



# SWANMORE Speaks

SWANMORE  
**Wellbeing**



Welcome to the second half of the Spring term. We hope you had a restful Christmas break and are settled back into the New Year. This edition we are looking at the ways we can look after our mind, body, and self with lots of tips and ideas for you to try

We also have lots of amazing resources on our website -

[Wellbeing - Swanmore College](#)



“  
Spring: a lovely  
reminder of how  
**beautiful**  
change can truly be.

”



Follow us on our Well-Being  
instagram page  
**@Swanmore\_Speaks** for weekly  
tips on looking after your  
well-being, and different ways we  
can look after ourselves.

Week	Challenge	Action
28/2/22	Pancake Day!	Use the recipe from this month to make a stack of pancakes to share with family or friends. You choose the flavours :-)
7/3/22	Join in	Choose a new activity from the many brilliant clubs on offer at Swanmore and go and give it a try
14/3/22	Spring into action	Ask someone at home if there is something that they'd like done - making tea, tidying up, the recycling - and do it.
21/3/22	Make something grow	Linking onto the 'Growing Together' theme from Children's Mental health Week, plant some cress or other seeds to grow
28/3/22	Be still	Make time to be still and know that all is well. You could colour, draw, paint, walk, read, listen to music or even nap.
4/4/22	Notice and take note	Have a look around you and notice someone being kind or helpful - write an anonymous note for them to find.
11/4/22	Workout whizz	Pick a workout to follow e.g. p6 in this edition of Swanmore Speaks - and give it a go. How do you feel afterwards?

We are always here to listen.

✉ [wellbeing@swanmore-sec.hants.sch.uk](mailto:wellbeing@swanmore-sec.hants.sch.uk)



# Looking for support?

We all have mental health. Sometimes this is positive and at times not so easy. It is important to remember that it is our individual and personal responsibility to seek help and advice when needed.



## Support Email Addresses

[wellbeing@swanmore-sec.hants.sch.uk](mailto:wellbeing@swanmore-sec.hants.sch.uk)  
[antibullying@swanmore-sec.hants.sch.uk](mailto:antibullying@swanmore-sec.hants.sch.uk)  
[safeguarding2@swanmore-sec.hants.sch.uk](mailto:safeguarding2@swanmore-sec.hants.sch.uk)

## Young Carers

Local Young Carers Projects:  
Winchester Young Carers  
**01962 848039**  
Fareham and Gosport Young Carers  
**01329 312312**

Information Services:  
The Children's Society  
[www.childrensociety.org.uk/](http://www.childrensociety.org.uk/)  
KIDS  
<https://www.kids.org.uk/fareham>

## Free Period Products

Take what you need, when you need it from:  
» Miss Smith (Welfare)  
» Mrs Deller (R Block)  
» Year Teams  
» Pupil Reception

## Helplines

Childline  
**0800 1111**  
YoungMinds Crisis Line  
Text YM to **85258**  
The Diana Award Crisis Line  
Text DA to **85258**  
Samaritans  
**116 123**

## Useful Apps

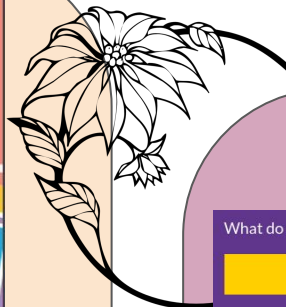
Free apps available for download to help you manage your mental health and wellbeing.



If you need help or just someone to talk to, speak to a member of the Wellbeing Team. (You can spot them around College by their yellow lanyards!)

## The Pupil Centre

The following can be found at The Pupil Centre:  
DHO's Library Interventions  
Anti-Bullying Ambassadors  
Wellbeing Ambassadors  
College Council meetings  
Learning Mentors



Remember it is okay to not be okay, we can help you find help

What do you need help with?

