milly's Message** Liz Walker 2019-09-17 Written with safe language for children aged 5-10-years, Milly Message is the perfect way to let young kids know that coming across unsafe images is not their fault and they can always seek help from an adult.

*Rise of the Girl* Jo Wimble-Groves 2021-10-07 Help your daughter fulfil her potential and achieve success in a challenging world. Does your beautiful, talented daughter constantly put herself down? Is she stuck in a cycle of comparing herself to others? Is she silent, withdrawn or argumentative when she comes home from school? Would she rather stay alone in her room than join a family day out? These are all signs that your daughter is struggling to cope with the demands of modern life. By following the advice in this book, you can help her to see how great she is, and how much greater she can become: a confident, resilient girl who is not afraid to aim high, work hard and bounce back. Inside the pages of this inspirational parenting book, you'll discover: - Practical advice for parents and carers of girls aged 6-11 - Action plans for 7 key areas of your daughter's social, emotional, and mental health - Guided dialogues with customisation options to make them age-appropriate - Practical parenting tips for raising a girl - Inspirational accounts from famous mums, dads, and daughters Successful entrepreneur, blogger and mum, Jo Wimble-Groves, identifies the 7 most common issues holding girls back from reaching their full potential - including poor self-esteem, peer pressure and fear of failure. With Jo's guided conversation starters and inspiring accounts from successful personalities, you will empower your daughters to face the challenges of childhood and prepare them for an amazing adulthood, as tomorrow's dreamers, doers and entrepreneurs.

**The Psychology of the Selfie** Barrie Gunter 2021-09-01 The Psychology of the Selfie provides a comprehensive overview and analysis of research on the significance of selfies, offering insights into the topic from a psychological perspective and examining important issues such as body image, self-objectification, mental health and psychological benefits. Selfies are a worldwide phenomenon. Although dismissed by critics as a sign of self-absorbed narcissism, they are also a social currency that maintains and reinforces friendships, a feedback loop for self-identity affirmation, a promotional tool for gaining social influence, and a method for preserving memories of life events. In this book, Barrie Gunter expertly explores the psychological underpinnings of the contemporary global phenomenon of "selfies", from the historical roots and meteoric rise due to technical advancements, to the different personality types of selfie-takers, to social relationships, to group and personal identity. Looking at both the psychological nature and impact of selfies, this book reviews different psychological outcomes for selfie-takers, both positive and negative, and the growth in psychological and physical problems that can sometimes arise. Presenting a comprehensive analysis specifically of selfie behaviour, this book is an essential reference for students and researchers in communications and media, journalism, information studies, psychology and sociology, as well as anyone with a general interest in the phenomenon.

**The Ultimate Stay-at-Home Dad** Shannon Carpenter 2021-10-12 A practical guide for modern-day parenting geared towards stay-at-home dads, offering advice on everything from learning to cook and clean with children, to dealing with mental health and relationships, with the easygoing perspective that dads can use their natural talents to parent any way that they choose. The Ultimate Stay-at-Home Dad manual takes the best advice and wisdom from a dads' group, and puts it into a format to help new stay-at-home fathers. Characterized by actionable and direct advice to fathers, the book takes on parenting from a father's point of view and encourages dads to use their natural talents to become a better parent. That advice is further bolstered by an additional 57 other dads who also give advice. All this advice is framed by the author's personal stories, which help the reader connect with the content and drives the advice home. This is a book that takes on day-to-day parenting, not just as a stay-at-home dad--working fathers could benefit from this book as much as at-home dads.

