



Backwell School

A National Teaching School

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Mental wellbeing and online safety during the school closure period

At this difficult time we are still doing what we can to safeguard Backwell School students and to support you, as parents, in ensuring that your children are safe. To help you in this I am sending a list of websites that can support both you and your children to enable them to protect themselves online. The most important aspect of this has not changed and that is that you maintain a positive dialogue, where possible, around what your children are accessing and how they are making decisions to keep themselves safe.

I also wanted to remind you that our Wellbeing Practitioners are available for telephone consultation if your child is struggling with their mental health in any way during this time. Please see the poster below for contact details.

Please do continue to contact your child's pastoral team through the school email address (mailbox@backwellschool.net), if you feel that you, or your child need extra support. Staff are happy and available to discuss concerns with you if your child has issues with the remote learning or just feels isolated and anxious.

Thank you for your continuing efforts to support your child's studies at home, those of us who are parents as well, understand the difficulties that you face.

Best wishes

Martin Sills

Designated Safeguarding Lead

Backwell School

Websites offering parental support

Get Safe Online

Info on a little bit of everything including personal use and business

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

Common sense media

Reviews apps, games, books and films to help parents understand the positive and negative aspects and appropriateness for their child

<https://www.common sense media.org/>

Safety Centre

App, website and game guides on setting up security, privacy and how to report and block

<https://oursafetycentre.co.uk/>

NSPCC

Articles and advice on a variety of topics to address with children

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

O2 helpline

In conjunction with the NSPCC, a helpline for any of your online safety questions or concerns

0808 800 5000

help@nspcc.org.uk

Internet Matters

Good advice by age guides

<https://www.internetmatters.org/advice/>

Help to set up parental controls

<https://www.internetmatters.org/parental-controls/>

Support for children and young adults

Zipit

App in conjunction with Childline to help young people decline requests for nudes and inappropriate content

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety sexting/zipit-app/>

Yoti

Another app supported by Childline to assist young people in removing nudes from the internet

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/report-nude-image-online/>

Remove Harmful Content

Help to remove upsetting content from the internet (this can include things that aren't illegal such as impersonation accounts and self-harm images)

<https://reportharmfulcontent.com/>

Childline

Advice on a variety of online safety issues

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

BBC Own It

A collection of videos on a variety of topics including the online world. Videos hosted by celebrities and other young people. Can also be used for wider PSHE topics.

<https://www.bbc.com/ownit>

WELLBEING SUPPORT

With all of the changes going on, some young people may feel unsure how to continue to support themselves and look after their wellbeing.

The Wellbeing Practitioners at Wellspring Counselling are offering free wellbeing support to children and young people (aged 11 to 18) during the Covid-19 outbreak.

We are able to offer an initial assessment session to establish whether this is the right support for you, followed by 5 telephone sessions to help you learn skills to boost your wellbeing.

This will involve working your way through our Wellbeing Workbook sent to you via email, and discussing the material during weekly phone sessions.

What's included?

Relaxation Techniques
Stress Management
Scheduling in Activities
Identifying Your Strengths
Building & Maintaining
Relationships
Useful Websites & Resources

If this is something you're interested in, please contact Krissie for more information on krissie@wellspringcounselling.org.uk

This support is suitable for mild difficulties with wellbeing or mental health. Unfortunately our Wellbeing Practitioners are not able to work with young people who are struggling with difficulties which are complex, causing high levels of distress or where the difficulties pose a risk to the young person's safety.

Wellspring Counselling is a local charity providing affordable counselling for adults and donations-based counselling for children & young people in North Somerset.

Wellspring is only able to provide sessions thanks to donations, grants and fund-raising events. If you would like to donate, please visit:
<https://wellspringsomerset.btck.co.uk>

REGISTERED CHARITY NO. 1042995

