

Lancashire Mind's weekly wellbeing newsletter



w/c 15th June 2020

This week's theme is: Staying safe online

It's not always easy to know what's safe online and what's not. Our advice and signposting can help you to keep safe and know what to do if things go wrong.

There are lots of fun and interesting things you can do on the internet. And it can be a great way to stay in touch with friends. But it's important to understand how to stay safe online. Sometimes people will try to trick you into clicking dangerous links or sharing things about yourself. Or something you've shared might be used to bully or frighten you.

Children and Young People

'Top Tips'

During COVID-19, we are spending more time at home; learning at home and using the internet more in general. You may be using the internet more for your lessons from school, or your lessons with your family, to access resources on websites, to watch videos or links, to take part in virtual lessons using a platform such as Microsoft Teams or Zoom. You may also using the internet to connect with people.

Take a look at page 2 & 3 for some top tips to staying safe online.

Staff

'Setting boundaries'

There is a lot of research to show that people have different preferences as to how they like to integrate their work and personal lives. Some people, for example, prefer to spend long hours in school/the office and then come home and do nothing work-wise, others prefer to do everything at home, other prefer a combination. At the moment, people have been thrown into a situation where everything needs to happen at home and it can be difficult to set boundaries if you have never had to do that. *Page 4 suggests how you can set some boundaries to spending time online, and how self-care can help the online/offline balance.*

Parents/Carers

'I'm concerned about my child online'

If you're worried about your child and think something is not quite right, it's best to be on the safe side and find out more. Starting a conversation with your child about a sensitive issue or something you don't usually talk about isn't always easy, especially if this means you will be talking about things they prefer to keep private, but there are ways to make having these conversations with your child easier. *On page 5, we have put together some Top Tips for staying safe.*

Follow us on social media - @lancsmind
Find more resources for Children and Young People, Adults and Parents on our website:

www.lancashiremind.org.uk



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Top Tips

Follow the SMART rules:

Safe

Stay safe online, do not give out any personal information when chatting or posting. Personal information includes your address, email address, passwords or any phone numbers. Keep them private.

Meeting

Do NOT meet anyone online without your parents/carer's permission. Remember online friends are still strangers even if you have been chatting for a while.

Accepting

Do not accept emails, messages, files, pictures or text from people you do not know or trust. They could contain viruses or inappropriate content.

Reliable

Someone online may lie about who they are and things online are not always true. Always check information with someone you trust at school/home or check with books or other websites.

Tell

Tell your parent, carer or someone you trust at home or at school if someone or something is making you uncomfortable, if it doesn't seem right or if you or someone else you know is being cyber bullied.

1. Don't download anything without permission.

2. Speak politely and be kind to others when you are online.

3. Have allocated times for using your device for the internet.

Don't spend too much time on your device. Instead go out and get some fresh air, try to exercise or try one of your other hobbies.

4. Try to not go on your device just before bedtime.

Your body and brain thinks it's still awake and delays it's body clock making it harder for you to fall asleep and your brain is still very much active.

My Online Plan...

Below write your top 5 things you are going to do to stay safe online. Complete it with a parent/carer so you can both agree.

1. _____

2. _____

3. _____

4. _____

5. _____

Childline have loads of advice that can help you to keep safe and to know what to do when things go wrong

childline

ONLINE, ON THE PHONE, ANYTIME



ThinkUKnow have websites for advice about staying safe when you're on a phone, tablet or computer



Setting Boundaries and Self-Care

“Boundary management has become much more important and we haven’t all necessarily taken time to understand this, and this is probably a key skill in dealing with the current situation”

Setting physical and psychological boundaries becomes very important. For example, setting ‘rules of engagement’ with family and setting aside time to spend with them. Doing a particular activity to signal this is helpful, for example change your clothes, put on the radio, sit outside in the garden to allow you to switch off from being a worker. This can be a particular challenge for people in higher education – switching between different modes.

How can I get a good online / offline balance?

Online support can be extremely helpful, but it's important to find a balance between your online and offline life for your mental health and wellbeing.

- Set aside some time regularly to do something offline, like reading a book, doing some physical exercise, being outdoors in nature or trying out a relaxation technique.
- Protect time in your day to eat healthily and get good sleep.
- Continue to spend time with friends and family.
- Sometimes, online support is not enough. If you are feeling unwell, and being online isn't helpful, it may be a good idea to seek offline support.
- If you are finding that being online is starting to have a negative impact on your mental health, you may need to take a break for a while.

What can I do to help me switch off?

Switching off can be easier said than done. If you would like to take a break from being online, but are finding it hard to switch off, try these tips to help:

- Switch on the "do not disturb mode", so you won't receive notifications from apps, text messages or phone calls.
- Switch off notification sounds so it's easier to ignore notifications from apps and text messages.
- Use an app that helps you monitor and manage your phone use, including letting you restrict your app use.
- Put your mobile phone or other device in another room or somewhere else out of sight.
Try switching off your computer, phone and any other mobile devices for a while, so you aren't tempted to check in online.

Signposted key guidance on safeguarding during Covid-19, and organisations to support staff



[Childnet](#) have a useful PDF guide for teachers and support staff on how to protect yourself online

Keeping Safe Online

Tips for Parents

- * Enjoy going online together. Spend time with your child whilst they are online to monitor their activity.
- * Establish clear rules for you child whilst being online. If your child is 7 years and older they could complete the Online Plan (page 3) with you. If they are younger you could scribe the rules for them.
- * Supervise your child's use of the internet. Make sure they are going online in a place where you can keep an eye on them.
- * Choose age appropriate apps/games on your devices.
- * Have a conversation early. This is really important. Look at the questions below as conversation starters and then you may be able to start establishing some rules with them and checking their own knowledge of online safety.

What is your favourite thing to do on the iPad/phone/tablet?

What is are your favourite games or apps?

Where do we use the internet and when can we use it?

What do you do if something upsets you whilst your using the internet?

Who can help you?

Who can go online? Do we know everyone online?

- * Check your parental controls across your devices on your broadband and mobile network. Ensure devices are password controlled and you have disabled in-app purchasing for any nasty surprises! Disable location services when your child is online.



ThinkUKnow have advice and helpsheets for Parents and Carers - there is one for [primary](#) and one for [secondary](#). These contain key online safety advice and links to resources, as well as support services

Useful links to online safety

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

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

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

<https://parentinfo.org/>

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

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

<https://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied>

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

<https://www.ncsc.gov.uk/guidance/video-conferencing-services-using-them-securely>

<https://www.ncsc.gov.uk/guidance/video-conferencing-services-security-guidance-organisations>

<https://coronavirus.lgfl.net/safeguarding>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

Local area	9am-5pm	5pm-9am
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston 01772 647024	01772 773433	
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356