- How I am feeling
- Something that's happening
- Looking after my mental health
- A mental health condition
- Understanding medication
- A friend who is struggling
- I need urgent help

The YoungMinds website takes you through your situation and feelings, and points you in the right direction to getting the best help and support.

feeling right now is valid

- Angry
- Anxious
- Bad about myself
- Down and unable to cope
- Lonely and misunderstood
- Out of control
- Stressed
- Stuck
- Suicidal

## Best version of You

This is a booklet CAMHS have created alongside schools and local groups, including Swanmore College. It is a wonderful resource to help you manage your mood, feelings and a place to write it all done.

[BV0Y-AS-Booklet-web-version-06.09.21.pdf](http://BV0Y-AS-Booklet-web-version-06.09.21.pdf)  
[hamshirecamhs.nhs.uk/](http://hamshirecamhs.nhs.uk/)

Week Day	First Break 11-11:35	Second Break 13:35-14:00	Notes
Monday	Pom Poms	Puzzles Galore!	
Tuesday	Card Games Shoot the Breeze	Friendship Bracelets/Braided Keychains	(Shoot the Breeze group will be in PE space.)
Wednesday	Wellbeing Wednesday  Swanpride	Wellbeing Wednesday	
Thursday	Lego	Mindful Colouring	
Friday	Zentangle Art  Young Carers	It's a kind of Magic	

Come and join us in the Pupil Centre every break throughout the week. We have a large selection of clubs run by the Wellbeing Champions, Anti-Bullying Ambassadors and supported by members of the Staff Wellbeing team. You can drop in for a one off session or come along every week, it is entirely up to you!



### Podcast recommendation

How To Fail With Elizabeth Day is a podcast that celebrates the things that haven't gone right. Every week, a new interviewee explores what their failures taught them about how to succeed better.



Celebrate what you've failed, what you learnt from it and where you are now.

**Recommended Mental Health Apps**  
 SAM - self-help anxiety management (Apple & Android)  
 Worry Box - anxiety self-help (Android)  
 What's Up (Android)  
 MindShift (Apple & Android)  
 Fear Tools - Anxiety Aid (Apple & Android)  
 ThinkNinja (Apple & Android) – designed for 10 – 18 years old

# GET OUTSIDE, BE AT ONE WITH NATURE

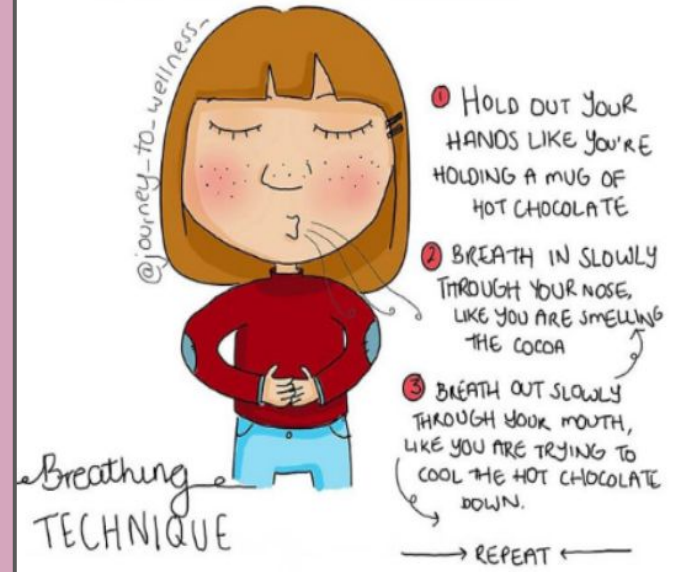
Highcliffe-On-Sea attractive coastline, with its panoramic views of the Isle of Wight to the east and Bournemouth to the west, is just a few minutes walk from the village centre. The unspoilt beaches are great for watersports, swimming and body-boarding or for just lazing around and can be accessed through a series of zig-zag paths from the large cliff top car park.

Highcliffe Castle was built between 1831 and 1835 and is described as 'the most important remaining example of the Romantic and Picturesque style of architecture'. The castle was host to visiting royalty from Europe and Mr Harry Gordon Selfridge of London's Selfridges fame lived there between 1916 and 1922. The Highcliffe Festival of Food and Arts is held on the first weekend in June. As well as entertainment from celebrity chefs and food writers, you can browse the food and drink stalls, shops for arts and crafts and enjoy music and performances.



