



7 September 2023

Dear parents/carers,

### **Dick Moore talk – Coping with your Adolescent**

We are currently organising for Mr Dick Moore to attend Victoria College to talk to a number of our student year groups.

We are also delighted to be able to invite you to a **parent-specific talk on ‘Coping with your Adolescent’ on Tuesday 31 October, 19:00 to 20:00 in the Great Hall**. This invite is for all our parents, regardless of the year group your child is in.

Since November 2012, Mr Moore has been visiting schools, universities, and organisations to help raise awareness of mental health issues. In line with this he has been visiting Jersey for the last 5 year to deliver talks at schools and attended both our Mental Health conferences in 2018 and 2019 where he was very well received. Mr Moore was born and brought up in London and educated at Durham and Newcastle universities. He became an English teacher, rugby coach, boarding school housemaster and, for over twenty years, the headteacher of a co-educational day and boarding school.

He is not a doctor, psychologist, psychiatrist, or counsellor. However, he does have wide experience of working young people – not least as the father of four children! Circumstances led him to develop a passionate interest in adolescent development and emotional wellbeing.

Please see Mr Moore’s website for further information: <https://www.dickmoore.org/>

The topics covered during Mr Moore’s parental talk will include:

- What is adolescence?
- Helpful stress or debilitating anxiety?
- Low mood or developing depression?
- Why self-harm?
- Top tips for parents on supporting your adolescent

Mr Moore hopes that you will leave with increased confidence in coping with your teenager, a little additional knowledge and confidence that you are not alone.

One of the comments on his website from a parent provides a superb testimony: "...you have literally changed everything about the way I'm thinking of parenting and communicating with my 3 children".

## **Our World of Opportunity**

Victoria College, Mont Millais, St Helier, Jersey JE1 4HT | 01534 638 200 | [admin@vcj.sch.je](mailto:admin@vcj.sch.je) | [www.victoriacollege.je](http://www.victoriacollege.je)

LinkedIn: Victoria College Jersey | Twitter: @VictoriaCollege | Facebook: VictoriaCollegeJersey

I have had the pleasure of seeing Mr Moore speak twice previously and can recommend him without reservation. I do hope many of you will take up this fantastic opportunity and if you would like to do so, please book your ticket as soon as possible using [this link](#).

With kind regards,

A handwritten signature in black ink, appearing to read 'G. Hughes', with a stylized flourish at the end.

**Dr Gareth J A Hughes**  
**Headteacher**