

**Parent/Carer Forum
Monday 8th February 2021
5.30pm**

Advice and Guidance for Families

**Supporting Mental Health and Wellbeing and Online
Safety**



- ❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

Day to day, the thing I struggle with most with my child is...

1. My child not wanting to complete home learning
2. My child being anxious or worried
3. My child feeling low or unmotivated
4. My child's behaviour
5. Knowing how my child is doing/how they're feeling



❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

How can I support my child during lockdown?

1. Talk with them about what's going on, keep communication as open as you can.
2. Try to answer your child's questions and reassure them in an age-appropriate way.
3. Encourage your child to do the things that help them when they're finding things difficult.
4. Reassure them this will pass, you're there for them, and you will get through this together.
5. Spend time alone doing a positive activity - activity ideas
6. Keep as many regular routines going as possible to help your child feel safe and secure.

YOUNGMINDS



- ❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

Questions to ask your child in lockdown

YOUNGMiNDS

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

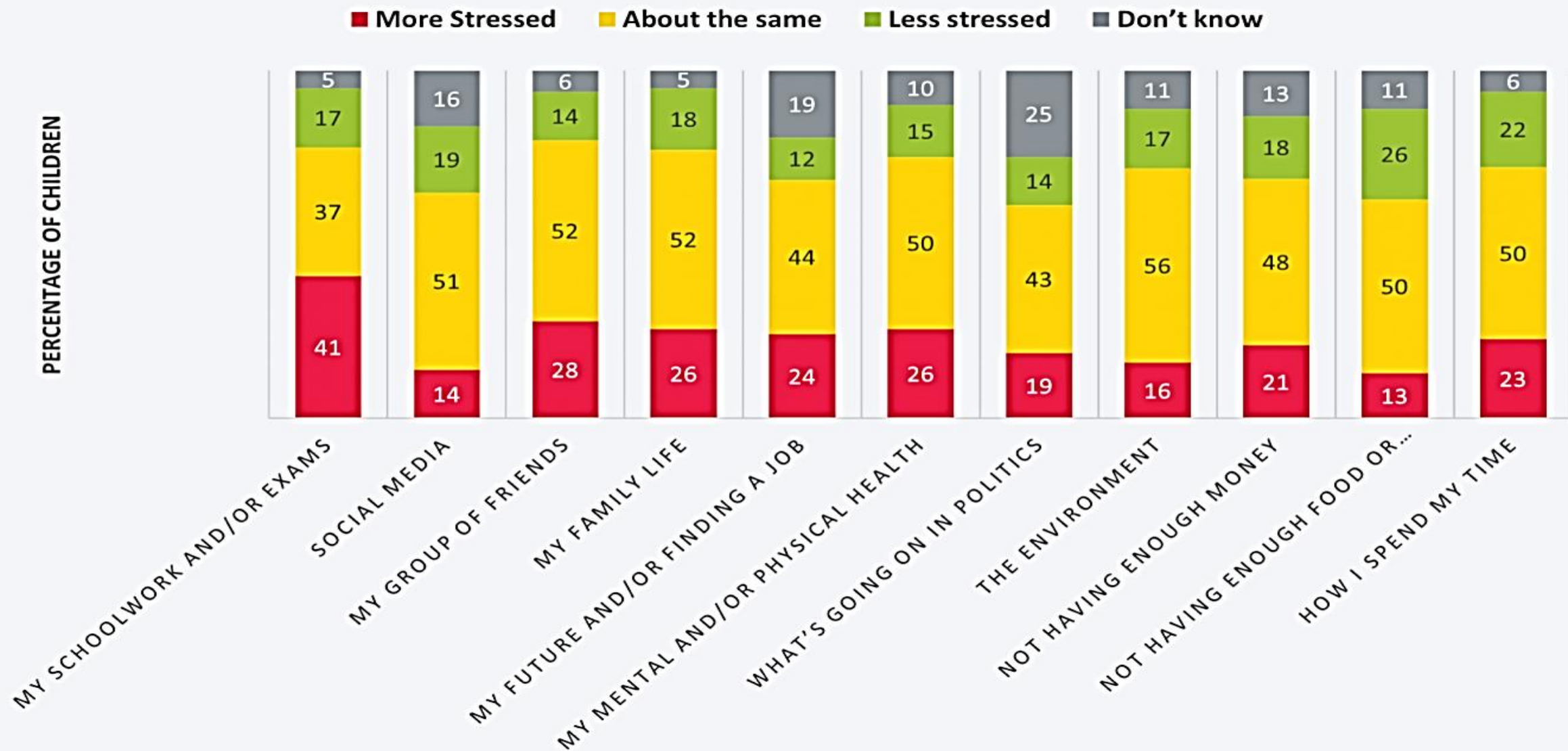
Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

What caused children to feel stressed during lockdown?



