



Parents' and Carers' Guide to the Talk-And-Walk-A-Thon

We are hosting a Talk-And-Walk-A-Thon to build student connections.

October is Mental Health Month and we are encouraging students to talk and walk. The aim is to build connections between students, as strong relationships are crucial to good mental health.

What is the Talk-And-Walk-A-Thon?

It's important that our children feel safe, connected and supported at school and within the wider community. We know our young people connect and chat through their devices but this doesn't replace the need for connecting with others through face-to-face conversation. The Talk-And-Walk-A-Thon has been designed to highlight the importance of talking with others as a way of connecting to strengthen a sense of belonging, empathy and understanding.

Students will be invited to stretch their legs and strike up a conversation with peers they may not have connected with before. Engaging with others for the first time may not come easily to everyone. Students will be supported with conversation cards to help prompt discussion as they walk. Students who find conversation easy, will be challenged to use their skills to increase connections beyond their usual friendship groups.

When is it?

The Talk-And-Walk-A-Thon is on **<insert date>**.

If you have any questions, please reach out to **<insert school representative>** to find out more.

How can you support your child develop social skills?

You can help your child learn conversational skills at home by:

- Practising conversation at home with the conversation prompts provided.
- Modelling conversation with your child.
- Modelling conversation with new people you meet.
- Modelling help-seeking or talking about your experiences, challenges and how you worked through them.
- Having conversations with people who are different from you.



TALK-AND-WALK-A-THON™



PeerSupport

Office: 1300 579 963 Website: peersupport.edu.au



Using conversation cards at home

Students have been provided with conversation prompts to use at home.

We recommend making time to enjoy the conversation together as a family. A family meal is an ideal time to do this.

Eating together at home has a range of benefits. Research shows that kids who eat with their families perform better at school, have bigger vocabularies, lower rates of depression, anxiety and eating disorders, and have healthier diets and better cardiovascular health. (You can read more about that on [The Conversation](#).)

There are many times and ways to connect and talk. Do it as often as you can, as it helps build strong communities.

You may like to come up with some conversation prompts too. What questions can you think of to discuss with your kids at home?

Regards,

<Insert name>

<Insert title>

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