



IN THIS EDITION: Safer Internet Day ★ Online safety tips including new 'Safer Safety Cards' for social media sites ★ How to help young people manage anxiety ★ Local projects to support children's well-being ★ This newsletter is also available at our website: www.safety-net.org.uk

★ Safer Internet Day: together for a better internet

In case you missed it, February 5th was International Safer Internet Day - organised by the Safer Internet Centre - and this year's slogan "**Together for a better internet**" is a call to action for all of us to play our part in creating a better internet for everyone.

Local children's charity, Safety Net, has put together a leaflet for parents with some tips to help children stay safe online. You can find a copy on our website at <https://tinyurl.com/y6f89svx>

Our main message is **Keep Talking**. We want adults to talk to young people about their online world as often as possible. Parents and carers sometimes don't feel confident to do this because they know less about the online world than their children. The important thing is to be interested and listen. Safer Internet Day has produced a conversation starter document to help you. You can find it at: <https://tinyurl.com/ydcjqfcw>

Check out the back page for more online safety tips & information.



Brighton5: Young People making a difference

A film project - known as Brighton5 - is being developed by local group, Make Good Trouble Productions. Brighton5 is a reaction to the growing problems young people are facing and how this may be affecting their emotional health and well-being.

Brighton5 comprises five crowdfunded teen films which are currently in pre-production. They are working with secondary schools to put together teen focus groups as well as working with their safeguarding staff. It's all very exciting say Make Good Productions! The films are going to be made by the teenagers themselves in a professional film studio. They will be distributed through the schools and will be all about peer to peer support. Older teens will share their stories related to mental health and emotional wellbeing so that anyone younger can see there is a positive way forward. Updates will be posted at www.brighton5.com.

★ How are you making a difference?

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If you are a young person or the parent of a young person living in Brighton and Hove and would like to tell us about something that you or a group of young people are doing to improve things for yourself and others, we would love to hear from you. We would be particularly interested in hearing about any ideas or projects that you are working on to help improve safety or well-being. Please email us newsletter@safety-net.org.uk.

★ Young people's mental health & well-being



Re-launched mental health website The Child and Adolescent Mental Health Service (CAMHS) has launched a new look website (www.sussexcamhs.nhs.uk) with lots of useful information and links to support children, young people & families around mental health issues. For example, the anxiety page answers the following questions:

What is anxiety? Anxiety is a word we use to describe feelings of worry, fear and panic. As well as emotional feelings, people with anxiety can also experience physical sensations such as a racing heart, breathing fast, sweaty hands, dry mouth and feeling shaky. Many people also have “what if” or negative thoughts when they are anxious.

Is anxiety normal? Anxiety is a normal human response to feeling threatened or in danger, even if that threat is a thought, image or memory. Anxiety can become a problem if it starts to stop you from doing the things that are important to you or that you once enjoyed; or if the thoughts, feelings and physical sensations are very strong or happen even when there is no real danger or last for a long time.

What kind of thoughts or feelings can someone have if they are feeling anxious?

Lots of people experience worry and anxiety although for some people it can impact on everyday life and get in the way of school, college, socialising and home life. The most common types include:

- Worries about what other people think of you
- Worries about being judged negatively
- Worries about bad things happening to you or the people you care about
- Uncontrollable constant worry about lots of things (like school, the future, and world events)
- Worries about your safety and health (including worries about germs and contamination)
- Phobias (big fears) about specific things
- Worries that you are responsible for bad things happening
- Feeling the need to complete certain routines, rituals or behaviours to stop bad things happening (commonly known as Obsessive Compulsive Disorder)

What should I do? Tell someone how you are feeling no matter what your worries are. There will be someone who will listen and try to support you.

Although it feels horrible, remember that these feelings will pass. Remind yourself that you have been anxious before, those feelings went away and were ok.

How can I manage anxiety? Use activities that you enjoy such as watching TV, spending time with friends, reading or listening to music. Also, remember that you can't avoid all the things that make you feel anxious. Try to face your FEARS with confidence following these four steps:

1. **Focus** – rather than worry about the past, future or the unknown, focus on the present moment
2. **Expose** – the more you face your fears the easier it will become to manage
3. **Approach** – the fear of experiencing anxiety is often worse than the situation you are avoiding. Face your fear and see for yourself that the situation probably isn't as bad as you are thought
4. **Rehearse** – practice anxiety management techniques (see below)

Resources to help

There are a number of downloadable workbooks and self-help materials you might find useful:

- Breaking free from OCD: A CBT guide for young people and their families. (Derisley, Heyman, Robinson & Yurner)
- The anxiety workbook for teens (Lisa M. Schab)
- Huge bag of worries (Virginia Ironside)
- The shyness and social anxiety workbook for teens (Jennifer Shannon)
- The stress reduction workbook for teens (Gina M. Biegel)
- What to do when you worry too much: A kid's guide to overcoming anxiety (Dawn Huebner)
- Let your worries fly away (Audio CD) (Lynda Hudson)
- Let go of anxiety (Audio CD) (Lynda Hudson)

Visit the site at: www.sussexcamhs.nhs.uk
You can also find advice and information about support at the Wellbeing website: www.brightonandhove wellbeing.org/