**The Power of Validation** Karyn D. Hall 2011-12-01 Validation—recognizing and accepting your child’s thoughts and feelings, regardless of whether or not you feel that your child should be experiencing them—helps children develop a lifelong sense of self-worth. Children who are validated feel reassured that they will be accepted and loved regardless of their feelings, while children who are not validated are more vulnerable to peer pressure, bullying, and emotional and behavioral problems. The Power of Validation is an essential resource for parents seeking practical skills for validating their child’s feelings without condoning tantrums, selfishness, or out-of-control behavior. You’ll practice communicating with your child in ways that instantly impact his or her mood and help your child develop the essential self-validating skills that set the groundwork for confidence and self-esteem in adolescence and beyond. “...There is valuable advice here. This approach takes mindfulness, patience, and a long-term vision, but parents who are able to help their children trust their emotional landscapes will have an easier time of scaffolding to higher reasoning, in addition to more secure relationships with their youngsters. Highly recommended.” —Library Journal, STARRED REVIEW, Rebecca Raszewski, University of Illinois Library, Chicago

**Restoring Teaching** Adam Voigt 2020-07-22 More than ever, we need inspired and inspiring teachers and school leaders. Yet their status and morale have never been lower. Restoring the pride, focus and community perception of our educators is now a national imperative that involves cultivating a positive account of teaching expertise in every Australian school. The future of a respected teaching workforce lies in a brave, new frontier of work. It starts with applying the principles of Restorative Practices to the contemporary school context - creatively and practically. It's about doing teaching as we've never done it before. Restorative teaching that restores our teachers is a noble, worthy and overdue cause. The time is now, and the place is your school. In this book, you will find the case for change and some inconvenient truths about our avoidance of meaningful transformation within our schools. You'll also find a roadmap to a teaching future that narrows the gap between your purpose and your practice.

*Sexts, Texts and Selfies* Susan Gay McLean 2014 Soon enough, every parent will have to discuss online safety with their children. This book is your salvation. It helps you understand and connect with your child's online world, and guide them safely through it. Widely regarded as Australia's first cyber cop, cyber-safety expert Susan McLean shows you how to : establish good online habits set time restrictions and boundaries identify good apps and bad apps deal with cyber bullying work out who to 'friend' and 'unfriend' manage your child's digital reputation Filled with case studies about what children get up to online and the latest research, Susan's advice is firm but fair. With her clear guidelines, parents can allow their children to embrace and enjoy technology, without the stress or worry. 'Reading McLean's book is at least, in this digital world, one place where parents can seek advice.' The Daily Telegraph

**Media Essentials** Richard Campbell 2019-10-02 A concise and affordable resource for the mass communication course, Media Essentials provides a flexible, informative, and relevant breakdown of what the media is, how it works, and how it impacts today’s most talked-about subjects. From #metoo to content streaming to social media and politics, students learn how a wide variety of recent developments have impacted the mass-media landscape—and how past innovation and change have informed our current media world. Media Essentials is available with LaunchPad, a robust online platform designed to help students fully engage with course content—and with the world of mass media. From our acclaimed LearningCurve adaptive quizzing, which helps students learn and retain concepts, to compelling features like an interactive e-book and a variety of entertaining and thought-provoking video clips, LaunchPad gets students connected with—and interested in—the information they need to succeed in class.

**Dear Highlights** Christine French Cully 2021-08-10 A unique, inside look at American childhood through the conversations between Highlights magazine and its young readers and a call to grown-ups to make time to

actively listen to the children in their lives. Every year, tens of thousands of children write to Highlights magazine, sharing their hopes and dreams, worries and concerns, as if they were writing to a trusted friend. From the beginning, the editors at Highlights have answered every child individually. Longtime editor in chief Christine French Cully has curated a collection of this remarkable correspondence (letters, emails, drawings, and poems) in *Dear Highlights*--revealing an intimate and inspiring 75-year conversation between America's children and its leading children's magazine. From the timeless, everyday concerns of friendship, family, and school, to the deeper issues of identity, sexuality, divorce, and grief, here is a unique time capsule of American childhood in the voices--and the very handwriting--of children themselves. The book captures a child's-eye view of some of the most important events of the past 75 years: the COVID-19 pandemic, 9/11, the Challenger Disaster, and the assassination of John F. Kennedy. Cully's insightful narrative becomes a call to action for adults to lean in and listen to children, to make sure our kids know that they matter and what they think matters, and to assure them that they have the power to become people who change the world. By turns funny, heartbreaking, moving, and enlightening, *Dear Highlights* will cause readers to reflect, to listen, and to embrace the children in their lives. From the foreword by nationally syndicated columnist Amy Dickinson: "In times of great stress or trouble, Mr. Rogers advised children: 'Look for the helpers. You will always find people who are helping.' That's exactly what children writing to 'Dear Highlights' find when they put pen to paper: helpers whose open-minded trust and kindness surely has made our world a better place."

