



Digital Wellbeing

Years 7–8 High School Parent Session
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Acknowledgement of Country

I begin today by acknowledging the Traditional Custodians of the land on which we meet today and pay my respects to their Elders past, present and emerging.

I extend that respect to Aboriginal and Torres Strait Islander peoples here today.



BEFORE WE BEGIN

A little about Hively Health

"Support to grow and live the life you choose."

That's our purpose — and it shapes how we show up tonight too.



How Hively started

2019

established

Hively began in Brisbane with a simple idea: psychology and behaviour support that's genuinely person-centred, not one-size-fits-all.

Seven years on, that same idea now shapes everything from our clinic work to evenings like these.

OUR CARES VALUES

C

Courageous

Boldly different

A

Authentic

Honest & transparent

R

Respectful

Dignity for all

E

Empowering

Strengths-focused

S

Safe

Dignity & safety first



WHY WE'RE HERE TONIGHT

Values we share with Cavendish Road

We're a values-led private practice — which is why we're proud to partner with Cavendish Road



Hively's CARES

Courageous • Authentic
Respectful • Empowering • Safe

How we show up for the families and clinicians we work with every day

Cavendish Road's values

Courtesy • Cooperation
Consideration • Commitment • Challenge

"Nothing without effort, nothing but the best"



Who we support

A private, values-led practice supporting individuals, children and families across South East Queensland

P

Psychology

Therapy and assessment for children, teens, adults and families

B

Behaviour Support

For those navigating complex behaviours

H

Hively Coordination

For permanent & life-changing disability, navigating the NDIS

Proud to partner with

Cavendish Road SHS

Holland Park State School

Also sponsoring local sporting clubs — and working with ART on access to diagnosis

OUR IMPACT

How many people we support

A snapshot of our work supporting wellbeing across Queensland

600+

people directly supported

400+

psychology & wellbeing clients

200+

in care coordination

7+

years of clinical experience

So why does this matter for tonight? We see, every day, how much families are juggling – including how to navigate digital wellbeing, in a very different world to what we grew up in.





What's on tonight

Two practical conversations, with time for your questions

1

Screen time, gaming & social media

What teens are doing online, and the basics every parent should know

2

Boundaries & expectations at home

Practical ways to set limits that you can hold to, calmly



Before we dive in — a quick self check-in



What thoughts come up for you about this topic?

Do you have a good idea how your child is using technology?

Does it bring up worry, or safety concerns?

Or do you feel reasonably confident already?

There's no right answer here — just worth noticing where you're starting from tonight.

Technology has its positives!

We are using interactive, anonymous polling as part of tonight's presentation. Instructions and QR codes are also on the Digital Wellbeing flyers.

1

Open your browser on
your phone or tablet

2

Go to [menti.com](https://www.menti.com)

5116 3857

OR

3

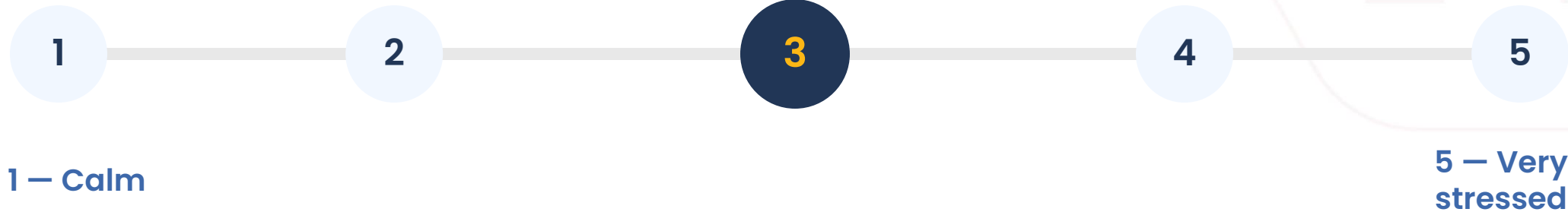
QR CODE



CHECKPOINT 1 — START

LIVE POLL — VOTE NOW

Right now, how stressed or overwhelmed do you feel as a parent?



CHECKPOINT 1 – START

LIVE POLL – VOTE NOW

Right now, how confident do you feel navigating your teen's screen use?

1

2

3

4

5

1 – Not confident at all

5 – Very confident



Not sure how to join? Details are on the Hively flyer in front of you.

Screen time — what type?

What is my teen doing online — and what type of screen time is OK?

G

Gaming

Roblox, Discord, Steam — chat and game together

S

Social media

Snapchat — many teens find ways around age restrictions

C

Content

TikTok and YouTube — algorithm-driven feeds

E

Educational

Often the most overlooked category

How much screen time is OK? It matters less than knowing what they're using, and why — so take the time to understand it.



Social media

16

the legal age limit for
social media in Australia

Connecting with peers

A real and valuable part of how teens build friendships

Anxiety, online bullying & exclusion

The same platforms that connect can also exclude

Having space to make mistakes

Mistakes online can feel bigger and more permanent

Worth asking together: what is the algorithm spreading to them?





Bullying, exclusion — and a world moving fast



Bullying & exclusion

It doesn't stop at the school gate

Group chats and social apps mean it can follow kids home

Exclusion can be quiet

Being left out of a group chat can hurt as much as direct conflict

The world is moving fast

AI and new platforms arrive faster than any of us can fully keep up with.

No one expects you to know every app or trend. Open communication matters far more than keeping up.

The constant through all of this: find what works best for your family, and keep talking about it as things change.



