



# SWELL

## Safeguarding & Wellbeing

# Newsletter

Summer Edition 2020

### Online Safety

Now more than ever children and young people are using the internet to connect. Whilst this is a fantastic tool for learning, plus keeping in touch with friends and families, it is important that children and young people fully understand the risks. It feels as if almost weekly there are new apps, social media platforms or website for our children to explore and have fun, and even the most 'tech savvy' of us can sometimes have difficulties keeping up to date with the latest changes!

The virtual world has lots of positives, but sadly with every positive comes a negative and the internet can be a place for some people to spoil the enjoyment, plus potential cause our children harm.

Exploitation, bullying & harassment, grooming, radicalization, plus other harmful activities are all types of things that can happen to any child, at any age, at any time when online. Therefore, it is important that we all try and keep our children safe online, and that we have to the skills and knowledge to be able to support, and guide if they become a victim of online abuse.

Dear Parent/Carer,  
Welcome to the first edition of our Trust's 'Swell' newsletter, which aims to provide you with general advice and tips on how you can help support your child's safety and wellbeing.

#keepingchildrensafe #workingtogether  
#wellbeing #mentalhealth #HCAT

If your child has done something that has happened to them, the

consequences could be serious, and you need to act in a way that protects them and others. It is important not to panic but seek advice quickly. Here are some organisations that will be able to offer support and guidance.

- NSPCC (National Society for the Prevention of Cruelty to Children) 08088 005 002,
- Or visit the CEOP (Child Exploitation and Online Protection) website (<https://ceop.police.uk/safety-centre>).  
CEOP are part of the National Crime Agency and specialist police investigators in online crime.
- If you are worried about something that your child has posted online, such as an image, you can either contact the provider (such as Instagram, or visit the Internet Watch Foundation for help- <https://www.iwf.org.uk/>).
- **If you feel that your child is at immediate risk of harm contact Humberside Police**

### Useful contacts

#### Childline

[childline.org.uk](http://childline.org.uk)

#### Thinkuknow

[thinkuknow.co.uk/parents](http://thinkuknow.co.uk/parents)

#### Childnet

[childnet.com](http://childnet.com)

#### NSPCC

[NSPCC.org.uk](http://NSPCC.org.uk)

#### Bullying UK

[Bullying.co.uk](http://Bullying.co.uk)

#### Young Minds

[Youngminds.org.uk](http://Youngminds.org.uk)

9 in 10 children under 10 go online

1 in 5 children groomed online are aged under 10

400 hours of video are uploaded to YouTube every minute

What to do if something goes wrong

**Please remember, staff at your child's school are also on hand to offer help, support and guidance.**

### **Children and Anxiety**

All children & young people can get stressed or anxious at times, this is normal and part of development growing up. Anxiety is a response to feeling stressed or worried, we all have different levels of stress we can cope with. Some people are just naturally more prone to feeling anxious.

As a parent it can be upsetting to see your child going through this, and it's sometimes difficult to know what is the right way to deal with it. Our natural response is to take away the source of stress to prevent it happening, however this short-term solution will not prepare our children to deal effectively with difficult emotions they will encounter in life. By helping our children find ways to cope with difficult feelings we are teaching them essential skills that enables our children to manage independently.

### **Useful Tips**

- If your child is old enough talk to them about what is happening & why it happens eg "I understand feeling anxious can be overwhelming, it is your body's way of telling you".
- Help them to recognise their anxious feelings & name the feeling eg 'dishwasher in my tummy, head feels fuzzy, hands feel sticky ect.'
- Reassure your child you understand how they feel & tell them it will pass.
- It may be helpful to ask them to do 'mindful breathing' together. 3 counts breathing in through the nose, hold, 3 counts breathing out through the mouth.
- Distract, focus on something happy or of interest to your child.
- Encourage your child to 'notice' what makes them feel anxious.
- Talk through their worries & give examples of how you can work it out together.

- Lastly & very importantly. Try to model healthy ways of handling stressful emotions of your own to your child. Your child will learn to respond by how YOU respond.

### **Returning to School after the pandemic**

Some children returning to school after the pandemic may be happy and excited, others may feel unsettled, worried and not safe. Every child's experience will be different. If your child presents as anxious as mentioned above talk through your child's worries together, validate their fears, never dismiss no matter how trivial they may seem to you. Reassure, explain and prepare your child on how school will look and possible new rules in place that keep everyone safe. If your child is overly worried about returning to school, it is a good idea to inform the class teacher on return so they can also continue to reassure and check in with them through the early days until they are fully settled again. For further support and information please see list of websites & helplines.

### **Useful Contacts**

**YOUNGMINDS**

<https://youngminds.org.uk/>



<https://www.anxietyuk.org.uk/>

**NHS**

<https://www.nhs.uk/>



<https://www.themix.org.uk/get-support>

**If your child continues to feel anxious for prolonged periods of time it may be a good idea to speak to your GP or seek professional help.**

