



Student Safeguarding Newsletter Summer 2021



Make sure you follow the Sexey's wellbeing twitter page @SexeysWellbeing. Rachel Guest regularly shares useful information that can be supportive for your family.



Free - Happiful Magazine - <https://happiful.com/>

Happiful are on a mission to create a healthier, happier, more sustainable society. Their aim is to provide informative, inspiring and topical stories about mental health and wellbeing. They want to break the stigma of mental health in our society, and to shine a light on the positivity and support that should be available for everyone, no matter their situation.



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!

A note from Somerset School Nursing Team.....

I hope you have settled back into school life with relative ease at this difficult time.

These are some resources that may be useful for you. This You-tube clip is a 12 minute Anxiety video by Somerset school nurses that is for you:

<https://www.youtube.com/watch?v=r1UZmlOjvIY&feature=youtu.be>

This following link is to the recently launched NHS Public Health Every mind matters and there are clips for young people about mental health.

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

Kind Regards,

Carrie McMullan



Tik Tok can

Tik Tok can be fun – but remember the intended age for use is **13yrs +**.

If you do see something on the site that you do not think is ok, please let an adult you feel comfortable with know, and report to Tik Tok using the following advice from the site:

[Safety Center - Resources | TikTok](#)

Do you look after someone who has a long-term physical or mental illness or problems with alcohol or drugs? This person could be a parent, a brother or sister or a grandparent.

If so, do you:

- Struggle to concentrate and get your schoolwork finished?
- Find it difficult to have a social life and see friends or join community activities as often as you would like?
- Do lots of things around the house like cooking, cleaning, laundry and fetching and carrying?
- Do you help the person get up, washed and dressed and with medication?
- Give lots of emotional support to them, like calming them down when they're upset & agitated or feeling low/anxious?
- Feel overwhelmed at times?
- Worry a lot about this person?
- Often feel anxious and frightened?

If the answer is yes to any or most of these questions, you could be a Young Carer and you are not alone - there is support for you! You might not have thought of yourself as a carer before, because it's a family member and it's normal life for you – it's just what you do!

For more information about how you can get support and advice, please talk to Mrs Wilson in the Pastoral Hub.

Would you like to know yourself better?

Each of us will experience everyday things in a different way. We are all very different people, and that different way for seeing and experiencing the world also affects how we feel.

The charity Samaritans helps people who are going through a tough time by listening to them and helping them to explore their feelings. The charity has also produced online talks to help students over 14 better understand the ups and downs of daily life and how to recognise when it feels like things are going wrong. If you would like to know more, please contact Mrs. Wilson.



Even knowing exactly how you're feeling can be hard. Samaritans' Self-Help provides a type of support that you can use without having to discuss your feelings with someone else. It's important to know that Samaritans' volunteers do not monitor Samaritans' Self-Help or see what's written in it.]

Click [here](#) and watch this short video clip to find out more.



Keeping yourself and your friends safe and keeping the internet fun.....

If you're worried about a friend, talking to them about it can be a real help.

It can be really tricky – even a bit nerve wracking - to know how to start a conversation.

Remember - people often want to talk about a problem but wait until they're asked.

It's not always easy to admit it but we all need help sometimes. If you've got a problem or something you're worried about you'll find lots of people and places that can help here.

REMEMBER – whatever the problem is, talking about it can be the first step to solving it. If there's an adult you trust like a parent, carer or a member of staff talk to them first about what's happening.



Help and support. Independent. Free. Confidential.

Victim Support is here to help anyone affected by crime.

Because we're an independent charity, you can talk to us whether or not you've reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.

Fill in our online form for support and advice. Someone from your local victim care team will contact you within three working days (Mon to Fri).

If you want to speak to someone now, call our free 24/7 Supportline – **08 08 16 89 111** or [start a live chat](#).

***Safeguarding is Everybody's Responsibility
It Could Happen Here!***