

# GDST

GIRLS' DAY SCHOOL TRUST



## GDST Talks

An opportunity for parents and staff across the Trust network to hear from relevant experts about girls' wellbeing

Each session will last one hour and include an opportunity to put questions to the presenter

# Schedule 2025/26

## Autumn Term

**Tuesday 14<sup>th</sup> October 6-7pm:** Phones, Social Media and Surviving the Online World

[Sign up here](#)

**Wednesday 12<sup>th</sup> November 6-7pm:** Talking About Food with Your Child: What Helps, What Doesn't

[Sign up here](#)

## Spring Term

**Wednesday 21<sup>st</sup> January 6-7pm:** Exam stress: getting the balance right - how to help your child stay motivated and focused without problematic levels of anxiety or stress

[Sign up here](#)

**Wednesday 11<sup>th</sup> March 6-7pm:** Talking About Body Image: How to Support Self-Esteem in a Looks-Focused World

[Sign up here](#)

## Summer Term

**Tuesday 19<sup>th</sup> May 6-7pm:** Misogyny

[Sign up here](#)

**Wednesday 17<sup>th</sup> June 6-7pm:** A Parent's Guide to Eating Disorders

[Sign up here](#)

# Autumn Term

Tuesday 14<sup>th</sup> October 6-7pm

[Sign up here](#)

## Phones, Social Media and Surviving the Online World

Social media and smart phones are now an indelible part of most young people's, and indeed adults', lives. However, there is growing concern about this trend. For example, in 'The Anxious Generation' Jonathan Haidt argues that increased smartphone use, together with overprotective parenting, has been harmful to children since the late 2000s. So how do we set healthy boundaries? In this talk, Natasha Devon will share simple tips for creating a harmonious relationship with tech, as well as preparing young people for what they will encounter on their phones.

[Natasha Devon](#) MBS is a writer, broadcaster and campaigner. Since 2008, she has visited schools and events throughout the world delivering talks and conducting research on mental health and related issues such as body image and gender equality. She has written a number of fiction and nonfiction books, including 'Clicks: How to Be Your Best Self Online.'

Wednesday 12<sup>th</sup> November, 6-7pm

[Sign up here](#)

## Talking About Food with Your Child: What Helps, What Doesn't

This supportive, practical session will help parents and carers feel more confident talking about food with their children. We'll explore how everyday conversations can shape a child's relationship with eating, how to avoid unhelpful language or pressure, and how to create a positive food environment at home. Parents will leave with tools to encourage balanced, non-judgemental discussions that promote physical and emotional wellbeing.

The talk will be delivered by Sophie Killip and Sana Katan from the specialist eating disorder clinic [Orri](#). Sophie is a Psychotherapist and Head of Education at Orri. She has eight years of postgraduate, international experience working across the UK, Canada and the US. Sana is a Family and Systemic Psychotherapist who joined Orri in September 2023, working across both our day care and outpatient clinics. She has over 20 years' experience working with families, couples and individuals within the NHS, across both CAMHS and adult services, as well as in the private sector.

# Spring Term

[Sign up here](#)

Wednesday 21<sup>st</sup> January 6-7pm

## Exam stress: Help your child stay motivated and focused without problematic levels of anxiety or stress

Many teenagers experience problematic levels of anxiety or stress centred around academic outcomes. This can negatively impact a teenager's physical and mental wellbeing; in addition, high stress levels can lead to counterproductive work habits, such as procrastination or debilitating levels of perfectionism. In this webinar, Katharine Radice will explain key techniques which parents can use to help their child build a constructive, healthy relationship with homework and exams.

[Katharine Radice](#) is a leading expert on exam stress in the secondary school context. Her book - [The Parent's Guide to Exam Stress](#) - has been critically acclaimed across the sector and she is well known for her pragmatic, realistic guidance. She is a regular speaker at national conferences and workshops for parents. She brings an in-depth understanding of the educational process, combining teaching and pastoral experience at secondary school and university levels. She is currently the Transition and Participation Advisor for Gonville and Caius College Cambridge, and combines this with a part time teaching job in a secondary school in Cambridge and her freelance educational consultancy.

[Sign up here](#)

Wednesday 11<sup>th</sup> March 6-7pm

## Body Image: How to Support Self-Esteem in a Looks-Focused World

This online session is designed to help parents and carers understand how body image develops in children and young people – and what we can do to support a positive self-image. We'll unpack the influence of social media, peer comparison, and cultural messaging, and explore practical ways to build resilience, challenge appearance-based pressures, and model body acceptance at home.

The talk will be delivered by therapists from the specialist eating disorder clinic [Orri](#). Orri offers intensive day treatment and outpatient services, both in person and online, with an approach grounded in compassion, flexibility, and evidence-based care. As an impact-led organisation, Orri is committed to creating positive change beyond the clinic, and, alongside direct treatment, works to improve education, early intervention, and access to support in the wider community.

# Summer Term

Tuesday 19<sup>th</sup> May 6-7pm

[Sign up here](#)

## Misogyny

Dr Weston is one of the leading national experts on parenting and parental engagement in children's lives. In 2018, she established [Tooled Up Education](#), a holistic bank of evidence-based resources for whole-school communities on all aspects of parenting, family life and education. Tooled Up now supports 140 schools in 8 countries. Kathy believes that 'there is an instruction manual for parenting' (the research evidence) and believes that children are most likely to thrive when there is a strong partnership between home and school. Kathy holds a Law degree as well as a Masters and PhD in Criminology (from Cambridge University) and is the co-author of two books for teachers, *Engaging Parents* (2018;2020).

Wednesday 17<sup>th</sup> June 6-7pm

[Sign up here](#)

## A Parent's Guide to Eating Disorders

In this compassionate and informative session, parents and carers will gain a deeper understanding of eating disorders – including early warning signs, common myths, and how to respond with care and confidence. We'll discuss what support looks like at different stages of a child's journey, when to seek professional help, and how families can play a vital role in recovery and healing.

The talk will be delivered by therapists from the specialist eating disorder clinic [Orri](#). Orri offers intensive day treatment and outpatient services, both in person and online, with an approach grounded in compassion, flexibility, and evidence-based care. As an impact-led organisation, Orri is committed to creating positive change beyond the clinic, and, alongside direct treatment, works to improve education, early intervention, and access to support in the wider community.