**Ten-Ager** Madonna King 2021-04-15 From the author of *BEING 14* and *FATHERS AND DAUGHTERS* comes a book that shares what your daughter needs you to know about her shift from child to teenager - how she feels, what she thinks, what worries her and what you can do to help. Science tells us that the shift from childhood to teenager is happening earlier than ever before. Girls are starting puberty well before the age of thirteen. With heightened pressure from what they see in the media, in movies and on TV, girls are leaving childhood behind well before they hit their teens. This shift is an abrupt one and can come as a shock to parents. Not surprisingly, emotions can be heightened and relationships can be fraught. So many parents struggle to understand the pressures their daughters are under and how to deal with their emotional volatility. Journalist and social commentator Madonna King has an extraordinary ability to connect with experts, schools and the girls themselves to deliver the answers parents need and the communication their children want. This is an important book that shows that 10 is the new start of a girl's teenage years. It raises the issues our girls might not be talking about publicly, and guides their parents on how experts believe we should deal with it.

**Embrace Kids** Taryn Brumfitt 2022-08-02 Imagine a world where young people don't feel held back by their bodies. Where we appreciate each other for who we are and what we do rather than what we look like. Body image, and the associated issues of weight, food and physical activity, are hot topics in our families. How did we get to this place of constant criticism about our own bodies, and how can we get out of it? To coincide with the release of her ground-breaking new documentary *Embrace Kids*, leading body image activist and powerhouse change-maker Taryn Brumfitt has collaborated with body image expert Dr Zali Yager on one of the most important health issues of our time - helping our children and teens feel comfortable about, and confident in, their bodies. With chapters for parents on understanding your own journey, appreciating your own body and creating a positive home environment, as well as tackling diet and fashion trends, friendship issues and social media challenges, *Embrace Kids* is full of evidence-informed suggestions and supportive, practical advice. This book will teach you everything you need to know to build your kids' body image, to wholeheartedly embrace their uniqueness, and to steer them on a path to body confidence that has the power to liberate them for life.

*Raising Girls Who Like Themselves* Kasey Edwards 2021-02-02 When you raise a girl who likes herself, everything else follows. She will strive for excellence because she has faith in her ability to achieve it and the confidence to pick herself up. She will nurture her physical and mental health because it's natural to care for something you love. She will insist on healthy relationships because she believes she deserves nothing less. She will be joyful and secure, knowing that her greatest friend and most capable ally is herself. *Raising Girls Who Like Themselves* details the seven qualities that enable girls to thrive and arm themselves against a world that tells them they are flawed. Packed with practical, evidence-based advice, it is the indispensable guide to raising a girl who is happy and confident in herself. Free of parental guilt and grounded in research, *Raising Girls Who Like Themselves* is imbued with the warmth and wit of a mum and dad who are in the same parenting trenches as you, fighting for their daughters' futures.

