



# The Mindful Note

## 1. Safety Online

Hello! My name is Charley Bird & I am the designated Educational Mental Health Practitioner (EMHP) within your child's school. I work for Mind in West Essex, as part of the Mental Health Schools Team (MHST) and will be bringing you guidance and resources every so often within your school newsletter. To start things off, this month's topic is around online safety and things you may find helpful to use either now, or in the future.

Of course, spending time online can bring huge benefits - whether it's an educational app or website, studying for a project or staying connected with family and friends, there's also lots of concerning content readily available for your child to access. Unfortunately, children growing up in a world of technology means there's no difference between online life and offline life - it's all the same!



Having regular discussions with your child is a great start to ensuring their safety online - the more they hear it, the more relaxed they'll be. For conversation starters with younger children, the NSPCC have teamed up with Lego to bring "build & talk" activities which parents can do together with their children. Simply search "Lego Build & Talk" to access this resource.

Further up the school, it's best to have open and honest discussions and explain the content they may come across and when to come to you. There's also lots of resources that are ready and waiting for parents to access, so please do check them out!

## Useful Resources

"The 2 Johns" - a useful website containing the latest content to keep an eye out for, but also contains various resources including safety features for social media.

"Think U Know" - a website developed by the National Crime Agency to help protect children from online abuse, with resources for children aged 4-18 years, as well as parents.

The NSPCC website also contains really useful advice around setting up parental controls where necessary, such as your home WiFi, search engines and tablets.

If you have any questions or concerns, either around online safety, or you have noticed signs of anxiety or challenging behaviour in your child, please do get in touch via your child's school.

Charley

