



# Online Safety Reminders

Term 2 2023

**1** Don't share your personal information

**2** Only talk to people that you know

**3** Don't meet up with anyone you have only met online

**4** Only accept friend requests from people you know personally

**5** Always think carefully about what you post

**6** Make use of the privacy settings on all of your social media accounts

**7** Remember that not everyone online is who they say they are

**8** Report inappropriate content immediately

**9** Only share images that you'd be comfortable with your friends and family seeing

**10** Never share your passwords

# STAY SAFE ONLINE





## Online Safety Reminders

Term 2 2023

<https://reportharmfulcontent.com/?lang=en-gb>



## Report Harmful Content

Our aim is to empower anyone who has come across harmful content online to report it by providing up to date information on community standards and direct links to the correct reporting facilities across multiple platforms.

We studied the community guidelines of several different platforms and found that these types of harm are most likely to violate terms. We are also able to offer further specialist advice and support with reporting these harms, if necessary.

## Bullying or Harassment

Includes trolling, spreading rumours and isolating people from their friends. If you or someone you are helping is being bullied or harassed online:



- 1.Keep evidence (like a screenshot),
- 2.Report it to the platform
- 3.Block the account

# If you are a target of harmful content online

If someone is bullying or harassing you or someone else, you might want to contact the police for further advice as this could be illegal





Christmas Mental Health signposting and tips

Useful websites

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

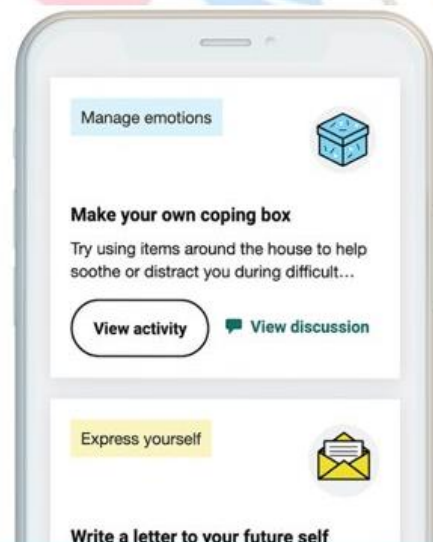
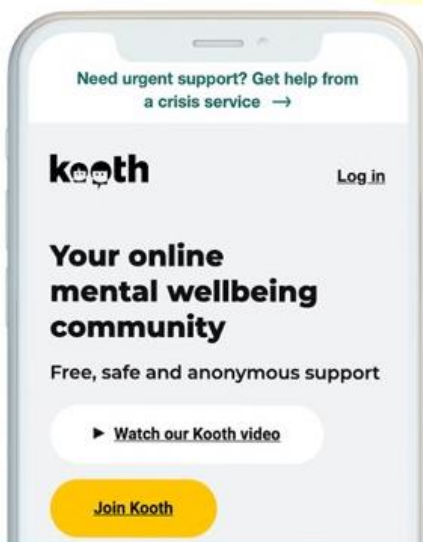
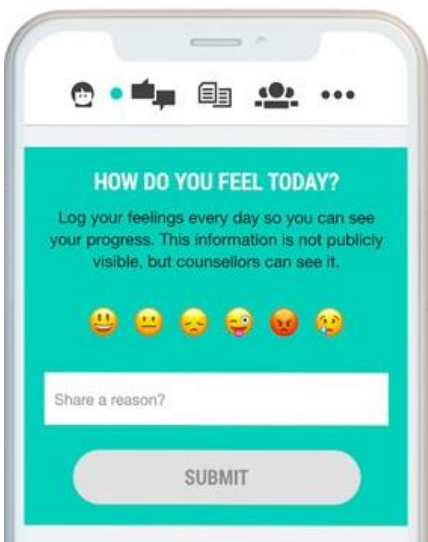
<https://bristolmind.org.uk/mental-health-resources/kooth/>

<https://www.otrbristol.org.uk/other-support/>

## TIPS FOR MANAGING YOUR MENTAL HEALTH AT CHRISTMAS

- Take a break
- Look after yourself
- Join the local community
- Everything in moderation
- Avoid social comparisons
- Have realistic expectations
- Don't look back

1 in 5 children and young people suffer from mental health illness in any given year. Kooth believes every young person has the right to thrive and to access high quality mental health care.





# Kooth Activity

Term 2 2023

## Kooth Activity Sheet



ENERGY LEVEL: Grounding



NO. OF PEOPLE: 6+



ESTIMATED TIME: 30mins

# Emotion Iceberg

### ACTIVITY OBJECTIVE:

To help young people explore different emotions and how they might impact their behaviour.

### MATERIALS REQUIRED:

- 1. Printouts of the iceberg
- 2. Coloured pens/pencils/marker pens

### INSTRUCTIONS:

1. Split the young people into groups of around 3-5 and hand each group a printout of the iceberg.
2. Give each group a 'behaviour' to write in the top of the iceberg. For example, shouting, laughing, punching a wall.
3. Now, ask them to think of the emotions that might lead someone to behave in that way. Have them write the emotions in the bottom part of the iceberg.
4. Once all the groups have finished, ask them to share what they wrote.
5. Conclude with a discussion: Was there anything they found surprising? What experiences might lead to someone feeling these emotions? How can we respond when we see people behaving in this way? How can we help ourselves when we feel these emotions?