**I Just Want to Pee Alone** 2013-02-27 Subtitle on cover: A collection of hilarious essays about motherhood.

**Being 14** Madonna King 2019-06-13 Is your daughter 14? Are you struggling to know what's going on inside her head? Are you worried? This is the book that can help you understand how she's feeling, what she's thinking and what you need to do to help her navigate her tricky teens to grow and become a fabulous woman. *BEING 14* gives a voice to every teen girl. Madonna King has interviewed 200 14-year-old girls, talked to successful school teachers, psychologists, CEOs, police and neuroscientists to reveal the social, psychological and physical challenges every 14-year-old girl is facing today. - How much independence do they need? - What is the power of a friendship group? - How do you help build self-confidence? - Why the obsession with selfies, social media and FOMO? - How are parents unknowingly making life so much harder for them? Overwhelmingly, these young girls - on the brink of womanhood - struggle to tell their parents how they feel. That's why *BEING 14* gives you the answers you are looking for. It's your daughter, talking to you. And her hope, beyond anything, is that you will listen.

**Cyberstalking and Cyberbullying** Samuel C. McQuade 2012 In the past, teens bullied each other in neighborhoods or on school grounds. Now, they can use the Internet to intimidate others, which is not as easily detected or investigated by parents or other adults. Cyberstalking, another form of harassment, occurs when people use the Internet and mobile devices to send or post messages of a threatening or sexual nature. Taken together, these forms of online abuse and crime comprise extremely challenging problems for society. *Cyberstalking and Cyberbullying* helps teens understand these issues, giving them information to protect themselves and avoid bullying or stalking others online. Examinations of real-life cases will introduce teens to 13-year-old Megan Meier, who was driven to suicide as a result of cyberbullying from a classmate's mother posing online as a teenage boy, and the arrest of a man charged with stalking movie star Uma Thurman both online and in person. These true examples, coupled with smart text, will give teens the knowledge they need to avoid being a victim or a perpetrator. Chapters and topics include: Who bullies and stalks people online How bullies and stalkers operate The consequences of bullying and stalking Efforts to fight online bullying and stalking Precautions and warning signs.

**The Motherhood** Jamila Rizvi 2018-04-30 'Welcome to The Motherhood, my dear.' After her son was born, Jamila Rizvi felt isolated, exhausted and confused. While desperately in love with her new baby, the world she'd known had disappeared overnight and so had her sense of self. Jamila's salvation came in the form of a letter. A dear friend, Clare Bowditch - who had been there herself - wrote to tell Jamila she would get through this. Her comforting words reassured Jamila that she was seen, that she was supported and that she was not alone. Now Jamila wants to pay it forward to the next generation of new mothers. *The Motherhood* is a collection of letters from some of Australia's favourite women, sharing what they wish they'd known about life with a newborn. Coming from writers with a diverse range of backgrounds and experiences, no two stories are alike - but all are generous, compassionate and deeply honest. As the old adage goes, 'It takes a village to raise a child' - and it also takes a village to properly support a new mother. Here is your village. These sisters (with babes) in arms are here to share the joy, the fear, the love, the laughter, the tears and the frustration, and to hold your hand in the dark. Together, they will give you the strength and courage to find your feet as a new mum. 'All new mothers need to read this book . . . Bravo to these women who have bravely put themselves out there in the hope that their stories will help new mothers find the strength to push on through.'

Bookseller+Publisher

*Loveability* Dannielle Miller 2014 The must-have guide for girls looking to steer their way through the murky waters of teen relationships Not into you? Too into you? What happens when feelings aren't mutual? When to

stay and when to go? Can't handle the heartbreak? Or maybe just sick of being single? In this guide, Dannielle Miller and Nina Funnell will help you navigate your way through the often complex world of relationships. Their combination of professional expertise and personal stories delivers a book that is like the best chat you could ever have with your friends, filled with good advice that is smart, but also warm, funny and never judgemental. And determine your love-ability with the help of quizzes, Q&As, compatibility tests and true love checklist.

