

# SAFEGUARDING NEWS

ST GEORGE'S SCHOOL

AUTUMN TERM

NOVEMBER 2020

## What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.



### **We all have small feelings every day:**

These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

### **Sometimes we experience big feelings:**

These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

**1. Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.

**2. Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

**3. Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.

**4. Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

**5. Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.

**6. Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.

**7. Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.

**8. Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.

**9. Look for clues about feelings:** Listen to the child's words, tone of voice and body language.

**10. Some ways to start a conversation about feelings might be:** "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."



## TikTok

Official age rating

13+

TikTok (formerly called Musical.ly) is a social media platform that lets you create, share and discover 15 second videos. You can use music and effects to enhance your videos and you can also browse other people's videos and interact with them.

Parents and Dorset Police have expressed concerns around the inappropriate language of some of the videos posted which may make this less suitable for younger children.

There is also concern regarding contact from strangers. When you download the app users can see all the content without creating an account although they are not able to post, like or share anything until they've set up an account. By default all accounts are public so anyone on the app can see what your child shares. Users can like or react to a video, follow an account or send messages to each other. There is the risk that strangers will be able to directly contact children on the app.

You can set an account to be private so that all videos can only be seen by the creator and no one else on the platform. With a private account, you can approve or deny users and limit incoming messages to followers only.

**Please note that even with a private account, your child's profile photo, username, and bio are still visible to all users on the platform.**

## Childline

0800 11 11

<https://www.childline.org.uk/info-advice/>

Childline is not only for children to access. There are a wide range of topics and advice centres to support anyone in need.