Barnhill COMMUNITY HIGH SCHOOL

MIDDLESEX LEARNING PARTNERSHIP

Safeguarding Bulletin – Children's Wellbeing online

An important step in promoting positive online self-esteem within your child is to engage in an ongoing conversation with them.

Talking Points

- **How do you feel about the amount of likes or interactions your online posts receive?**

Many teens are very conscious of the image they project when they post content, and even take into account the timing of when they post it in order to maximise the potential number of likes that the post could get. This can be a good opportunity to encourage them to take the time to consider what impact this may be having on them, and also to remind them that the number of likes they get is not a realistic barometer of their value as a person. Instead encourage them to focus on the positive friendships that they do have.

- **Have you ever deleted a post because it didn't get enough likes?** It's not uncommon for teenagers to delete a post on social media if it doesn't get enough likes. Explore why they felt motivated to delete a post to get a better understanding of how they want to present themselves online and any pressure they may be feeling.

- **Is how you see people on the internet and social media the same as how you would see them in real life?**

Encourage them to see the full picture – people usually post a heavily edited version of their lives online, and while your child may be aware of this to some extent, it is a good idea to explore how this can lead to creating unrealistic expectations. Have a chat with them about how a snapshot in time is not a full reflection of reality and so is not a reliable benchmark for success.

- **Why might people want to present themselves in a certain way when they are online?**

Tease out what might influence people to present themselves in a way – what may be the vested interest? For example, looking at a celebrity or influencer, is the lifestyle or image they portray influenced by advertising or marketing? Encourage your child to think critically about the content that is posted by people online, including by other young people.

- **What content makes you feel upset or unhappy?**

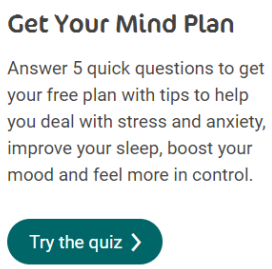
Talk to your child about the people or content that they like to follow, and if there are themes or trends that upset them suggest that they unfollow or hide these posts. It can be a good way to protect them from comparing themselves to others.

- **Can you tell me about the content or people online make you happy**

Discuss following people who share positive content and encourage them to have more of this in their newsfeed.

- **What offline activities do you like to do?**

Encourage your child to take an occasional break from being online, and to make time for doing activities that they like. Spending time with friends or exercise are great for relieving stress and boosting your mood.



Try using this handy tool with your son/daughter to see what tips you can use to help them look after their mental health

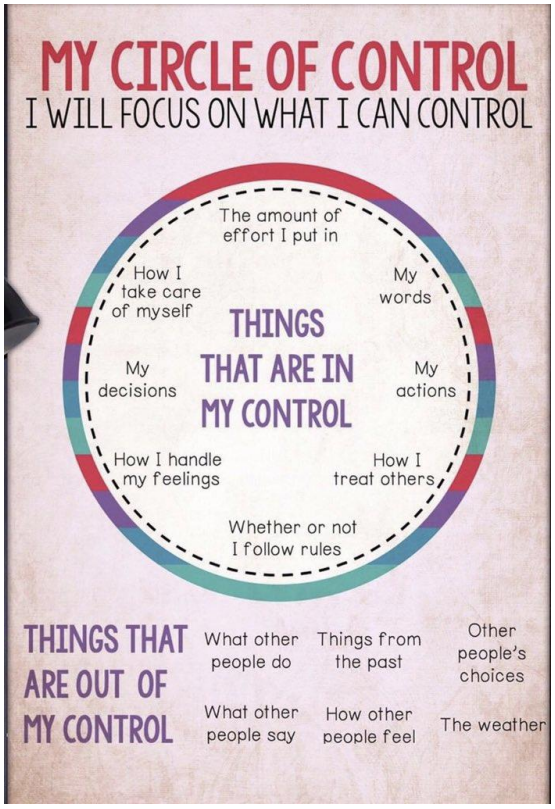
Only 5 Questions

https://www.nhs.uk/oneyou/every-mind-matters/

Top Tips for parents:	
Have a chat	Set up parental controls
Time online – strike a healthy balance	Encourage respectful communication
Talk about the use of privacy settings	Join in together

Parents can receive more support by going to this website - Webwise parent hub
https://www.webwise.ie/parents/

See attached help sheets on TikTok and Netflix checklists



WELLBEING TIP OF THE WEEK
Visualisation exercise

Finding ways to relax and recharge our bodies is an important part of self-care. This week's wellbeing tip is an invitation to **use your imagination to create a safe, peaceful and calming place in your mind**, one which you can return to as often as you like. This is a great to share with children too, go through these steps together to help them build their place & regularly revisit it.

IMAGINE A PLACE

Bring to mind a place where you feel safe, peaceful and calm.

This may be a real place that you have been to, one you have dreamed of or seen on TV, a place you would like to go, or some place that your imagination conjures up.

Use these next steps to help you build this image, the key thing to remember is that this is a place where you feel safe, one which you are in control of.