**The Life I'm In** Sharon G. Flake 2021-01-05 The powerful and long-anticipated companion to *The Skin I'm In*, Sharon Flake's bestselling modern classic, presents the unflinching story of Char, a young woman trapped in the underworld of human trafficking. My feet are heavy as stones when I walk up the block wondering why I can't find my old self. In *The Skin I'm In*, readers saw into the life of Maleeka Madison, a teen who suffered from the ridicule she received because of her dark skin color. For decades fans have wanted to know the fate of the bully who made Maleeka's life miserable, Char. Now in Sharon Flake's latest and unflinching novel, *The Life I'm In*, we follow Charlese Jones, who, with her raw, blistering voice speaks the truths many girls face, offering insight to some of the causes and conditions that make a bully. Turned out of the only home she has known, Char boards a bus to nowhere where she is lured into the dangerous web of human trafficking. Much is revealed behind the complex system of men who take advantage of vulnerable teens in the underbelly of society. While Char might be frightened, she remains strong and determined to bring herself and her fellow victims out of the dark and back into the light, reminding us why compassion is a powerful cure to the ills of the world. Sharon Flake's bestselling, Coretta Scott King Award-winning novel *The Skin I'm In* was a game changer when it was first published more than twenty years ago. It redefined young adult literature by presenting characters, voices, and real-world experiences that had not been fully seen. Now Flake offers readers another timely and radical story of a girl on the brink and how her choices will lead her to either fall, or fly.

*Little Girls Can Be Mean* Michelle Anthony, M.A., Ph.D. 2010-08-17 Worried about mean girls? Help your daughter respond and react to bullying where it starts---in elementary school As experts in developmental psychology and each a mother of three, Dr. Michelle Anthony and Dr. Reyna Lindert began noticing an alarming pattern of social struggle among girls as young as five, including their own daughters. In today's world, it is likely that your daughter has been faced with bullying and friendship issues, too---and perhaps you're at a loss for how to guide her through these situations effectively. *Little Girls Can Be Mean* is the first book to tackle the unique social struggles of elementary-aged girls, giving you the tools you need to help your daughter become stronger, happier, and better able to enjoy her friendships at school and beyond. Dr. Anthony and Dr. Lindert offer an easy-to-follow, 4-step plan to help you become a problem-solving partner with your child, including tips and insights that girls can use on their own to confront social difficulties in an empowered way. Whether your daughter is just starting grade school or is already on her way to junior high, you'll learn how to: OBSERVE the social situation with new eyes CONNECT with your child in a new way GUIDE your child with simple, compassionate strategies SUPPORT your daughter to act more independently to face the social issue By focusing squarely on the issues and needs of girls in the years before adolescence, *Little Girls Can Be Mean* is the essential, go-to guide for any parent or educator of girls in grades K-6.

**Nightlights** David Fontana 2003-03 Includes "issues index."

*Big Porn Inc* Melinda Tankard Reist 2011 With contributions from international experts and activists, *Big Porn Inc* offers an 'expos' of the realities of a multi-billion dollar global industry promoting itself as a life-style choice. Unmasking the lies behind porn as just a bit of fun. *Big Porn Inc* reveals the truths of an industry that trades in violence, crime and degradation.

*She Is Not Your Rehab* Matt Brown 2021-07-02 At My Fathers Barbers, Mataio (Matt) Faafetai Malietoa Brown offers men a haircut with a difference: a safe space to be seen and heard without judgement. From his barbershop chair, Matt has inspired a new generation of New Zealand men to break free from the cycle of abuse — and those men have in turn inspired him and his wife, Sarah, to create the global anti-violence movement, *She Is Not Your Rehab*. In this raw and unflinching book Matt shares his own story and those of his clients, of surviving family violence and abuse, and how they were able to find healing and turn their lives around. He introduces the people and concepts that have helped him heal, and gives readers the tools they need to begin their own journeys. *She Is Not Your Rehab* demonstrates the power of vulnerability and honesty in addressing pain and shame, and shows how anyone can empower themselves by taking responsibility for their own healing.

