



Safer Internet Day:

On Tuesday 11th February, Keston celebrated **Safer Internet Day** which is the UK's biggest celebration of online safety. Each year Safer Internet Day covers online issue or themes that speak to the issues young people are seeing and experiencing online. It is another opportunity for children to focus on how to keep themselves safe whilst using digital technology. Key Stage 2 took part in a live lesson where they learnt more about this year's theme 'Too good to be true?' Protecting yourself and others from scams online.' Throughout the day children learnt more about how to stay safe online and how to respond to online issues. Key Stage 1 discussed how to stay safe online and in years 4-6 there was an emphasis on social media, online gaming and online chats and how to respond and talk online in an appropriate manner.

Mental health week:

We have celebrated Children's Mental Health week, an annual week organised by the charity Place2be to promote and support children's mental health. This year's mental health week theme was 'Know yourself to grow yourself.'

Know Yourself, Grow Yourself put a spotlight on how we can build resilience, grow and develop by understanding who we are, having self-awareness of our emotions and what makes us tick and how we can help ourselves when this happens. It has been linked to the popular film, Inside Out 2, as a way of helping children recognise their emotions and how to learn from them.

Throughout the week children were taught to identify different feelings and what triggers them; how their behaviour and choices can be linked to their feelings; different strategies for managing feelings and understanding that we can learn from them in order to grow. This week builds on all of the learning that already takes place in our Wellbeing Curriculum. We teach children how to manage feelings, how changes may trigger conflicting feelings and how to seek support.

How do we teach online safety at Keston?

There are many opportunities at Keston where children are taught about online safety and the wider implications the online world has. As digital advances develop, it is important that we teach children how to keep safe. In our Wellbeing curriculum, as well as themed weeks, children are taught throughout the year how to stay safe online. We teach how to:

- Report concerns
- How people's online actions can impact others
- How to keep personal information safe
- Recognise what is appropriate to share online and what is appropriate online content.

Children also spend time weekly, using Project Evolve, learning and discussing issues relating to online activity including knowledge, skills, behaviours and attitudes of their online lives appropriate for their age.



Worried about your child's mental health?

As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy. Encouraging and guiding a child to think about their own mental health and wellbeing are vital skills you can teach them from a young age.

Find out how you can help a child to have good mental health, including knowing how to talk to a child about their mental health, and when to spot signs they might be struggling.

Ways to support a child or young person



Be there to listen.

Regularly ask your child how they are doing to help them get used to talking about their feelings and know there's someone always there to listen. You can get tips on:

<https://www.youngminds.org.uk/parent/>



Support them through difficulties.

Pay attention to how your child is feeling or behaving to try and work through difficulties. Try to get them to understand their feelings and why.



Take what they say seriously.

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways.

Please see below for some places that could offer support.

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text *SHOUT* to 85258 or www.giveusashout.org

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org
<https://www.samaritans.org/>

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or online chat with a counsellor

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or Email <https://www.themix.org.uk/get-support>

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources
<https://crisistools.org.uk/>

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps
<https://www.good-thinking.uk/>

Gaming.

When used with healthy boundaries, gaming can be a positive experience but for some young people, gaming can start to negatively affect their mental wellbeing. When this happens, children need support from their caregivers to help with healthy boundaries.

We have seen an increased number of incidents of issues brought into school from online gaming which is happening at home. Please be reminded of the minimum age for social media apps. We acknowledge that online gaming and social media will take place and we aim to support children in managing how to use these. It is all of our responsibility to ensure children keep safe online. Here are some tips for parents:



1) Have a family agreement.

A family agreement is a way for everyone to negotiate screen boundaries together, which then apply to the whole family. It is a time to set rules, expectations and boundaries.

2) Discuss implications of online gaming/ chats.

It is important that children understand what is appropriate to share, post, say online and the implications of their words. Remind children that what they say has a consequence online and if online gaming try to be in the room as much as possible to monitor what is being played/said.

3) Follow through on consequences.

If your child does not stick to a boundary you have agreed, make sure to follow through on the consequences. Agree the consequences with your child in advance so they are not taken by surprise, or left feeling it is 'unfair'. Following through on consequences will help to make the boundaries clear and consistent.

4) Agree the best way to end a gaming or online chat session.

Ask them if it's better to set a fixed playing time, or to agree a stopping point in a way that works for the game they're playing. For example, they might be happier to stop at the end of a particular level, rather than stopping after an hour. If you've set a fixed time, you can use a sand timer or stopwatch to remind them how long they've got left. Some games also let you set a timer within the game.

Minimum Age Social Media Apps

13 years

Facebook
Instagram
Snapchat
TikTok
X (Twitter)
YouTube
Pinterest
Reddit
Discord
Twitch
Tumblr
Kik
WeChat
Viber
Signal
Houseparty

16 years

WhatsApp
LinkedIn
Telegram



Smartphone free childhood is a community of over 150,000 working together to change the cultures around children and their smart phones. They have made it their mission to provide solidarity, support and solutions to parents who are struggling with what's become of the most defining parenting challenges of our times. For more information on this movement, please click the link.

[Smartphone Free Childhood](#)