★ Local wellbeing projects

New Parent /Carer radio show & podcast on teenage mental health

Make (Good) Trouble Productions and Public Health is bringing parent and teen voices together to create a warm-hearted, honest and practical radio show and podcast about teenage mental health. Each episode of the radio show will cover specific topics – from anxiety and exam stress, to self-harm, device addiction and body image. They will be inviting parents, carers and experts (from local schools, CAMHS, NHS and Sussex Police) to discuss the issues, share problems and find ways for families to understand each other better. The show will be punctuated with vox-pops from their teen reporters covering their take on the issues. Production begins in March. For more information, please visit: ★ **Blog:** www.brighton5.com/ ★ **Twitter:** <https://twitter.com/TheBrighton5/> ★ **Instagram:** www.instagram.com/thebrighton5/ ★ **Facebook:** www.facebook.com/groups/214018365831213/

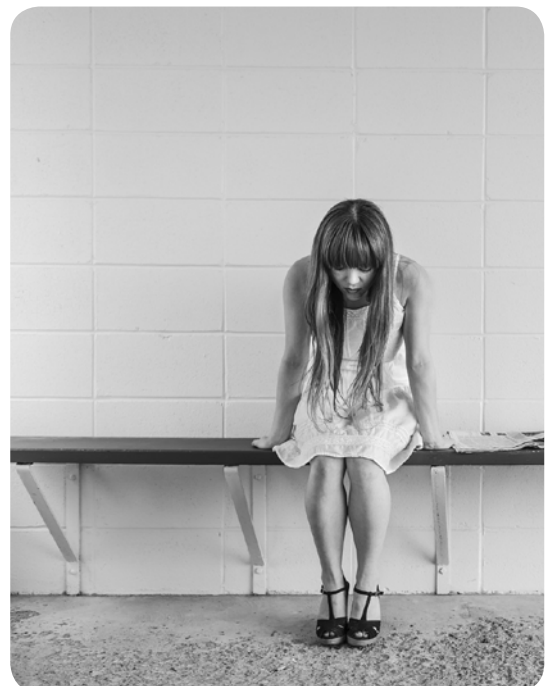
'Not Today, Celeste' - a dog's tale about her human's depression

Not Today, Celeste! is a heart-warming story about a small dog, Celeste, and how she feels when her much-loved human, Rupert, develops depression. Written by local author, Liza Stevens, the book has also now been made into a puppet show which is being performed by local theatre company Bobble Hat in primary schools this term. However some of the messages are just as helpful for older children and young people. If you would like more information about the show please visit www.nottodayceleste.co.uk.



Helping young people understand adult depression

- ★ This happens to other people too, you are not alone.
- ★ Let them know you still love them unconditionally.
- ★ It is ok for you to talk about depression and ask questions.
- ★ There is nothing for you to be afraid of.
- ★ Depression can get better with treatment, like a broken leg.
- ★ You have done nothing wrong. This is not your fault and you can't fix it.
- ★ Sometimes depression makes people seem angry, it's just because they are unwell.
- ★ It's ok for you to have fun and smile.
- ★ I am always happy to listen to you.
- ★ You should not be afraid to ask for help and talk about your own feelings.



(From Dr Pooky Knightsmith & Mentalhealth.net)

★ Online safety page



★ New: FREE Safety Cards for social media sites

H2B (How to be Safer) is an online hub designed to provide parents and carers with information and advice that is easy to access and simple to understand. You can use the short videos and step-by-step prompt cards to ensure you and your children have a safer online experience.

H2b has just released some really useful 'Safer Safety Cards' for popular social media sites. The cards include information about some of the most popular sites used by young people such as Instagram, Snapchat and Whatsapp and provide helpful tips on how to manage privacy settings and block inappropriate content as well as giving a helpful summary for social media savvy parents of what the apps are for. <https://ineqe.com/h2bsaferservice/#safety-cards>



- Remember - the younger the child, the more support and guidance they'll need
- Be aware that extra support may be needed at certain ages, e.g. 10-13
- Find non-technological activities for children to enjoy
- Stay alert for signs of inappropriate use of the digital world
- Make sure devices are switched off at night and half an hour before bedtime
- work out some rules together...
- ...and respect the rules yourself.
- Be aware of the positives as well the negative side of technology
- Have a regular family digital detox
- Aim for 'digital resilience'

Source: *The Charlie Waller Foundation*

★ Checking out the social media sites your children are visiting

If you want to get clued up on the social media sites that your children are spending time on to find out if they are age appropriate and safe, go to the Common Sense Media website where you can find out more information and read parent and child reviews of different sites used by children including games like Fortnite. Common Sense then gives an age rating based on their expert reviews.

www.commonsensemedia.org/

The Charlie Waller Memorial Trust

publishes free resources for parents, professionals and others interested in mental and emotional wellbeing.

www.cwmtf.org.uk/resources

Online Grooming: CEOP, The Child Exploitation and Online Protection agency, say it is important for parents and carers to be aware of the signs of online grooming to protect their children. Grooming is a process used by people with a sexual interest in children to prepare a child for sexual abuse. Find more information at <https://t.co/2x4NPYAofc> - or go to Internet Matters <https://bit.ly/2ENKIKI>

★ **We would love to hear from you!** If you have a question suggestion or article, please email us at newsletter@safety-net.org.uk. For an online edition, visit safety-net.org.uk or brightonandhovelscb.org.uk