# WELLNESS WORKOUT

This term try a gentle morning workout that you can do in your pyjamas! A nice active way to start your day.



## *Water* CHALLENGE

Can you drink 2 litres in a day?

1. Put the flour and egg in a bowl.
2. Add a little milk, stir until smooth.
3. Gradually add the remaining milk, stirring throughout.
4. Once all the milk is added put a frying pan on to the hob.
5. Put the oil into the frying pan, allow to heat up then coat the pan with mixture.
6. Allow it to cook and then flip onto the other side.
7. Serve with sugar and lemon juice, or fruit, or any other flavours of your choosing.

British Nutrition Foundation  
Healthy Eating week  
13-17 June 2022



**PANCAKE DAY - or  
Shrove Tuesday is on  
March 1st**

100g Plain flour

1 Egg

250ml milk

5g veg oil



Have a go at and send Mrs Griffiths a  
photo of your bake!  
[mrsgriffiths1@swanmore-school.co.uk](mailto:mrsgriffiths1@swanmore-school.co.uk)

The day is about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health. By talking about it, we can support ourselves and others.

There is no right way to talk about mental health, but these tips can help make sure you're approaching the conversation helpfully.

Just because the day has been and gone does not mean we should stop talking.

Continue the conversation around mental health. To find out more take a look here:

<https://www.mind.org.uk/get-involved/time-to-talk-day-2022/>

**"If you know that someone has experienced mental illness, don't be afraid to ask how they're doing."**



In partnership with



Rethink  
Mental  
Illness.



**TALK LISTEN CHANGE LIVES**

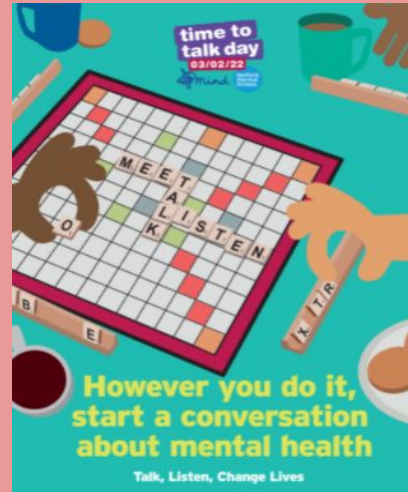
However you do it, start a conversation about mental health

wellbeing@swanmore-sec.hants.sch.uk

www.swanmorecollege.co.uk/wellbeing



A sticky note on someone's desk, an evening video call, or side-by-side over a sandwich: however you do it, start your conversation this **#TimetoTalk Day**.



- 1. Don't wait to find the perfect moment**
- 2. Ask twice**
- 3. Talk about yourself**
- 4. Approach the elephant in the room**
- 5. It doesn't have to be face to face**

# Mental Health Awareness- dates for our diaries

## Children's Mental Health Week

**7-13th February 2022**

Schools, youth groups, organisations and individuals across the UK will take part in this week. This year's theme is **Growing Together**; it is about growing emotionally and finding ways to help each other grow.

## Stress Awareness Month

**April 2022**

This month increases public awareness about the causes of stress and how to help combat it in this harried, modern-day life. Stress can filter in from various parts of life, from the workplace as well as personal relationships, and coping with and relieving it can certainly look different for each individual person. Learning about this month can certainly help anyone who struggles to cope with their stress and those may find themselves in need of guidance and advice. So get ready to get aware and involved with Stress Awareness Month!

## Mental Health Awareness Week

**Monday 9 May to Sunday 15 May 2022**

*The official theme is **loneliness**.*

The week will raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it. Reducing loneliness is a major step towards a mentally healthy society.



Check out "Days of the year"  
<https://www.daysoftheyear.com> for a more interesting focus on your day!

