



MY VOICE MATTERS



TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.



8 If you are open with me about your feelings, this can help me to be more open about mine.



9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.



10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)



Dream BIG // Work Hard // Be Kind



@HanhamWoods



How to talk to young people about reporting crime

For young people, reporting crime can be a difficult decision. One way you can assist is to help the young person to detach themselves from the information – it’s not about them but about the information they have.

When someone reports something to keep others safe, whether to a trusted adult, the police or Fearless.org, they are being an **active bystander**.

It is important to change the narrative of crime reporting when talking to young people. They are not being a snitch; they are helping make their community, friends and family safe. They are creating a safer place for everyone to live.



Direct

We can directly intervene in a situation, but we should only do so if it is safe and we don't put ourselves at risk. In an emergency, always call 999.



Distract

Interrupting, starting a conversation or coming up with ways to get a victim out of a situation could all be forms of distraction. This can give us time to talk.



Delegate

Speak with your friends. Work out what to do together. Or speak to someone you trust who may be better equipped to deal with the situation. Contact the Police on 101 or report it to Fearless.org



Document

In some situations this may be the only option. Make a note of or record what's happened. This can help explain to others why you are concerned.



Delay

Intervention can still be effective after the event or the next day. Sooner rather than later but better late than never.

Being an active bystander

We can all be bystanders. Every day, events happen around us. At some point, we will notice someone at risk, either because of the behaviour of others (such as sexual harassment or bullying) or through their own behaviour (such as carrying a knife). When this happens, we will decide to do or say something, or to simply let it go.

The Bystander Approach encourages us to take action and to prevent harm.



Snitching

- To get someone else in trouble
- To stop yourself getting in trouble
- To gain something from it
- To hurt or upset someone you don't like

Reporting

- To keep yourself safe
- To keep someone else/others safe
- The problem might be urgent/important
- You may need an adult's help
- Speaking out because you know something is wrong





Social Media: A Guide for Teens

Social media has become a big part of our lives, connecting us with friends & family, sharing fun moments, & exploring new ideas. But do you know there are age restrictions for using these platforms? These are some of the most popular social media apps and the age you need to be to use them!



Why are there age limits?

To ensure the content is appropriate for teens from potentially sensitive information and images and to adhere to online safety laws.

Instagram



Minimum Age: 13 years
What's it for? Sharing photos & videos, following friends, celebrities & brands.

Snapchat



Minimum Age: 13 years
What's it for? Sending photos & videos that disappear after being viewed, chatting, & trying fun filters.

TikTok



Minimum Age: 13 years
What's it for? Creating & sharing short videos, often with music, dances, or challenges.

Facebook



Minimum Age: 13 years
What's it for? Connecting with friends & family, joining groups, sharing updates and photos.

WhatsApp



Minimum Age: 16 years (in Europe)
What's it for? Messaging, voice calls, video calls, & sharing media.

X (Twitter)



Minimum Age: 13 years
What's it for? Sharing short messages or 'tweets', following news, celebrities & trending topics.

YouTube



Minimum Age: 13 years
(YouTube Kids for younger users)
What's it for? Watching & uploading videos on a variety of topics.



Dream BIG // Work Hard // Be Kind



@HanhamWoods



Cost of living crisis support and signposting

Food services in South Glos information

We are able to issue food bank vouchers, if you are in need of support please contact your child's pastoral leader.



<https://wearebs15.co.uk/kingswood-food-club/>

THURSDAYS 12-2pm
APPLY FOR MEMBERSHIP BELOW



<https://wearebs15.co.uk/the-beacon-cafe/>

EAT-IN OR TAKEAWAY
Thu - Fri 9am - 3pm
Sat 9am - 2pm
Last food orders 30 minutes before closing
Located in the Hanham Methodist Church building



<https://wearebs15.co.uk/the-kingswood-kitchen/>

COOKING EVERY THURSDAY
Takeaway or Delivery
ORDER BELOW



Dream BIG // Work Hard // Be Kind



@HanhamWoods