The big four: Self-harm, anxiety, bullying and body image

This month, we tackle four issues that get a lot of attention in the media and worry parents and children. We explore the issues of self-harm and childhood anxiety. We also take a look at children who bully and a research report on childhood body image.

Children who self-harm

There is evidence to show children as young as 10 years old are self-harming, and there are reports that even younger kids are also affected. Dr Sarah Swannell, Psychologist with the University of Queensland, says early identification and emotional regulation is key.

Read more

The different faces of anxiety

Anxiety in children can look very different to the ‘shy and retiring’ archetype, says Dr Marilyn Campbell, a psychologist, teacher and professor at the Queensland University of Technology.

She shares her experience working with anxious children and families. Read more

Behind bullying behaviours

Lyn O’Grady, Community Psychologist and Parent Educator, believes bullying remains a problem in Australia despite decades of effort to stamp it out.

She takes a different perspective by looking at the life of children who bully. Read more
There is a clear link between poor body image in children and mental health issues according to an Australian Institute of Family Studies report. Here are the top insights into how children see their bodies. Read more

Self-harm and primary school children

Bullying: Act early and act often

Body image and primary school children

Information on anxiety