

Meet the Tutor Evening 2017

Emotional Health and Wellbeing &
Online Safety

Ms Moffatt



Being healthy

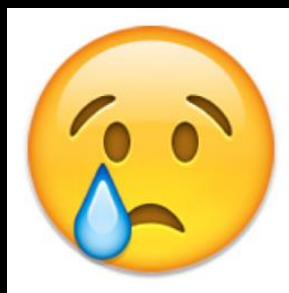
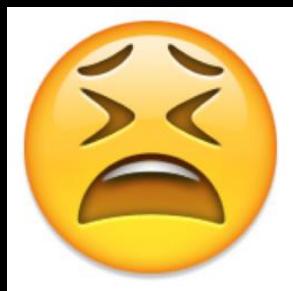
Why are we happy to talk about a bad tummy
but not so happy about being nervous or
worried?



Steps to success

1. Identifying emotions
2. Learning strategies to help
3. Knowing and using your support network at school and home

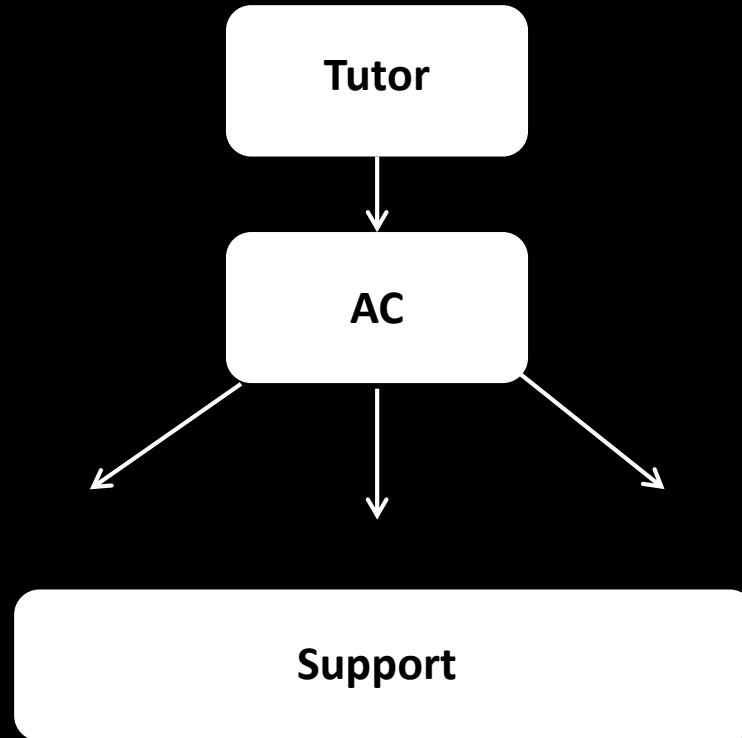
Identifying emotions



Strategies to help anxiety

- Breathing exercises
- Counting to 10
- Taking a break
- Writing it down
- Talking to someone
- Listing the things you are thankful for
- Exercise

School support network



Year 8 speakers

My Year 7 experience

Home support network

- Read the bulletin together
- Use the School website for top tips
- Praise
- Homework routine
- Allocated time out

Self esteem

- Transition
- Importance of praise
- Opportunities
- Social media

Online safety

The online world is exactly the same as real life.

Online Safety

- Monitor online activity
- Privacy settings
- Maintaining positive relationships online



What are the risks?

- **Contact**: children can be contacted by bullies or people who groom or seek to abuse them
- **Content**: age-inappropriate or unreliable content can be available to children
- **Conduct**: children may be at risk because of their own behaviour, for example, by sharing too much information or by saying something they later regret
- **Commercialism**: young people can be unaware of hidden costs and advertising in apps, games and websites



How can school help?

- Education through PSHE curriculum
- Work with other organisations such as the police
- Focus Week activities and presentations
- Offer advice



How can home help?



- Open discussion of the risks and 'rules'
- Home internet settings
- Check privacy settings
- Social media use kept to a central location in the house where parents and carers can keep an eye.
- Time restrictions

Student Top Tips



- Think before you click 'send'
- Keep things in perspective
- Never share personal information
- Never post photos publically
- Check privacy settings
- Keep informed

Please take a handout

- EHWB support sites and further information
- Online safety further information

Where to next?

Achievement Co-Ordinator Welcome:

Austen: G1

Redgrave: B7

Cobbett: G3

Shaw: B5

Doyle: G5

Shackleton: B3

Edison: G10

Thompson: H4

George: G12

Webb: C5

Hudson: G14

Opie: G16