



5<sup>th</sup> February 2021

Dear Davison Family,

### **WELLBEING AND SOCIAL MEDIA**

This coming Tuesday 9<sup>th</sup> is **Safer Internet Day**. With a theme of "**Together for a better internet**", the day encourages us all to join together to make the internet a safer and better place for all, and especially for children and young people.

Please find below some resources to help you to stay informed and also to support you in your ongoing discussions at home.

### **STUDENTS**

#### **SOCIAL MEDIA**

Social media can make us feel anxious, sad or overwhelmed sometimes. We've got advice to help you stay in control.

- **Who are you following?** - Some accounts can put pressure on you to reach impossible standards, or are paid to advertise things to you. Try unfollowing or muting accounts that make you feel bad about yourself. Or search for accounts with content that will make you smile or feel good without feeling like you have to change.
- **Remember that what you see isn't always real**- People don't always show what their lives are really like on social media. Photos can be staged, airbrushed or filtered. And people only show the parts they want others to see.
- **Forget about 'likes'** -It can feel important to know how many people have liked or commented on something you've posted. But focusing on it can leave you feeling like you're not good enough. Remember that likes aren't everything, and there are always other ways to build your confidence.
- **Decide when you want notifications**-Checking for comments or messages can be stressful sometimes, or you might feel pressure to keep up with what's happening online. If you're in bed or want to focus on something else, try turning off notifications or setting your phone on mute or do not disturb.
- **Stop scrolling and do something else for a while**-When looking at social media isn't making you feel good, taking a break and doing something to keep yourself busy can really help. You could try listening to music or a podcast, going for a walk, or playing a game.

### **COPING WITH YOUR MENTAL HEALTH ON SOCIAL MEDIA**

Lots of people use social media or online tools to help them cope with how they feel. Some young people find it easier talking online to people they've not met in person. Or they might meet someone online who's going through the same thing as them.

But it's important to think about whether the people you're talking to are helping you to feel better. If you're not sure, ask yourself whether talking to them:

- makes you feel like things will never change
- stops you getting support or talking to other people
- only gives you one point of view, and stop other people from sharing theirs
- pushes you to do things that might hurt you
- makes you feel competitive about what's happening
- leaves you feeling worse after talking.

- If you're not sure whether talking online is making things in your life better, there are lots of other ways to get support as well.

### **PROBLEMS SLEEPING**

If you're struggling to get to sleep because of what's happening on social media, we've got advice to help:

- Move your phone or device away from where you sleep
- Keeping your phone somewhere that's further away from you when you're trying to sleep can make it easier to stop checking messages or notifications that make you feel stressed.
- Use a blue light filter
- Blue light filters can help stop your device from keeping you awake if you're using it in the evening by lowering your screen's blue light. Lots of devices have blue light filters built in – but if yours doesn't you can download one as an app.
- Talk about what's happening
- Telling someone you trust what's happening can help you to feel better and more able to cope.
- Read our advice on getting to sleep
- We've got lots of advice on how to have a better night's sleep.

Taken from ChildLine: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/feeling-good-on-social-media/>

### **PARENTS**

#### **FREE WEBINARS – BOOK YOUR SPACE HERE**

The Community Safety & Wellbeing Team are hosting a number of FREE webinars for parents and carers. The webinars will explore some of the key factors to be aware of regarding the online space and exploitation of children & young people. There will be a key focus on the following topics: trust online, fake news, conspiracy theories & radicalisation. To book a FREE place, please use either of the links below:

<https://www.eventbrite.co.uk/e/staying-safe-onlinean-internet-we-trust-exploring-reliability-onlinetickets-130674903153>

<https://www.eventbrite.co.uk/e/staying-safe-onlinean-internet-we-trust-exploring-reliability-onlinetickets-135303060095>

#### **ONLINE CRITICAL THINKING GUIDE**

Internet Matters have produced an excellent collection of resources and conversation starters to help support children and young people on subjects such as:

- Tackling fake news
- Making and managing relationships online
- Managing personal information
- Setting up devices safely
- Balancing screen time
- Dealing with online issues, including cyberbullying
- Managing their online reputation
- Harmful content
- Sharing images

**Please find attached a comprehensive pdf of all the activities**

#### **FREE ONLINE PARENTING WORKSHOP**

##### **Parenting Conversations**

In November of last year, some parents from schools in the area attended a series of successful online parenting workshops and a showing of the film *Screenagers: The Next Chapter*. These events were very well attended and the subsequent feedback has been that more parenting events would be welcome. Therefore, we have a new workshop on **Monday 8th February**, on the topic of **Parenting in a Pandemic**.

The drive to stay positive in these times has been powerful. But what do you do when you feel anything BUT positive; when the challenges you are facing feel overwhelming and positive emotions are rare in your parenting reality? Can we strike a good balance as parents to help our children/families to find peace?

Dr Kate Middleton joins us again and will talk us through crisis-mode vs long term parenting, introduce us to the 'Hope Circuit' and offer suggested priorities that can carry us through this season. This event will include a Q&A and the opportunity for small breakout discussions to share our thoughts, support one another and celebrate the wins at this isolated time.

Elements of Kate's presentation will be from a faith perspective but this is in no way a prerequisite and people from all faiths and none will benefit from her wisdom as a psychologist.

Go to <https://stpetersbrighton.org/parenting-conversations> to sign up or email [relationships@stpetersbrighton.org](mailto:relationships@stpetersbrighton.org) for more information.

Yours sincerely,

**The Davison Safeguarding and Wellbeing Team**