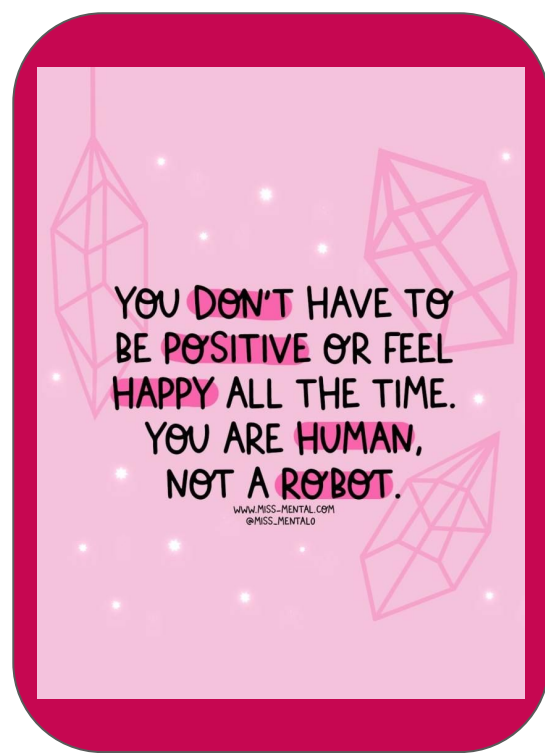
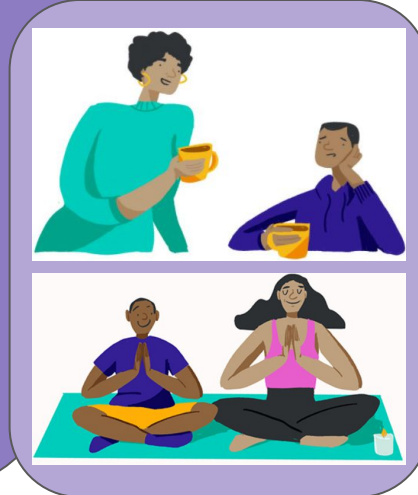
# Teen Mental Health - A Guide for Parents

This article includes useful tips and advice for parents to help their teens overcome body image issues, academic anxiety, peer pressure and cyberbullying, as well as links to other important mental health resources.

You can find the full guide here:

<https://www.mytutor.co.uk/blog/parents/educational-advice/teen-mental-health-a-guide-for-parents/>

COVID-19 meant a lot of teens missed out on some of the biggest moments in their young lives, with schools closed and social events cancelled. The lockdown also meant more teens were vulnerable to cyberbullying and body dissatisfaction, as they spent more time online (and maybe now even then continue to spend a lot of time online). The guide aims to be helpful and relevant in these uncertain times.



**TIPS FOR PARENTS  
AND PROFESSIONALS**

# Swanpride



LGBT+ history week  
on 11<sup>th</sup> feb

For extra support and advice.

[Breakout Youth: LGBTQ+ Support](#)  
[Hampshire & Isle of Wight](#)

[Homepage - Mermaids](#)  
[mermaidsuk.org.uk](http://mermaidsuk.org.uk)

[LGBT+ - Y Services](#)

<https://www.justlikeus.org/>

<https://www.stonewall.org.uk/>

**WEDNESDAYS / 1<sup>ST</sup> BREAK**  
**THE PUPIL CENTRE**

- Information, advice and guidance •
- A welcoming, safe environment •
- Support for all (not just LGBTQ+) •

Any questions? Email us!  
[swanpride@swanmore-school.co.uk](mailto:swanpride@swanmore-school.co.uk)



*"I find that yoga gives me time to regroup, time to focus on myself after a busy day in the office. I find that it helps with my overall fitness and suppleness. I leave feeling re energised and as a rule generally sleep much better after my yoga practise. I would recommend it for overall wellbeing and keeping supple. Would recommend anyone to give it a try."*

*"Great to relax after a stressful day. An opportunity to reconnect with myself and give the whole body a stretch. A time for me."*

*"Sometimes I don't feel like going, especially if it's cold/dark or bright sunshine and warm, but each week I am glad I have been as its so relaxing."*

## Swanmore Staff Wellbeing



## Looking for support?

We all have mental health. Sometimes this is positive and at times not so easy. It is important to remember that it is our individual and personal responsibility to seek help and advice when needed.

