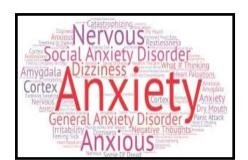


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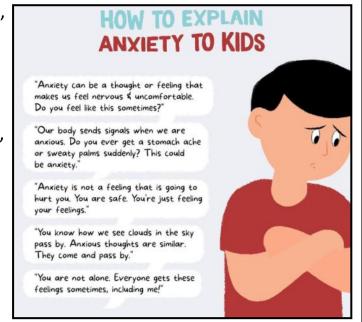


SAFEGUARDING NEWSLETTER

The vast majority of us with experience some form of worry and/or anxiety in our lifetime. It is how we deal with it which has an impact on our mental fitness. Some of our students are experiencing worry or anxiety and they are engaging in eternal help, in-school support and/or self help using a range of websites for ideas. We teach Personal Social Health Economic education (PSHE) and Relationship and Sex Education (RSE). One aim of this is to teach students about their mental fitness and what they can do to maintain it, for example, doing something they enjoy every day – even if it is something small, being kind to others, avoiding toxic friendships. A further aim is to build confidence and resilience which are good attributes to support mental fitness. We can also offer was is called 'Earliest Help', a student can talk to their Form Tutor or another member of staff about their worries or we can ask our Student Support Manager to meet with them. We can also refer to the mental health support team and the school nurse. If you are concerned about your child's mental fitness please take them to the GP or use some of the strategies and/or self help online organisations.

It is important to know how to support a child if they become worried or anxious. There are signs to look out for, and with children, it's usually best to look out for what they do, rather than what they say. Some key indicators include being sad or irritable over a long period of time, losing interest in the things they usually enjoy, for example participating in sports, and being tired a lot of the time. Just like adults, children can experience worry. This can manifest itself in many ways, such as becoming angry, finding it difficult to control their emotions, having trouble sleeping and even having physical symptoms such as tummy ache. While not every child has the same symptoms, if you notice behavioural changes that don't go away after a couple of weeks or keep returning, create an

opportunity for them to explore their feelings, so you can identify different ways to support them. Earlier this year Pace2Be, a mental health counselling organisation revealed that 1 in 3 parents admit they would feel embarrassed if their child wanted counselling, with many more feeling other parents would judge them. However, it is important to be open, and non-judgemental. By normalising conversation around wellbeing and mental health, and encouraging and supporting others to seek help if they need it.



What makes young people anxious?

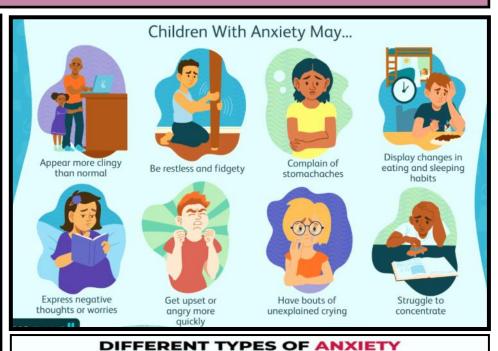
A child or young person may be anxious for different reasons. Feeling a bit more worried sometimes is normal and there is not always a clear reason for this. But if your child is feeling unmanageable amounts of anxiety, this is often a sign that something in their life isn't quite right. They may need support to work out what the problem is.

The following kinds of things can make some children and young people feel anxious:

- Spending too much time on social media, becoming embroiled in drama and social fall outs
- being around someone else who is very anxious, such as a parent
- going through a significant change, such as moving house, parents separating or changing school
- the death or illness of a close family member or friend
- having lots of responsibility, for example caring for other people in their family
- experiencing family stress around things like housing, money and debt
- going through experiences in which they do not feel safe, such as being bullied, witnessing or experiencing abuse, or experiencing discrimination such as racism, homophobia or transphobia

Look on Facebook and Twitter and follow @YoungMindsUK for regular hints and tips









Social Anxiety Disorder:

Intense anxiety about being embarrassed or rejected in social situations.







Persistent and excessive fear around a particular object, activity, or

How to help your child or young person manage their anxiety

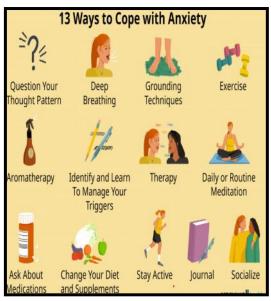
As well as managing panicky moments, your child or young person can also learn how to deal with their anxiety over the longer-term.



Many of these strategies are about helping them to understand how their anxiety works and what helps them. The more confident they feel about this, the more they will believe in their ability to cope. This can make anxiety feel more manageable.

As you think about strategies you might try, always remind yourself you're doing your best. It's natural to feel a bit overwhelmed sometimes. But remember, you do not need to try five different things at once. Have a look through these suggestions and pick one or two things you think might help:

- * In a calm moment, talk about their anxiety
- * Think together what makes them feel anxious
- * Help your child to recognise when they're anxious
- * Think together about activities that help
- * Try mindful activities that help relax
- * Make a worry box or self-soothe box
- * Help them take care of their daily needs
- * Encourage them to cut out stimulants
- * Spend quality time together
- * Speak to a professional if you're worried



How to help your child or young person when they feel panicky

In a very anxious moment, your child or young person may feel frightened or worried about having a panic attack. If this happens, focus on helping them to calm down and feel safe. The strategies below can help.

Remember, you don't need to do all of these things each time. Everyone is different, and it's about figuring out which of these strategies suits them best. After they have calmed down, it can help to remind them that the panicky feeling did not last forever. They were

able to do things that helped and the feeling stopped.

- * Use breathing techniques
- * Sit with them an doffer calm reassurance
- * Ask them to think of a safe place or person
- * Encourage them to do an activity they like



Useful helplines and websites

Some specific support for anxiety:

Infoline 0300 123 3393 (Mon-Fri 9am-6pm)

YoungMind's Crisis messenger text YM to 85258

Link to the Mind website - https://www.youngminds.org.uk/

https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anxiety-disorder-signs/

Anxiety UK https://anxietyuk.org.uk 03444 775774

Useful places to go for information for your son/daughter:

Samaritans: 116 123

Childline: 0800 1111 Specifically online safety 0808 800 5002

YoungMinds 0808 802 5544 https://www.nspcc.org.uk/

https://www.thinkuknow.co.uk/

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

https://www.kooth.com/

https://nopanic.org.uk 0300 772 9844

Triumph Over Phobia (TopUK) https://topuk.org 01225 571740











