

Safeguarding Bulletin

Hi

Online Safety

We all know the importance that young people can place on social media and the effect that social media friends, followers and influencers can have on them. We also understand that social media can bring a number of social pressures, particularly if they cause users start questioning their own levels of popularity - and, by extension, self-worth.



We have shared a series of parental guides on Facebook which have lots of tips for parents and carers. You'll find tips on avoiding potential risks such as body image, bad habits, unrealistic role models, fake friends, friend envy and being followed by strangers, damage to self-esteem, addiction and competitiveness. We talk about online safety in school through the tutor time programme, CPSHE and computing lessons, as well as small group and individual sessions for some pupils. If you are concerned about your child's use of social media then please get in touch.



Sand Box Mental Health Resource

If you have a young person who is experiencing Mental Health difficulties, then please take a look at The Sandbox. This resource is available for young people in Staffordshire and offers a range of different types of support with mental health.

[Sandbox Mindler.](https://sandbox.mindler.co.uk)

We have been recommended this resource by CAMHS. It is free and is available for self-referral. Should you feel further support is needed in school, please email the team, sen@ruralenterpriseacademy.com.

Light up the Longest Night Campaign

As part of our suicide prevention and mental wellbeing work, Staffordshire County Council's Public Health Team is working with Staffordshire Samaritans on a campaign to remind people that the Samaritans Support Line is always open, including over Christmas and New Year.

Please find attached information about the **#lightupthenight** campaign.



Thanks,

TREA Safeguarding Team