



Safeguarding Update Term 1.2 2024

Online Safety

You may have recently seen the Channel 4 Documentary 'Swiped' that looked at the impact of mobile phones and social media on young people. The documentary runs a social experiment whereby the devices of a group of Y8 students are removed and then follows the students through their time without access to social media and online content. Some of the stories within the documentary are quite harrowing but a recommended watch to learn about the types of content that children are being exposed to.

<https://www.channel4.com/programmes/swiped-the-school-that-banned-smartphones>

A reminder that many social media companies have recommended ages:

WhatsApp: 16+

Facebook: 13+

Instagram: 13+

TikTok: 13+

Snapchat: 13+

Twitter: 13+

YouTube: 13+ (with parental consent for users under 18)

The following websites give help and advice to parents:

- <https://www.childnet.com/help-and-advice/parents-and-carers>
- NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Young Minds: <https://www.youngminds.org.uk/media/nkvbqk20/online-safety-updated-feb-2020.pdf>

These websites offer help and advice to students:

- <https://www.childnet.com/help-and-advice/11-18-year-olds>
- <https://saferinternet.org.uk/>

Wellbeing Advent Calendar

Young Minds, a charity that works with young people and their mental health, has created the following calendar for wellbeing activities over the Christmas break:

Wellbeing Advent Calendar 2024

360 SCHOOLS

MONDAY

25. JINGLE & JIVE DANCING

Dance to fun, festive songs to lift everyone's mood.



TUESDAY

26. POSITIVE WINTER CARD

Make a card with a positive message, uplifting drawings – or doodles for someone special!

WEDNESDAY

27. COMPLIMENT CHALLENGE

Challenge students to give three compliments to classmates or family to spread positivity.



THURSDAY

28. CHRISTMAS THEMED WORKOUT

Create a '12 days of fitness' challenge where each day focuses on a different fun exercise or stretch to keep active.

FRIDAY

29. MINDFUL WALK

Take a mindful walk around the school or local area – paying attention to the sights, decorations and smells of winter.



2. COSY ZONE

Create a calm zone using cushions, fairy lights, blankets, soft lighting and calming activities such as puzzles and colouring sheets.

3. END OF YEAR GLOBAL WISH LIST

Ask students to write down wishes for others – e.g. the environment or world peace.



4. GRATITUDE LETTER

Ask students to write a heartfelt letter to someone who has made a positive impact on them this year.

5. HOLIDAY JUMPER DAY

Have a festive jumper day where everyone can wear a fun or favourite item of clothing.



6. MINDFUL HOT CHOCOLATE

Make a comforting cup of hot chocolate with students – encouraging them to practice mindfulness when drinking it together.

9. FESTIVE SELF-CARE BINGO

Create a bingo card with self care activities like listen to a favourite song, take a walk. Encourage students to tick as many of as they can in the week

10. HOPES AND DREAMS

Create a Vision Board filled with their dreams, goals and things that inspire them. Play holiday music in the background to encourage a joyful atmosphere.

11. JOLLY STORY TIME

Gather together and have a story time with festive books and poems that capture the warmth of the season.



12. PERSONAL REFLECTION

Encourage students to spend 10 minutes journaling on their personal growth this year. What are they proud of? What challenges did they overcome? What special moments did they have?

13. WINTER AROMATHERAPY

Create winter fragrance bags using seasonal herbs such as cinnamons sticks, cloves, pine cones, dried cranberries, vanilla and essential oils



SECONDARY SCHOOL

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YOUNGMINDS

Tellmi

Tellmi is an app that is open to all young people aged 11 to 18 years in the borough. The app is safe and anonymous giving young people the chance to talk anonymously to peers and mental health professionals.

Young people can seek advice and support on a huge range of topics, such as bullying, school stress, friendships, sexuality, gender identity, family or romantic relationships and body image as well as access to a huge directory of organisations that can provide additional information and support.

The app also offers one to one solution focused therapy from a mental health professional. This is a text-based service and young people can refer themselves or a referral can be made by parents, carers and professionals.

More information can be found here: <https://www.tellmi.help/parents>

Referrals can be made here: https://www.tellmi.help/therapy-referral?utm_medium=email&hsenc=p2ANqtz-9KeL0UJXkhdeo_ii2_rwpxaNUfgSJE84sNm3jHD5lpRe094fA4BBqho3bhXYmOthKdYogjUZ99DkH4ZCBdYJfDMFDianvaVxFwH_NovvsI6aphUDI&hsmi=99759472&utm_content=99759472&utm_source=hs_email



If you would like any more information about any of the issues covered in this bulletin, or have any other queries related to safeguarding, please email safeguarding@emmbrook.wokingham.sch.uk.