### Staff Football

**When?** Fridays after school  
**Where?** MUGA (if dry), Sports Hall (if raining)  
For more details, please email Dave Hedicker.

### Staff Yoga

**When?** Tuesdays, 4.15 - 5.15 pm  
**Where?** The Performing Arts Building  
For more details, please email Sarah Dufty.

### Helplines

**Mind**  
Call 0300 123 3393  
or text 86463

Mind offers advice, support and information to people experiencing a mental health difficulty and their family and friends.

**Rethink**  
Call 0300 5000 927

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

**Samaritans**  
Call 116 123

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

**SHOUT**  
Text SHOUT to 85258

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

### Useful Apps

Free apps available for download to help you manage your mental health and wellbeing.



### Unions

**NASUWT**  
[www.nasuw.org.uk](http://www.nasuw.org.uk)  
**NEU**  
[neu.org.uk](http://neu.org.uk)  
**NUT**  
[www.teachers.org.uk](http://www.teachers.org.uk)  
**Unison**  
[www.unison.org.uk](http://www.unison.org.uk)

### Who to talk to if you're feeling low

If you are struggling and need to talk to someone in school, please speak to your Line Manager.

Alternatively, speak to a member of the Wellbeing Team. (You can spot them around College by their yellow lanyards!)

### Employee Assistance Programme

Freephone 0800 030 5182 [healthassuredeap.co.uk](http://healthassuredeap.co.uk)  
24 hour a day, 365 day a year free, confidential telephone advice and information line covering a wide range of issues including work, personal and family related, available all staff and their immediate family members.

### FREE Fruit

Collect a free piece of fruit EVERY DAY from the catering team in the Swan Cafe between 7 am - 8:30 am. The fruit available are as follows:  
**Apples, Pears, Bananas, Plums, Satsumas**

# Wellbeing Champions

Hi everyone, I'm Erin and I'm delighted to be head girl this year. I have been working with Wellbeing Champions for the past year and can not wait to take what we have been working on to the forefront of the whole school community. I consider myself an advocate for mental health and endeavour to contribute to the culture of support at Swanmore. I hope that I can be an approachable point for students to express any concerns, suggestions or even just to chat!



## Cooking Club - Italian evening

We had a fantastic evening in the new school kitchen learning how to make Spaghetti and Meatballs plus Tiramisu - Look out for the next date!



## What our Young Carers think of their group...

- Dylan - Hi, I'm in year 8. I think a Young Carer club is helpful because I get breakfast and I have met other Young Carers in the school. I know I can go to the teachers who run the club to help me. My favourite bit is having a bacon roll every week. I really liked doing the Pom Pom wreath activity.
- Grace - Hey, I am Grace and I am a Young Carer. I've been coming to the group since it started and I really enjoy it.
- Phoebe - Hi, I'm a Young Carer and I've recently joined and everyone was very welcoming.
- Maisie - Hey, I am Maisie and I am in Year 8. Every Friday during tutor we meet up and eat breakfast together.
- Isla - Hello, I am a year 8 Young Carer. Every Friday in tutor time we meet in the Pupil Centre and eat bacon baguettes. We talk about what fun activities we can do. We also have teachers we can talk to if we have any worries.



# ANTI-BULLYING

The Pupil Centre – you can find Ambassadors in The Pupil Centre every break and lunch. Pop along if you have any bullying concerns, any ideas for Anti-Bullying at Swanmore or if you are interested in becoming involved in the Committee. The Ambassadors will be running the Pupil Centre Activities alongside the Wellbeing Champions and would love to see you there. The Anti-Bullying Committee continue to meet weekly on a Tuesday tutor time to plan events and respond to bullying concerns.

The results of the Year 8 Anti-Bullying Competition was announced last term. Each tutor group was asked to revisit their Year 7 T-shirt and create a new logo to promote Anti-Bullying. Congratulations to 8R8 and 8R6, our runners up. Special Congratulations to 8R7 for their winning entry!