Child safety

- 1** **Connecting with peers, not adults** — knowing who's really on the other end matters
- 2** **Grooming** — understanding how abusers deliberately build trust over time
- 3** **Image-based abuse & pornography** — open conversations about healthy relationships

A trusted resource for parents: esafety.gov.au/parents/issues-and-advice



Gaming

It's not all bad – gaming has real benefits alongside the risks

The benefits

Social connection

Friendships built and maintained through shared play

Problem-solving & teamwork

Many games genuinely build strategic thinking

What to watch for

Impact on the brain

More on this next

Online safety

The eSafety Commissioner is a great independent resource



What does it do to the brain?

Reward system rewired

Dopamine hits shift what feels rewarding after heavy screen time

Addiction responses increase

The brain starts craving the same stimulation repeatedly

Fear response increases

Seeking social likes and validation becomes more urgent

Harder self-regulation

Managing emotions and impulses takes more conscious effort

Harder decision-making

Impulse control is affected as the prefrontal cortex changes — the part of the brain still developing through the teen years

Source: netpsychology.org — neuroplasticity and internet use

CHECKPOINT 2 — MIDDLE

LIVE POLL — VOTE NOW

How confident do you feel right now about managing this in your own home?

1

2

3

4

5

1 — Not confident at all

5 — Very confident



How to approach the conversation

- 1 Engage with curiosity** — and choose a calm moment, not mid-conflict
- 2 Listen well** — before responding or correcting
- 3 Share your values** — communicate your ideas based on your own values and boundaries
- 4 Stay comfortable with hard topics** — practice makes these conversations easier over time

Be prepared for pushback — change is uncomfortable, and that's a normal part of the process

A PAUSE, BEFORE WE TALK BOUNDARIES

We are all learning together

Start with self-care

You can't hold steady boundaries from an empty tank

No judgement

Parents in this room are trying their best with a genuinely hard topic

Life is full

Stress and pressure from all directions shape how we operate day to day



Coming up: setting boundaries and expectations at home



Setting boundaries

ASK YOURSELF

What am I committed to as a parent?

What do I want to grow in my child?

What limits will I set and stand by?

What's actually within my control?

IDEAS TO CONSIDER

Time limits • Device limits • App restrictions • Parent oversight of messages

Be ready for pushback when things change – and manage your own response to it too.





How to rest, productively

Screen time, parenting, work — rest matters for you too. There's more than one kind.

Physical

Sleep, stretching, naps, a slower pace

Mental

Journaling, decluttering, being present

Emotional

Self-compassion, honouring your boundaries

Social

Time with loved ones, real conversations

Sensory

Dim lights, screens off, quiet time

Intellectual

Reading, puzzles, hobbies that aren't screens

Spiritual

Gratitude, sense of belonging, quiet reflection

What's our role as parents?

The reality: kids will push boundaries. That's normal. What matters is what guides you both through it.

Know your family's values

Decisions are easier when everyone knows what you stand for

Stay honest and open

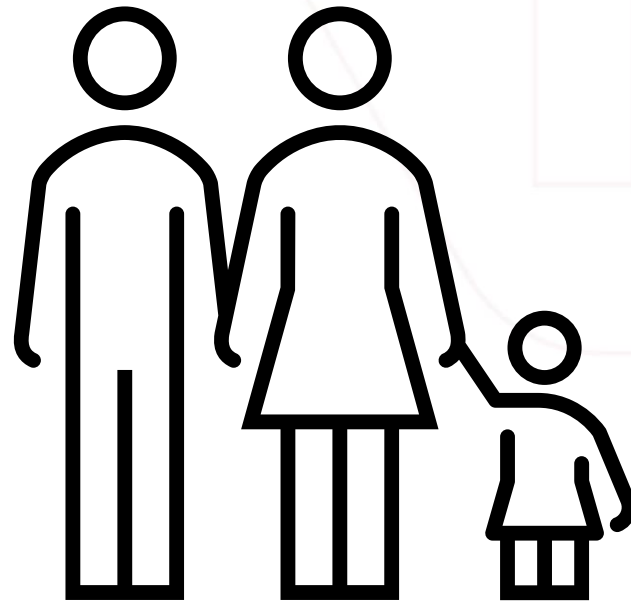
Communication matters more than getting every rule right

Model what you ask for

Kids notice when parents are also on their phones at dinner

Stay connected

While allowing the space for them to grow and make mistakes





How to access support

If tonight has raised something for your family, here are three places to start

1

At school

The school's guidance counsellor is a free, easy first step – they know the school context too

2

Through your GP

Ask about a Mental Health Care Plan (MHCP) – this gives you access for up to ten Medicare rebated for psychology sessions each year (with gap fees)

3

Privately

You can also see a psychologist directly, with private health extras often covering part of the cost

None of these paths are wrong – the right one is whichever gets your family talking to someone.



FREE SUPPORT, ANY TIME

Free resources worth saving



Beyond Blue

1300 22 4636 — for parents and families, 24/7

headspace

1800 650 890 — for young people aged 12–25

Kids Helpline

1800 55 1800 — counselling for ages 5–25, 24/7

Black Dog Institute

blackdoginstitute.org.au — research-backed tools & info

E-safety commissioner

Esafety.gov.au/parents

Parenting websites & books

Dr Justin Coulson, Maggie Dent etc.

Now, after tonight, how confident are you feeling about supporting your teen and managing screens?

1

2

3

4

5

1 — Not confident at all

5 — Very confident



Thank you!

