

Be You: Supporting students through the bushfire season



Summer is nearly here, and we've heard from educators across NSW and the ACT that you'd like to learn more about supporting students through the bushfire season.

Join us as we discuss the importance of psychological preparedness and how you can support students to manage the impact natural disasters may have on their wellbeing this summer.

Key themes we will explore:

- Preparing students psychologically for potential bushfires using the AIME model
- Empowering students to participate in bushfire preparedness
- Supporting students who may be feeling anxiety or distress due to the threat of bushfires, smoke, or media footage of bushfires.
- Highlight the relevant Be You resources and tools you can use to support your school community

Thursday 23 November 2023
7:30am- 8:30am (AEDT)



Register now using the QR code or go to <https://bit.ly/3MDXEVD>
For more information on this event email: beyounswact@headspace.org.au