



### Self-Harm and Young People.

We are very aware that there has been a rise in the numbers of young people self-harming nationally. This can be a very difficult to understand. If you would like more information advice and guidance please consider using this website which has been recommended to us by KCAMHS. You will find a specific area for parents.

<https://www.selfharm.co.uk>



I would like to recommend a new app for Teenage Mental Health. It is called MeeTwo and is a free, fully moderated app for teenagers which provides peer support, expert help, in-built educational and creative resources as well as in app links to UK charities and helplines. MeeTwo is a neutral space which allows young people to open up about their issues in a safe and anonymous space. It offers the opportunity for positive feedback and social feedback which build confidence, increases wellbeing and promotes emotional wellbeing.

Liz Morrissey (School Counsellor)

### Snapchat Update

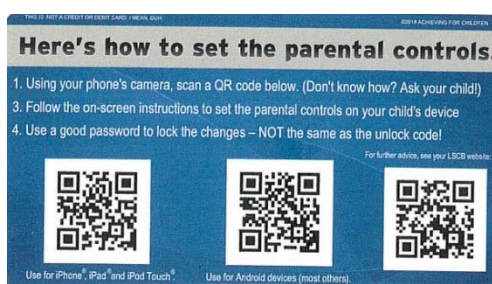
There have been some important recent updates on Snapchat and National Online Safety have updated our guide for parents and carers accordingly. We would appreciate your support in sharing our ongoing #WakeUpWednesday updates with your whole school community.

If you wish to download the guide, please follow the link

here: <https://nationalonlinesafety.com/resources/platform-guides/snapchat-guide-for-parents/>

### Setting Parental Controls on your Child's Device

Please see below a code that you can scan that takes you to some very helpful instructions on how to set parental controls on your child's devices.



### ON-LINE Safety

As we all know there is nationally increasing concern about on-line safety for everybody and especially for young people. We have recently received this advice from the Samaritans with links to other sources of information, advice and guidance which we hope you find useful.

*Increasingly people use the internet to express themselves and share their thoughts and feelings, or to participate in online activities. Sometimes online material and activities can be harmful and upsetting and it's important to let people know what to do if this happens, so they can look after themselves.*

- *We encourage parents and adults who work with young people to talk to them about their online activity. Let them share what they're playing or looking at, rather than asking them whether they are playing a specific game, which may draw their interest to it.*
- *We encourage extreme caution on sharing online content with young people that may be distressing or upsetting. If young people express any concern or worries over material they have seen online, or posts or comments that friends or others have made, it is important to listen to them and offer support. Remember that inappropriate online material, which could be harmful and distressing, can be reported through social media channels for review and potential removal.*
- *Providing information and signposting to sources of support for all young people is important at all times. It may also be useful to provide advice on how young people can support themselves and their friends.*
- *Samaritans, in partnership with Facebook has produced a guide on what to do if you are concerned about a friend. This information also applies to helping colleagues and students.*  
<http://www.samaritans.org/sites/default/files/kcfinder/files/help-a-friend-in-need.pdf>
- *If you have concerns that someone is suicidal, useful information can be found here:*  
<http://www.samaritans.org/how-we-can-help-you/what-speak-us-about/if-you%E2%80%99re-worried-about-someone-else/what-should-i-do-if-i>  
<http://www.samaritans.org/how-we-can-help-you/what-speak-us-about/if-you%E2%80%99re-worried-about-someone-else>

### **Parenting Programmes provided by Achieving for Children**

Please find to follow links to information on courses being offered to parents.

[Parenting Referral Form](#)

[Course Booklet](#)

[Parenting Groups](#)