If you wish to see an information video on Anti-Bullying at Swanmore, our Ambassadors recently put together a video for parents. It can be found here: <https://youtu.be/dbZ8jWuLbXw>



# Hot off the Press!

## Anti-Bullying Community Action Badge



Community Action  
Badge



Well Being Badge

We are delighted to announce that Swanmore College has just received the Community Action Badge/Award from The Diana Award. The Diana Award is a charity which trains our Anti-Bullying Ambassadors across the UK. They have praised our Ambassador and Committee members on their work over the last 14 months to promote Anti-Bullying across our community as well as providing support for pupils experiencing bullying. Activities included hosting Anti-Bullying Week alongside Year 11 Charity Week (November 2020) to raise funds for Anti-Bullying Charities, leading training sessions for Senior Prefects in order to spread the understanding of bullying issues, providing training sessions for staff and governors, recording an information video for parents (see link below), producing an annual newsletter highlighting all activities relating to Anti-Bullying at Swanmore and providing support for pupils and staff through posters and help cards (given to every pupil).

The Diana Award has now invited our Ambassadors to apply to become part of the Anti-Bullying National Youth Board.

Well done to everyone involved. As a college, we have now earned the Well Being and Community Action Badge from The Diana Award. The Committee have chosen to work toward the Respect badge over the next 12 months.

Watch this space!

The parent information video can be found here  
<https://youtu.be/dbZ8jWuLbXw>

## Step up, speak up - put an end to sexual harassment Swanmore campaign

For the last two weeks of the Spring Term 1, Swanmore pupils have been learning about sexual harassment in their PSHE lessons and assemblies and how it is never acceptable or okay, whether that be online or face to face. This was designed to coincide with the national #itsnotokay week: Sexual Abuse and Sexual Violence Awareness week.

Swanmore Wellbeing Champions and the College Council worked together with staff to plan, design, and present the assembly and these two lessons to the whole school as this is a topic that is very important to every member of the Swanmore College community: pupils and staff.

It took quite a bit of script writing, retakes, and lots of hard work, but the Wellbeing Champions and the College Council did a brilliant job of creating very and engaging lessons for all our pupils, from Year 7 through to Year 11, about this important topic.

Yasmine P: "Everyone worked very well and very hard to get across the importance of this topic. I feel like this was well understood and received by the pupils. I am a Wellbeing Champion and I feel that it was good to work and connect with the College Council; it was good to collaborate."

Emily B: "This topic is so serious and that made us realise that we wanted to work hard to spread the message to all pupils that sexual harassment is not okay."

Connie, Year 7: "I enjoyed being part of this project because we helped the school to understand what sexual harassment means. I hadn't done something like this before, so it was new to me to have to help with everyone to present these lessons. I'm looking to helping out the College Council again."

Through a range of scenarios, pupils got to understand what sexual harassment is, the law relating to this, and how sexual harassment impacts on those it is directed at, both online and in person. The key message that the pupils and staff took away is that even though the law gives us some boundaries, any behaviour that is unwanted is unacceptable, regardless of whether it breaks the law or not. We also discussed how "Banter" is often used as an excuse for sexual harassment, but again, that is never okay.

Pupils were made aware that even if you successfully block someone online, it doesn't always block the emotions you might be feeling.

Jed: "I think it has been good to have pupils present their thoughts on sexual harassment in our PSHE lessons."

Jake: "I think it was really important to understand the seriousness of the topic because it is a big problem in our society. If young people tell young people about it, they will understand more and accept the importance of the message."

At the end of the second PSHE lesson on sexual harassment, pupils and staff were asked to write a personal pledge to fight sexual harassment. These pledges will be displayed around the school as reminders to step up, speak up to put an end to sexual harassment, whenever and wherever it occurs.



As a pupil, I pledge to help put an end to sexual harassment by...

Name: \_\_\_\_\_

The logo is identical to the one in the top right, featuring "STEP UP" in white on a blue arrow-shaped background, "SPEAK UP" in white on a dark blue speech bubble, and the tagline "Put an end to sexual harassment" below.

