



## Focus: Children's Mental Health Week and Safer Internet Day

6th—12th February is Children's Mental Health Week. This year's theme is



Place2Be advice for parents

### Connect with your child in everyday ways

With an older child, you may find times such as car journeys a good time to talk, or to reconnect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen. You can also connect by cooking, watching a film, going to the park or even doing the family shop together.

### Talk to your child about important connections

This could include talking about family members, friends, neighbours etc.

Remember it's ok to talk about people they miss. Young people learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

### Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships, include those online, and try to listen without judgement.

### Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our teenagers are interested in such as their music, fashion etc. If you do take an interest in these things, you may feel better connected to your child and the important things in their world.

### Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families. It is important that young people learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Tuesday, 7th February 2023 is Safer Internet Day. SMART is a tool to teach your child how to stay safe online:

**S is for safe**—keep personal information safe and don't give anyone any personal details .

**M is for meet**—meeting up with someone you only know online can be dangerous as this person is a stranger.

**A is for accepting**—think carefully before opening something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to, or they may contain viruses.

**R is for reliable**—not everything you read online is true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T is for tell**—tell a trusted adult if something or someone ever makes you feel upset, worried or confused.

**Accessing support for your child if they are struggling with their mental health:**

- Your child can speak with their Form Tutor or any trusted adult
- They can email [stayingsafe@heber.org.uk](mailto:stayingsafe@heber.org.uk)
- They can find advice and guidance in the [Staying Safe Team](#) or you can access support on the [safeguarding page](#) of the school website
- You can take your child to their GP if they require specialist support or medical help

We recommend Kooth



Kooth is an online mental wellbeing community that is free to join and offers anonymous support.

If your child or a member of your household is experiencing a mental health crisis, ask for help:

Samaritans: 116 123

ChildLine: 0800 1111




If you live in Cheshire West or Cheshire East there is a dedicated phone line: Cheshire and Wirral Partnership Crisis line: 0300 303 39

If you live in Shropshire the dedicated phone line is: 0300 124 0365

If you live in Wrexham call 111 and select option 2 to speak to a member of the mental health team

**What can you do if you are worried that your child has been harmed or has witnessed abuse or harm online?**

You can discuss concerns with your child's Form Tutor for issues related to school

	<p>ThinkUKnow is an education programme run by NCA-CEOP for children, teens and adults and is designed to protect young people from harm both online and offline. It has a report button for you to report any instances of online abuse.</p>
	<p>You can anonymously and confidentially report child sexual abuse content and non-photographic child sexual abuse images on the Internet Watch Foundation website.</p>
	<p>Child Exploitation and Online Protection Centre has advisors to support you if you are worried about online sexual abuse or the way someone has been communicating with your child online.</p>