



Mental Health in Schools Team Tips For Wellness



Online Safety

Social media is a big part of young people's lives, offering ways to connect, learn, and express themselves. But it also comes with risks like cyberbullying, privacy issues, and inappropriate content. Parents can support their young people by having open conversations, setting clear boundaries, and helping them use privacy settings. Staying involved, modelling good online behaviour, and creating a safe space to talk helps young people stay safe and confident online.

Our Top Tips For Online Safety:

1. **Have regular conversations about online safety-** Making communication about online activity a normal part of the conversation will create an open and more relaxed dialogue around what your young person is accessing online. This can also make it easier for your young person to come and speak to you if they do have any worries.
2. **Encourage time away from devices-** Spending too much time online and looking at a device can begin to blur the lines between the online world and what is happening right in front of us. Encourage regular screen time breaks. This could be by completing an activity which the whole family can get involved in e.g. playing a board game or going for a walk. There are also wellbeing setting on apps, including Instagram and Tik Tok to support setting these boundaries.
3. **Keeping it real-** It can be useful to remind our young people that not everything they see online is real. Some of this content may have a negative impact on how they feel about themselves and what they are doing. It can be useful to remind young people that an online post is only one snapshot of time. Encourage your young person to take control of what they are looking at and help them to feel empowered to choose to access online content that encourages positivity and makes them feel good.
4. **Teach Privacy and Safety-** Help your young person to understand implementing privacy setting for online content and manage who can access online content. Ensure they are aware of how to block/ report harmful content.

Online safety is an ongoing conversation. By setting boundaries, providing guidance and being open, this encourages young people to navigate the online world safely and responsibly.



NSPCC- Talking to your child about online safety



Barnardo's- Keeping children safe online

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.