# 10 Ways You Can SHARE KINDNESS ONLINE

Last year, almost one in five young people aged 10-16 in England and Wales admitted experiencing online bullying, most commonly being involved in swears or having harmful messages sent about them. To someone who's being **bullied**, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope, turning their brightest day grey and refreshing their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

- 1 PRAISE WHERE IT'S DUE**  
Sometimes a kind or relative might post an online something that you've never for have achieved, maybe an exam they've passed, a new skill they've learned at a work they've worked at. Celebrate their hard work and determination by being kind enough to praise them for a job well done.
- 2 REACH OUT**  
It's not always easy to tell what kind of mood someone is in just from what they post online, already knowing somebody a message to say 'hi' to ask if they're ok or to let them that you're thinking of them could totally make their day.
- 3 RECOMMEND FUN THINGS**  
If there's something you enjoy doing on line – perhaps you play a particular game, or you've found a really cool tune – share it with someone you think will enjoy it. Have a message to say 'hey, I know you think they're fun, can bring a little happiness to someone who's in a bad mood'.
- 4 OFFER TO HELP**  
Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in to help something that's difficult for them might be no trouble for you!
- 5 POST POSITIVELY**  
Lots of people seem to go on line purely to vent their anger about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you won't be positive, thoughtful about things that make you happy and that you're thankful for. It could bring someone else's day.
- 6 SHOW YOUR APPRECIATION**  
If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post, expressing your gratitude over something and showing someone that you appreciate them will really make them feel good.
- 7 BE UNDERSTANDING**  
Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to know they're understood and their situation.
- 8 SHARE INSPIRATIONAL POSTS**  
When you see something online that makes you or makes you feel happy, share it with people you know. A helpful message, or beautiful picture or an uplifting video can lift someone's spirits and help them to feel better about life.
- 9 THINK BEFORE COMMENTING**  
Thinking before we act can be just as important as doing it. The first thing to think is needed is to consider what you're saying in advance could stop you from saying something negative, harmful or hurtful when it's not what you really mean. It's better to post positively or not post at all.
- 10 LIKE, LOVE AND ENGAGE**  
If somebody posts something that you like or someone posts something that you like on social media, don't just post a 'like' the time to like it, love it or leave an appreciative comment. Showing positivity to other people's posts might seem like a small gesture but could mean a lot to them.

**Meet Our Expert**  
Dr. Claire Kelly is a professional counselling psychologist who, through her research, specialises in positive psychology and online communication. She consults with businesses and organisations to support positive and effective communication online, often by co-creating some of the most hidden aspects of the business.

**National Online Safety**  
#WakeUpWednesday

## Safer Internet Day 2022

Celebrated on **8th February**, Safer Internet Day provides us with the perfect opportunity to reflect and assess our online habits, both good and bad. This year the focus was on how children and young people can be supported to build healthy and respectful relationships through digital technology and ensure they know what to do if they encounter negative behaviour online.

✉ [wellbeing@swanmore-sec.hants.sch.uk](mailto:wellbeing@swanmore-sec.hants.sch.uk)

### 10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns informed the situation, one in every five 10- to 16-year-olds was experiencing bullying online. Children and young people are having serious arguments about them or being excluded from group chats or group photos.

At National Online Safety, we believe in empowering parents, carers and trained adults with the information to hold an informed conversation about online safety with their children, should they want to discuss. This guide focuses on one of many issues which we believe trained adults should be aware of: Parents can learn more from [www.nationalonlinesafety.com](https://www.nationalonlinesafety.com) for further guidance, signs and steps for action.

### 10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the Internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about your young people is understandable and not unjustified. In 2020, for example, one in five 10- to 16-year-olds experienced bullying online. Our tips highlight ways that adults can support young people to develop positive online behaviours for developing and following 'netiquette' we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

#### WHAT IS NETIQUETTE?

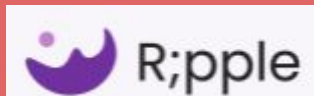
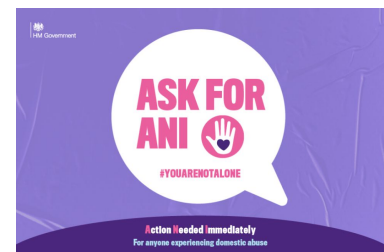
Just like etiquette is a set of rules which guides and governs our interactions with other people in real life, netiquette, which means 'net' as in 'network', means the same in the digital world. It's important that we can occasionally refer to these in the digital world, so how do we act appropriately?