Get free, confidential mental health support at [kooth.com](https://www.kooth.com)

*At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.*



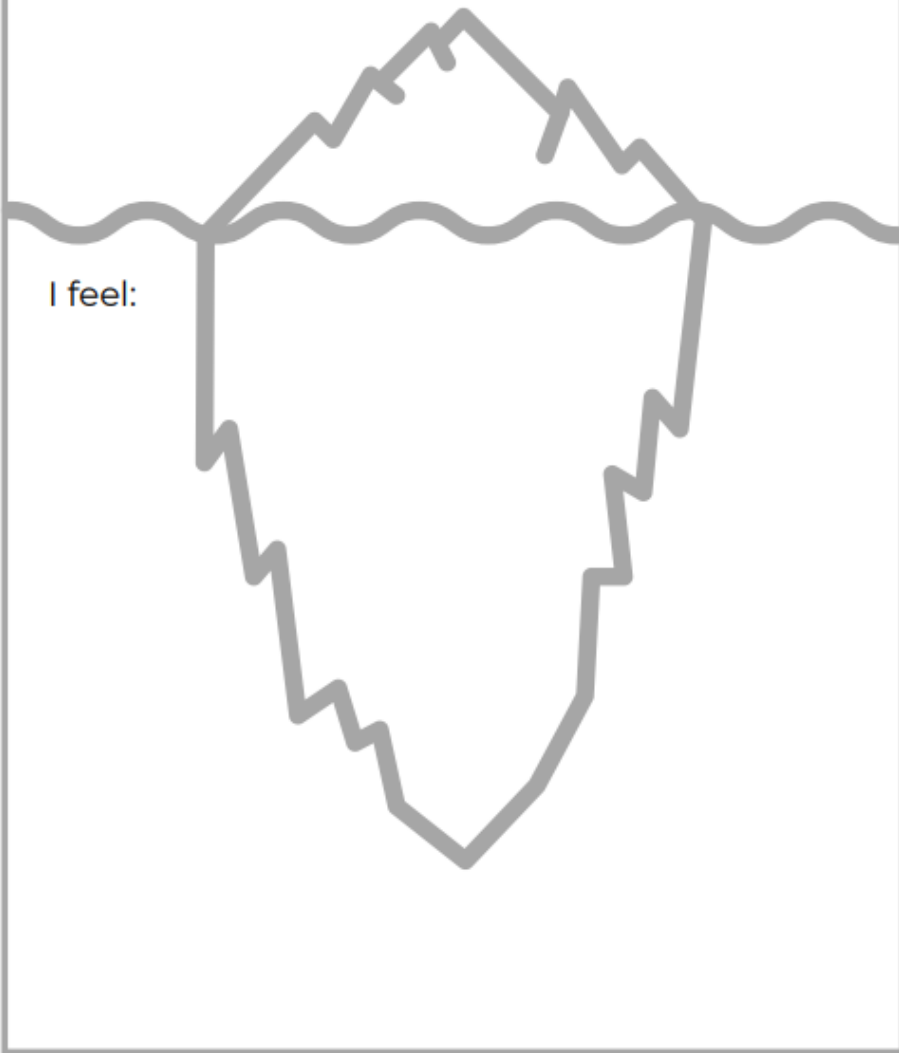


# Kooth Activity

Term 2 2023

## EXPLORING BELOW THE SURFACE

I show:



I feel:





Sleep

Term 2 2023




the national  
**sleep**  
helpline

**Does your child suffer with sleep issues?**

Do you struggle with your child's bedtime?  
Will your child not sleep in their own bed?

**WE CAN HELP**

**03303 530 541**  
Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am



the national  
**sleep**  
helpline

**Want to know more about sleep?**

ASK US THE QUESTIONS YOU WANT ANSWERS TO

**03303 530 541**  
Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am





# E-Scooters

Term 2 2023



## Avon and Somerset Police ROADS POLICING

### E-SCOOTERS AND THE LAW

**It is against the law to ride a privately-owned electric scooter (e-scooter) on a public road or pavement.**  
We understand that buying an e-scooter can be tempting, especially as you can buy them from many popular retailers.

#### Current law

**You can buy an e-scooter, but you can't ride it on a UK public road, cycle lane or pavement.** The only place those e-scooters can be used is on private land with the landowner's permission.

#### Further information

Further details can be found on the following government website:  
**Powered transporters - GOV.UK (www.gov.uk)**

#### What happens if I'm stopped by the police?

The police will advise you of the current law on using an e-scooter legally and have the powers to seize it. Alongside this you could face a fine and/or points on your driving licence as anyone riding an e-scooter, must adhere to the normal traffic laws when on the road. Once seized the e-scooter is destroyed.