Bullying Tiny Arora 2005-08-18 *Bullying: Effective Strategies for Long Term Improvement* tackles the sensitive issue of bullying in schools and offers practical guidance on how to deal successfully with the issue in the long term. The authors examine how bullying begins, the impact of bullying on the victimised child, and how the extent of bullying in schools can be reliably measured and assessed. They go on to explain how to set up anti-bullying initiatives which will maintain their effectiveness over the years. The complexity of the bullying process is emphasised throughout, but care is taken to outline clearly the actions that can be taken which will substantially reduce bullying in the long term. The book is an outcome of over 10 years research into bullying. The authors draw on their own major studies and international research to provide real workable solutions to the problem of bullying, which are illustrated by case study examples throughout. The book is essential reading for school managers, teachers, student teachers and researchers determined to tackle the issues of bullying head on.

**The Scenic Route** Leigh Merryday Porch 2022-04-05 Reflections on autism, parenting, and embracing destinations unknown. In *The Scenic Route*, Leigh Merryday Porch offers insight into how parents of children with autism can redefine hope in a world that often has a narrow view of what hope is supposed to look like for their kids. As an educator and expert on autism spectrum disorders as well as the mother of a son who is autistic, Porch knows well the pressure parents of special needs children feel to overcome any and all challenges their children face. But not all disabilities result in heartwarming viral stories. According to Porch, we must write our own stories about what is possible for our kids and love them just as they are. A chronicle of one family's journey from the shock and uncertainty of a severe autism diagnosis to acceptance and advocacy, in this beautifully written book Porch shares the lessons she has learned about charting your own course. From learning to cope with sleepless, worry-filled nights to asking friends and family for the help and support you actually need, she offers readers a road map for helping our children thrive while still taking the time to stop and enjoy the beauty in life's unforeseen detours.

*Autism, Bullying and Me* Emily Lovegrove 2020-05-21 It's not always easy to stand out from the crowd, especially if you're a teenager. There's a lot of information out there on how to deal with bullying, but a lot of it is contradictory or seems like it won't work... But this guidebook is different! Helping you sort fact from fiction, the book looks at the different forms bullying can take and debunks commonly held myths such as 'bullying makes you stronger' and 'ignore it and it will stop'. You'll learn techniques to clear your mind so that you can respond to bullying situations calmly and confidently and be positive about who you are. Finally, it's packed with self-empowering strategies for coping with being autistic in a neurotypical world, and practical tips so you can handle any bullying scenario.

**Sexting and Young People** Thomas Crofts 2016-04-29 This book explores young people's practices and perceptions of sexting and how sexting has been represented and responded to by the media, education campaigns, and the law. It analyses the important broader socio-legal issues raised by sexting and the appropriateness of current responses.

*Pennies for the Piper* Susan McLean 1993-04-01 Ten-year-old Bicks spends some of her bus money on flowers for her mother's funeral and so has to walk part of the way to her Aunt Millicent's home in Dubuque.

Raising Your Child in a Digital World Kristy Goodwin 2016-06-20 *Raising Your Child in a Digital World* investigates the most current research on new technology, busts a lot of myths, explores the educational benefits of time online and helps parents to successfully guide their children to balance 'screen time' with 'green time'. Dr Goodwin's message is that mixed messages and confusing information abound about the benefits and traps of new technology on kids. Her book outlines the ways in which technology can help children in their natural development in regards to physical, mental and social relating skills. *Raising Your Child in a Digital World* explores the obstacles and technology myths that confront modern parents. In doing so, Dr Goodwin provides concrete advice on how to develop healthy digital habits in your children and protect their emotional and

mental health. The book is shaped around the seven essential building blocks for young children's development, namely, Attachment and Relationships, Language, Sleep, Play, Physical movement, Nutrition, and Executive function skills.