WHAT CAN YOU HEAR

Now imagine and notice the sounds that are around you in your place, or perhaps there is silence.

You might notice leaves rustling, water trickling or rushing, or perhaps wildlife

WHAT CAN YOU SMELL

Think about any smells you may notice in your place. These may be subtle smells on a breeze or stronger smells. Perhaps you can smell flowers or the sea air.

WHAT CAN YOU SEE

Look around you, in your minds eye, what can you see. Notice the shapes and colours in your place.

If you can see water, notice all the different shades of colour, notice any nature and wildlife you might be able to see.

WHAT CAN YOU FEEL

Focus on any skin sensations - the earth beneath you or whatever is supporting you in your place, the temperature, any movement of air, anything that you can touch.

NAME YOUR PLACE

Whilst you are in your special place, you might like to choose to give it a name, this may be one word or a phrase, something that will help you bring your image back to your mind, anytime you need to.

Now that you have started to build your safe place in your mind, **slowly close your eyes and take 2 deep breathes in through nose and out through your mouth. Notice all of the things you've thought through** above and start to build the picture in your minds eye. **You can choose to stay in your place as long as like and visit whenever you feel the need to relax and take your mind to a calm, safe place.** The more you visit your place and build the image the easier it will be to bring it to mind when you need it. You can choose to leave whenever you want just by opening your eyes and bringing your attention back to the here and now. Listening to someone reading this script may be helpful or you could record yourself or try out a few of the wellbeing apps most of which have guided visualisation scripts that you could try.

This **combined with a progressive muscle relaxation** to start is a great combo which **will leave your body and mind relaxed and recharged**. It can be a particularly helpful way of switching off the thinking mind as you settle down for sleep.

Poster developed by Dr Kate Vasey, Clinical Psychologist

TOP TIPS

Support your child's wellbeing while schools are closed

With schools closing across the UK, most children will be at home full time. As parents/carers you will inevitably be concerned about the effect this may have on your child's development, their physical and mental health, as well as your family's wellbeing.

1. **Establish a daily routine.** Routines provide reassuring structure and purpose. Include a mix of learning, creative, physical, relaxation and 'electronics' time. Help your child make a visual timetable so everyone understands the plan.
2. **Make time for physical activity.** Encourage your child outside and rediscover garden games. If you can't get outside, suggest your child makes an indoor obstacle course. There are lots of resources available on the BBC, ITV and YouTube.
3. **Work on personal care skills.** Identify self-care tasks that your child would like to do more independently, for example tying shoelaces or getting dressed.
4. **Develop life skills.** Help your child learn how to prepare their lunch, use a washing machine or change their bedsheets. Older children could complete an online First Aid course or start to learn another language.
5. **Create a suitable study space.** Ideally your child should have an appropriately sized chair and table, but if they must use adult furniture ensure they can sit with feet firmly planted and their shoulders relaxed.
6. **Teach your child to type.** Typing is a valuable skill for education, social communication and for the workplace.
7. **Rediscover creative activities** such as playdough, junk modelling, Lego and origami.
8. **Spend social time together as a family.** Play board games, watch a film or make a cake. Schedule mealtimes together and commit to them.
9. **Keep in touch.** Arrange for your child to spend time each day talking to friends or family members on the phone or on social media (with adult supervision where appropriate).
10. **Look after yourself.** Being a full-time parent/carer with household duties and work is challenging. Make sure you eat and sleep well, and include time for your own rest and leisure in your daily routine.

rcot.co.uk

Royal College of Occupational Therapists

NEVER ALONE

NSPCC
0808 800 5000
(24hrs)

National Domestic Abuse Helpline
0808 2000 247
(24hrs free)

Mind
0300 123 3393
(Mon-Fri 9-6)

Victim Support
0808 168 9111
(24hrs)

ChildLine
0800 1111
(24hrs)

Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)

Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)

Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5or8pm)

Samaritans
116 123
(24hrs free)

National Centre for Domestic Violence
0207 186 8270

YoungMinds
2 h

If you are struggling to cope at the moment, here are a list of services you can contact. Please do reach out for help if you need it. You're not alone.

Under 25s	Over 25s	Parents
YOUNGMINDS Crisis Messenger Text YM to 85258 Open 24/7	mind Call 0300 123 3393 9am - 6pm, Mon - Fri	YOUNGMINDS Parents Helpline Call 0808 802 5544 9:30am - 4pm, Mon - Fri
THE MIX Call 0808 808 4994 3pm - 12am, every day	SAMARITANS Call 116 123 Open 24/7	
childline Call 0800 1111 7:30am - 3:30am, every day	For more advice and information visit: youngminds.org.uk/find-help	

Useful places to go for information for your son/daughter:

Samaritans: 116 123

Childline 0800 1111 specifically online safety 0808 800 5002

https://www.nspcc.org.uk/

https://www.thinkuknow.co.uk/

https://www.ceop.police.uk/safety-centre/

https://youngminds.org.uk/ 0808 802 5544

https://www.kooth.com/