



Focus: Children’s Mental Health Week and Safer Internet Day



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



MAKING CONNECTIONS

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.”
Brene Brown—University of Houston

- Important connections to us
 - Friends
 - Family
 - School
 - Pets
 - Online Friends
 - Joining teams / groups
- IF YOU ARE FINDING IT HARD TO MAKE CONNECTIONS SMALL ACTIONS CAN HELP**

Feeling disconnected for whatever reason can have an impact on our mental health.
Sometimes the smallest connections can make all the difference – a smile, a wave, a Whatsapp message or a phone call.



Making connections online

Tuesday, 7th February 2023 is Safer Internet Day—a time when we think about how to stay safe when we are online. SMART is a good way of remembering the key ways to stay safe online.

S is for safe—keep your personal information safe and don’t give anyone any personal details about you.

M is for meet—meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger.

A is for accepting—think carefully before you click on or open 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. This could be if you or someone you know is being bullied online, or if you see something upsetting or concerning. Even adults don’t always remember the best ways to stay safe online – adults often fall victim to phishing or online scams – so you could share these tips with your parents or carers too!

Who can you contact for support if you are struggling with your mental health?

- In school you can speak with your Form Tutor or any trusted adult
- You can email stayingsafe@heber.org.uk
- You can find advice and guidance in the [Staying Safe Team](#) or on the [safeguarding page](#) of the school website
- You can speak to your parents or carers who could take you to your GP if you 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. Please see your Year Leader, Ms Mort, Ms Vaughan or Mrs White if you would like a Kooth card.

If you 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 about abuse or harm or abuse online?

Let a trusted adult in school know—see above

Speak with your parents or carers

Alternatively you can contact:

 The ThinkUKnow logo features the words "THINK UP KNOW" in a bold, white, sans-serif font. The text is arranged in three lines, with "UP" being smaller and centered between "THINK" and "KNOW". Below the text is a stylized graphic of a stack of papers or a book with a pen resting on it.	<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>
 The IWF logo consists of a red globe icon on the left, followed by the letters "IWF" in a large, bold, black font. Below "IWF" are the words "Internet Watch Foundation" in a smaller, black, sans-serif font, stacked on three lines.	<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>