**The Princess Bitchface Syndrome 2.0** Michael Carr-Gregg 2017-01-30 What do you do when your previously quiet, loving daughter becomes a restless, rebellious stranger who acts like a responsible adult one day and a rude, selfish brat the next? You stay calm, and consult the experts. By the time they turn thirteen, adolescent girls look like they're ready for anything - but they're not. Our girls are growing up in a society that is rapidly changing and challenging the skills of even the most experienced parents. A roadmap is needed to guide parents through this new landscape, to ensure we bring up happy, healthy young women. This indispensable book focuses on the special trials of raising adolescent girls today, including: · adolescent development in a new society · pressures at school · parenting strategies that work · parenting in the digital age · sex and drugs · mental health. In this fully revised and expanded edition, leading adolescent psychologist Dr Michael Carr-Gregg and researcher Elly Robinson also discuss the single most prolific and influential factor of our times - technology. If you feel like you're losing control when it comes to parenting your daughter, it's time to grab back the reins.

**Mud Boy** Sarah Siggs 2019-07-18 The sound of Sam's life was like the best piece of music you have ever heard. Everyone liked Sam, and Sam liked himself. But then one day the mud words begin and they get inside his head - and Sam can't hear the music anymore. Mud Boy is an illustrated book for ages 5-11, showing how children can go from being joyfully buoyant to totally deflated when being bullied and teased, and offering advice to get them back to their best. Mud, music and a family cat are used to conjure up the story to children in a very new and real way, showing that recovery happens through talking to others about our problems. The book also includes a guide for further talking points by Dr Pooky Knightsmith on how to discuss the topic, and the emotions that come up on reading the book, with children.

**Martial's Epigrams** Garry Wills 2008-10-30 One of literature's greatest satirists, Martial earned his livelihood by excoriating the follies and vices of Roman society and its emperors, and set a pattern that satirists have admired across the ages. For the first time, readers can enjoy an English translation of these rhymes that does not sacrifice the cleverly constructed effects of Martial's short and shapely thrusts. Martial's Epigrams "bespeaks a great scholar at play" (The New York Times Book Review), makes for addictive reading, and is a perfect, if naughty, gift. Look out for a new book from Garry Wills, What the Qur'an Meant, coming fall 2017.

**Beyond Cyberbullying** Michael Carr-Gregg 2013-12-18 Be alert but not alarmed? understanding the digital world that your kids inhabit. Is your teenager being bullied online? Has your child adopted a monster? What games are they playing, who are they talking to, and what are they potentially exposing themselves to? Do you really know that they are doing on all those devices? The internet is fun and fabulous and it's here to stay, but it can pose serious risks for some kids. In this compelling and insightful book, Michael Carr-Gregg explains what kids get up to, provides guidelines for family internet safety and advises how to minimise the risks without limiting your children's freedom to learn, explore and communicate in the all-important cyber world. Previously published as Real Wired Child, Beyond Cyberbullying is the fully updated edition of the bestselling guide to raising your children to be safe in the digital world.

**Affordability** Russell Chaplin 1994

**Babies & Toddlers** Kaz Cooke 2018-11-19 Now you have a baby, what are you going to do with it?! Kaz Cooke, the author of the bestselling pregnancy book Up the Duff, has you covered from your very first day with a baby. With reassuring info, helpful suggestions, answers to your worries and quotes from Australian parents, Babies & Toddlers is backed by the professional advice of more than thirty medical and other experts. crying \* sleeping \* breastfeeding \* bottle-feeding \* health & body image for new mums \* coping \* developmental milestones \* eating \* common illnesses \* fun stuff \* safety \* toilet training \* tantrums (theirs and yours) \* extra stuff for dads \* and much, much more. Fun, practical and updated every year, Babies & Toddlers has everything you need to know about looking after babies and toddlers.