- 1 ACCEPT DIFFERENT RULES**  
A lot of our interaction with others is helped by facial expressions, tone of voice, hand gestures, body language and so on. Many of these things are missing when we interact online. It's important to know why the more nuanced standpoints more likely to occur in the digital world. It's very important that we have a very different process can help to prevent difficulties from arising.
- 2 PRESS PAUSE**  
It's so easy to do things quickly online that most people don't include 'holding' their responses. Responding to messages without considering the consequences, using the power buttons, or the 'post' button 'without' any real thought, can be a mistake. It's important that we should pause to think about what we are saying and how it might be received.
- 3 THE INTERNET IS ADDICTIVE**  
Apps and sites use a range of clever algorithms and techniques to keep us engaged and hooked on the screen. It's not wonder that people continuously return to the digital world, even when they're busy in real life. It's important that we should be aware of this and take a break from the digital world when we need to. It's important that we should be aware of this and take a break from the digital world when we need to.
- 4 BEWARE THE DARK SIDE**  
Sending a hurtful or unkind comment on social media or in a group chat can make the recipient feel badly. However, these posts can also be shared to groups in a way that causes a lot of trouble. It's important that we should be aware of this and take a break from the digital world when we need to.
- 5 HARMFUL INTERACTIONS**  
Unfortunately, it's very easy to send a hurtful message or comment online. It's important that we should be aware of this and take a break from the digital world when we need to.
- 6 APPRECIATE DIFFERENCES**  
We've all been different; some people are simply more outgoing than others. It's important that we should be aware of this and take a break from the digital world when we need to.
- 7 ACCENTUATED ANXIETY**  
Young people's online lives create a lot of pressure. It's important that we should be aware of this and take a break from the digital world when we need to.
- 8 PRO-SOCIAL BEHAVIOUR**  
A huge part of the digital world is all about connecting with others. It's important that we should be aware of this and take a break from the digital world when we need to.
- 9 BE A GOOD ROLE MODEL**  
One of the best things we can do as trained adults is to role model positive online behaviour. Just showing your young people that you know what it's like to be a good role model can make a big difference. It's important that we should be aware of this and take a break from the digital world when we need to.
- 10 SHOW COMPASSION**  
Mistakes can feel much bigger online, because they're so public. It's important that we should be aware of this and take a break from the digital world when we need to.

**Meet Our Expert**  
Dr. Claire Kelly is a professional counselling psychologist who, through her research, specialises in positive psychology and online communication. She consults with businesses and organisations to support positive and effective communication online, often by co-creating some of the most hidden aspects of the business.

**National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](https://www.nationalonlinesafety.com) @nationalonlinesafety | NationalOnlineSafety | @nationalonlinesafety



Discretely intercepting harmful searches and providing signposting to 24/7, free mental health support at a time when you are most vulnerable.

To find out more:

<https://www.ripplesuicideprevention.com/>

Please continue to do your twice weekly Lateral Flow Tests and don't forget to report your results.

[Why reporting your test result is as important as taking a test - Education in the media \(blog.gov.uk\)](#)

<https://www.safe4me.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://hampshirecamhs.nhs.uk/>

<https://www.mind.org.uk>

<https://www.anxietyuk.org.uk/>

<https://www.thecalmzone.net/>

<https://www.annafreud.org/on-my-mind/self-care/>

## Helplines:

Anxiety UK:

[support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

08444775774

MIND:

[info@mind.org.uk](mailto:info@mind.org.uk)

03001233393

No Panic:

[admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

08449674848

Nightline:

[Nightline.ac.uk](http://Nightline.ac.uk)

Samaritans:

[jo@samaritans.org](mailto:jo@samaritans.org)

116123 (freephone)

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>