

## Parent Carer wellbeing

Looking after yourself in a pandemic is difficult. Making time for yourself when you have so many competing demands is an even greater challenge. To best support your children, you have to first support yourself.

It might be something you just keep meaning to get to around to and perhaps never do, or something that you have never even considered. Please press pause just for the time it takes to look at this bit of the information and really consider doing yourself and your family/friends the favour of being a more relaxed version of you because you are taking care of your own wellbeing. You should do this 'because you are worth it'!

As a starting point, if you are working from home look at the Charlie Waller wellbeing action plan booklet. Mind's 5 ways to Wellbeing is a good place to start or revisit your self-care. Click on image to access and download resources.



With the majority of young people now learning from home, they will be spending more time online doing their schoolwork, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However, it is important we all consider how we can help, keep young people safer online during this lockdown, and always. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

### Online Gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

[In-game chat: a guide for parents and carers](#) .

### Sharing Images and Videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.

For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parents guide](#).

### More information?

**Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP).**

**Their aim is to protect children and young people from sexual abuse online.**

**For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.**

## Live streaming

Live streaming is now a very popular feature of many apps and platforms, all you need to livestream is an internet-enabled device like a laptop or a smart phone.

If your child enjoys livestreaming, you may want to read [what is livestreaming](#) to find out more about it and help your child have a positive online experience.

Over the past few months, many of you may have watched a livestream, or taken part in a video chat. Livestreaming can be a fun and enjoyable online activity for young people.

If you want to know more about livestreaming, the risks and safe use, watch this short video: [video](#) or see the handy guide also attached.

## Teenage Relationship Abuse

Abuse in teenage relationships is when a teen feels scared or controlled by the person they are with. They may be confused because it feels like a loving relationship but often only feels this way when the teen behaves in a certain way. This can happen at any age, regardless of gender.

There are common signs of teenage relationship abuse.

- Emotional abuse: controlling behaviour, like telling someone where they can go and what they can wear
- Online abuse: threatening to post personal pictures or information about them
- Controlling someone's finances: withholding money or stopping someone going to work
- Snooping: reading emails, text messages or letters
- Sexual abuse: making someone do something sexual when they don't want to
- Physical abuse: violence towards someone, such as kicking, punching, hitting

Teens do not have to be living with someone for an unhealthy relationship to develop. Some young people experience relationship abuse while living with their parents or carers. It can happen in any relationship and can continue once the relationship is over.

**Direct your child to age appropriate information about relationships and sex:** It is natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It is important to understand this and to talk to your child in a positive, encouraging and safe way. [Thinkuknow](#), [Brook](#), [The Mix](#) and [Childline](#) all provide age appropriate information about relationships and sex that you can signpost your child to.

**YOUNG MINDS**

## Supporting Your Child Who Is Self-Harming

If your child is self-harming, here is our advice and information about where you can get help.

### TOP TIPS FOR DEALING WITH ANXIETY

NHS

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations.

But, sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life.

This site provides information and videos to share with your Teens.

every mind matters

There's a close relationship between sleep and mental health. Getting regular good sleep is really important for maintaining our mental wellbeing. It can help us and our children have more energy, feel more positive, and feel less stressed. Encourage your children to explore The Teen Sleep Hub it has great facts about teenage brain development and sleeping patterns.

## The Teen Sleep Hub

Getting the support you need to achieve a good night's sleep



***Sexey's Wellbeing Twitter - @SexeysWellbeing***

***Tweets from Sexey's School Pastoral Hub***

*Follow for relaxation and coping techniques, fun ways to keep happy and healthy and top tips for staying safe!*

Further support and advice organisations can be accessed through our website [here](#)