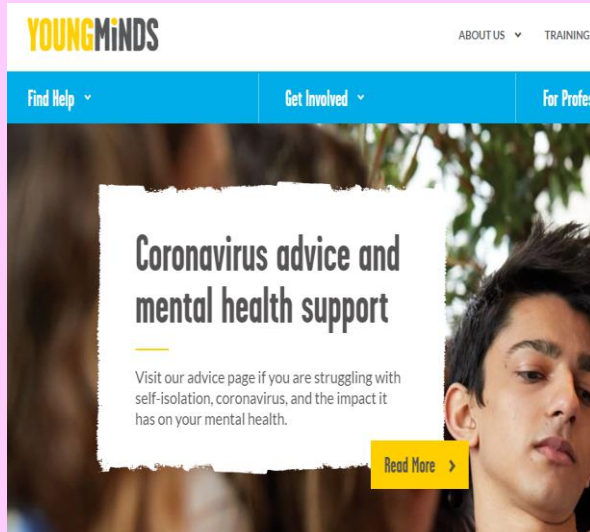
Parent and carers' tips for supporting an anxious child during lockdown

1. Keep to a routine for part of the day and a more relaxed afternoon.
2. Have realistic goals each day.
3. Encourage all members of the household to do one form of exercise a day.
4. Avoid listening to the news first thing in the day and last thing at night.
5. Take one day at a time.
6. Stay in touch with professionals supporting your child.
7. Talk to other people going through the same thing.



❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

Useful websites for further information and guidance to support your child's mental health and wellbeing



- ❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

“As parents, we often (innocently and with the best of intentions) place taking care of ourselves at the bottom of the list of priorities. With our to-do lists multiplying overnight, that much-needed ‘me time’ inevitably starts to slip further down the list. But looking after our own wellbeing and self-care is so important.”

Kate, parent



- ❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

<https://nationalonlinesafety.com/hub>

Online safety Awareness and Top Tips for Parents and Carers

<https://haileyburyturnford.com/online-safety-resources/>

This infographic provides a comprehensive overview of WeChat for parents and carers. It begins with a definition of WeChat as an all-in-one communication app for free text messaging, voice and video calls, photo sharing, and games. It then lists key features and potential risks, such as 'Blink Connections' (allowing strangers to connect), 'Age-Inappropriate Activity' (access to adult content), 'Random Contacts' (receiving messages from unknown numbers), 'Questionable Impairability' (potential for scams and fraud), 'Advice for Parents & Carers' (tips on monitoring and setting boundaries), 'Adjust Security Settings' (how to control privacy and security), and 'Meet Our Expert' (a quote from a specialist). The infographic is branded with the National Online Safety logo and includes social media links.

This infographic explains the risks and benefits of eBay for children. It starts by defining eBay as a digital marketplace where users can buy and sell various items. It then highlights several key risks: 'It's not for Children' (eBay is not designed for young users), 'Counterfeit/Illegal Items' (risk of buying fake or illegal goods), 'Overpricing' (potential for financial loss), 'Off-site Communication' (risk of sharing personal information), 'Visit the Safety Centre' (resources for reporting issues), 'Use Two-Factor Sign-in' (enhanced security), 'Adjust Content Filters' (controlling what children see), 'Secure Your Account' (protecting login details), and 'Meet Our Expert' (advice from a specialist). The infographic is branded with the National Online Safety logo and includes social media links.

This infographic presents 12 essential online safety tips for children who have received new devices during the Christmas season. The tips are numbered and illustrated with festive characters and icons. The tips include: 1. ALWAYS SET A PASSWORD, 2. SET UP PARENTAL CONTROLS, 3. PAY ATTENTION TO AGE RATINGS, 4. KEEP NUMBERS AND DEVICES PRIVATE, 5. HAVE THE MONEY CONVERSATION, 6. DISCOURAGE DEVICE DEPENDENCY, 7. EXPLAIN SECURE WIFI NETWORKS, 8. LIMIT SCREEN TIME, 9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES, 10. TURN LOCATION SETTINGS OFF, 11. STAY AWARE OF THE SURROUNDINGS, and 12. BE THERE IF THEY NEED TO TALK. The infographic is branded with the National Online Safety logo and includes social media links.

This infographic provides a detailed look at gaming disorder, a condition characterized by excessive and compulsive gaming. It covers the following sections: 'What is it?' (definition and prevalence), 'Know the Risks' (impact on mental health, social isolation, and stress), 'Spot the Signs' (excessive play, social withdrawal, mood changes, and gambling problems), 'Action and Support' (talking to parents, encouraging other activities, establishing routines, and seeking support), and 'Our Expert Mark Foster' (a quote from a gaming industry expert). The infographic is branded with the National Online Safety logo and includes social media links.

❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

Online Safety News



Spring 2021 | PARENT | CARER

As we move into a third lockdown many children are spending more time indoors and perhaps more time online too. The internet is an incredibly useful and exciting tool to support learning and can bring benefits to children's mental health and wellbeing. When children spend more time online they may, however, be exposed to greater online risks. NSPCC Learning has pulled together some really useful advice for parents and carers. [NSPCC | Online Safety](#)

Parents' digital safety and wellbeing kit

The Children's Commissioner for England, in association with the law firm Schillings, has produced a digital safety and wellbeing kit for parents and a safety guide for children to help keep children safe and well online. The digital safety and wellbeing kit provides useful tips and guidance to help protect your child on a range of issues including video calling, how to ensure your device and web browser are set up and updated correctly and tips regarding best practice with your username and passwords.

The kit also contains updated guidance around the [digital 5 a day guide](#) which looks at how to balance your child's screen time and improve their wellbeing.

Read the news story: Children's Commissioner for England
[Digital safety and wellbeing kit](#)

Download the kit: Children's Commissioner for England
[Parents' digital safety and wellbeing kit \(pdf\)](#)

Download the guide: Children's Commissioner for England
[Children's guide to staying safe online \(pdf\)](#)



Herts
for Learning

01438 544464
hertsforlearning.co.uk



Features include:

- Parents digital safety and wellbeing kit
- NSPCC online safety
- Report Remove service
- Age and content ratings on apps and games
- Home activity packs (Thinkuknow)
- TikTok checklist
- Child friendly search engine

<https://haileyburyturnford.com/information-flyers/>



❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

If you're worried about online abuse or
the way someone has been
communicating online, let CEOP know.



What happens when I make a report? →

One of our experienced Child Protection
Advisors will be there to make sure you
get the help that you need.



How can CEOP help me? →

Online abuse affects many children and
young people every day, CEOP has
helped thousands of people in need of
support.



childline

ONLINE,
ON THE PHONE,
ANYTIME

childline.org.uk
0800 1111

Are you being bullied?

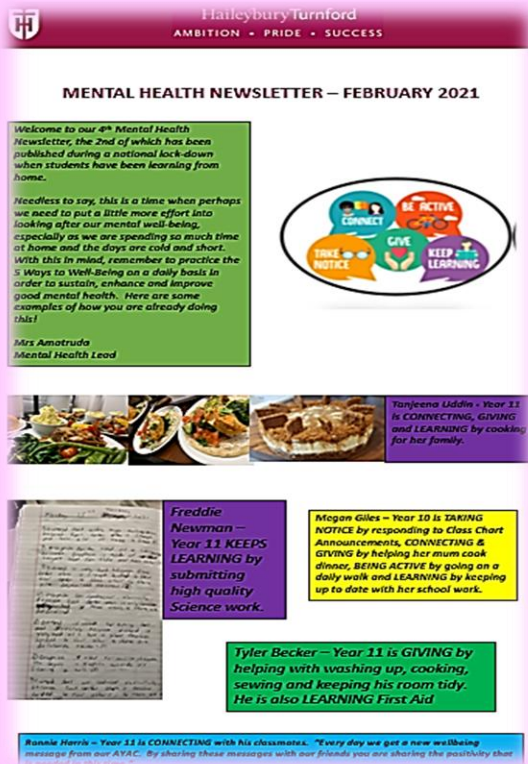
If you are being bullied, or you are not ready to make a
report to CEOP, you can talk to Childline anonymously
online or on the phone - No worry is too big or too small.

Visit Childline →



- ❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

How is HT supporting your child's mental health and wellbeing?



- HT Lockdown Awards linked to our HT Character Traits
- Achievement Points linked to engagement and participation
- Promotion of the NHS 5 Steps to wellbeing on a weekly basis
- Personal & Social Development (PSD) lessons focusing on Mental Health
- Tutorial sessions focusing on Mental Health
- Offline Learning Day focusing on 5 steps to wellbeing
- Community and Personal Development challenges
- Pastoral connectivity and support
- Student Leadership Group involvement



<https://haileyburyturnford.com/news-and-events/letters-and-newsletters/>



❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

How is the school supporting Online Safety?

- Remote Learning training and information slide for every lesson
- Recording live lessons
- Online safety Personal & Social Development Lessons
- Students have been made aware of how to report concerns
- Safer Internet Day assemblies and planned curriculum opportunities
- Review and regularly update our Online Safety Policy



- ☐ Parent/Carer Forum: Online safety and supporting my child's wellbeing.

Q&A

**Please use this as an opportunity
to ask any questions you may
have.**

**Please post any questions you
have in the Chat feature.**



- ❑ Parent/Carer Forum: Online safety and supporting my child's wellbeing.