



Expert Films

Expert film – how social media can affect teenagers’ mental health

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Young people can gain lots of good things from social media. But sadly, there can also be a downside.

In this short film, senior lecturer Petya Eckler explains how social media can affect teenagers' mental health.

For tips on helping your teen to use social media in a way that will help boost their self-esteem and body image, not knock it check out Parent Club’s website - [Tips for helping young people get the most out of social media | Parent Club](#)

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Senior Lecturer Petya Eckler explains how social media can affect teenagers' mental health.

Tips to help your teen use social media in a positive way – parentclub.scot/articles/tips-helping-young-people-get-most-out-social-media

Asset – expert film – Petya Eckler



Expert film – how eating disorders can affect young people

(Note: 'Eating Disorders Awareness Week' – 24th Feb to 2nd March)

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In this short film, clinical psychologist Fiona Duffy explains how eating disorders can affect young people and shares advice for parents.

If you're worried that your child may have an eating disorder, or if they've been diagnosed with one, you may feel a huge range of different emotions.

But it's important to remember that you're not alone. There is help there for your child, and for you and your family, visit our website to find out more - parentclub.scot/articles/eating-disorders

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Asset – expert film – Fiona Duffy



Expert film – how body image issues can affect teenagers

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Body image concerns can be particularly common and upsetting during adolescence, as bodies change and develop.

In this short film, psychologist Dr Lynne Taylor, explains how body image issues can affect teenagers and why it's important to support teens to accept their bodies.

Check out our website for tips & advice to help you encourage your child to be kind to themselves and to feel comfortable in their own skin - [Supporting young people to have a good body image | Parent Club](#)

If you have concerns about your child, remember that you can talk to their school or GP.

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In this short film, psychologist Dr Lynne Taylor, explains how body image issues can affect teenagers

For tips & advice to help you encourage your child to be kind to themselves and to feel comfortable in their own skin, visit Parent Club - parentclub.scot/articles/supporting-young-people-have-good-body-image

Asset – expert film – Lynne Taylor



Expert film - Teens & isolation

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If you are a parent or carer of a teen (or more than one teen!) you may notice that they can often stop engaging with friends and family when they're unhappy or stressed.

In this short film, Child Psychologist Professor Cathy Richards discusses teenagers and how to support them if they are withdrawn or isolated.

We have lots of ideas to help you support your teen, visit - [Supporting your teen's mental health | Parent Club](#)

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Asset – Cathy Richards film on teens & Isolation



Expert film - Teens & self esteem

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As children grow up and try to work out who they are and how they fit into the world, their self-esteem can be quite fragile.

But you'll be pleased to hear there are lots of things parents can do to help boost their teens' self-esteem.

In this short film, Curriculum Leader Arlene Cleland explains more

To find out more, visit - [Tips to help young people build self-esteem | Parent Club](#)

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For tips to help build your child's self-esteem, visit - parentclub.scot/articles/tips-help-young-people-build-self-esteem

Asset – Arelene Cleland film on teens & self esteem