**Sexts, Texts and Selfies: How to keep your children safe in the digital space** Susan McLean 2018-05-28 Soon enough, every parent will have to discuss online safety with their children. This book is your salvation. Widely regarded as Australia's first cyber cop, cyber-safety expert Susan McLean helps you understand and connect with your child's online world, and guide them safely through it in this revised and updated edition of her bestselling book. She shows you how to establish good online habits, set time restrictions and boundaries, identify good apps and bad apps, deal with cyber bullying, work out who to 'friend' and 'unfriend', and manage your child's digital reputation. Filled with case studies about what children get up to online and the very latest research, Susan's advice is firm but fair. With her clear guidelines, parents can allow their children to embrace and enjoy technology, without the stress or worry.

**Anxious Kids** Michael Grose 2019-05-07 Anxious Kids offers parents a new perspective on their children's anxiety, encouraging them to view each episode as an opportunity to empower their kids with the skills to manage anxiety, and thrive. Bestselling parenting author Michael Grose and wellbeing expert Dr Jodi Richardson explain why more children than ever before experience anxiety. In plain language that can be shared with children, they outline the origins and biology of anxiety to make sense of it - key knowledge such as why it happens, the flood of physical symptoms that comes with it, how to calm it down and why each strategy works. Grose and Richardson also give advice on a range of important steps parents can take to develop emotional intelligence, tolerance of discomfort, mindfulness, resilience, thinking skills and flourishing mental health. In so doing, parents can reduce the impact of anxiety, enabling children of all ages to live their lives in full colour.

**Sexts, Texts and Selfies** Susan McLean 2014-05-28 Soon enough, every parent will have to discuss online safety with their children. This book is your salvation. It helps you understand and connect with your child's online world, and guide them safely through it. Widely regarded as Australia's first cyber cop, cyber-safety expert Susan McLean shows you how to establish good online habits, set time restrictions and boundaries, identify good apps and bad apps, deal with cyber bullying, work out who to 'friend' and 'unfriend', and manage your child's digital reputation. Filled with case studies about what children get up to online and the latest research, Susan's advice is firm but fair. With her clear guidelines, parents can allow their children to embrace and enjoy technology, without the stress or worry. 'Reading McLean's book is at least, in this digital world, one place where parents can seek advice.' The Daily Telegraph

**Raising Other People's Children** Debbie Ausburn 2021-05-25 Raising Other People's Children helps you navigate the complicated world of foster and step-parenting with better awareness and greater empathy, providing real-life solutions for forging strong relationships in extraordinary circumstances. Drawing on Debbie Ausburn's decades of experience with every facet of the foster care system, Raising Other People's Children provides expert guidance viewed through the lens of real human interactions. The responsibility and complexity involved in raising someone else's child can seem overwhelming. Regardless of whether you're a stepparent, foster parent or adoptive parent, it is on you to take on the challenge of caring for them, helping them to move forward while also meeting their unique emotional needs.

**A Line Above the Sky** Helen Mort 2022-03-24 Guardian Books to Watch 2022 Evening Standard Books to Watch 2022 Bookseller Editor's Choice Winner of the Boardman Tasker Award for Mountain Literature 'A wonderful book - exhilarating and taut, fearless in its explorations of wildness, risk, motherhood, and the inner and outer worlds of the writer' Jon McGregor 'This book is beautiful' Emma Jane Unsworth 'Climbing gives you the illusion of being in control, just for a while, the tantalising sense of being able to stay one move ahead of death' As a child, Helen Mort was drawn to the thrill and risk of climbing, the tension between human and rockface, and the climber's need to be hyperaware of the sensory world - to feel the texture of rock under their fingers, how their crampons bite into the ice, the subtle shifts in weather. But when she becomes a mother for the first time, she finds herself re-examining this most elemental of disciplines, and the way that we view women who put themselves in danger. Written by one of Britain's most talented young writers, A Line Above the Sky melds memoir and nature writing to create what will surely become a classic of the genre; it asks why humans are compelled to climb and poses other, deeper questions about self, motherhood and freedom. It is a love letter to losing oneself in physicality, whether that in the risk of climbing a granite wall solo, without ropes, or the intensity of bringing a child into the world.

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