

## Help During School Closure - Information for Students

You might be worrying about the support available to you whilst the school is closed. We want to make sure that looking after your wellbeing is top of your agenda over this time and that you know where you can go for support or guidance with any issues you are experiencing.

You might find that you need someone to talk to, there are some great websites you can look at full of helpful advice and access to trained counsellors.



[www.childline.org.uk](http://www.childline.org.uk)

A website where you can get lots of tips and advice on different topics, share experiences with people your own age or have a free confidential chat with a trained counsellor. Available 24/7.



[www.kooth.com](http://www.kooth.com)

Free, safe and anonymous online support where young people can speak to trained counsellors, access self-help information and find community support.



[www.mind.org.uk](http://www.mind.org.uk)

A website full of information and advice about wellbeing and mental health



If you would like to speak to someone in person then you can go to **Guildford CYP Haven**, a safe place where anyone aged 10-18 years old can talk about their worries and mental health in a confidential, friendly and supportive environment. The service is a drop-in so there is no need to phone first or make an appointment.

CYP Haven is situated in Guildford town centre and has a number of professionals who work there including a mental health nurse, a youth worker and a peer mentor. They also run a number of fantastic workshops to help with self-harm, exam stress, anger, self-care, healthy relationships and substance misuse support. For more information go to [www.cyphaven.net](http://www.cyphaven.net)

**The availability of CYP Haven may be subject to change so please check their website to see what services they are offering over this time.**

## Self-Care

All students should have a look at this website which is full of advice and ideas of ways to look after your wellbeing

[www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)



## Top free apps to help mental health and wellbeing



**Calm**

Calm Harm provides tasks that encourage users to distract themselves from urges to self-harm and help manage their feelings in a more positive way.



**Headspace**

Headspace has a number of different mindfulness sessions. Ten are free but you have to subscribe for more.



**WellMind**

WellMind is the NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health.



**MindShift**

MindShift is designed to help teens identify and plan for situations that cause anxiety. It includes information on perfectionism, test and performance anxiety and social worries.

## Help During School Closure - Information for Parents

Please be aware that availability of these services may be affected by the current situation surrounding COVID-19. Pastoral staff will update parents and students about changes to these services as we are advised.

If you are concerned about the **safety of a child or young person** you can contact the Surrey **Children's Single Point of Access (SPA)**

The SPA is based at Guildford Pavilion and acts as the front door to children's services in Surrey.

The SPA provides residents and people who work with children in Surrey with direct information, advice and guidance about where and how to find the appropriate support for children and families.

**Availability:** 9am to 5pm, Monday to Friday

**Phone:** [0300 470 9100](tel:03004709100)

**Out of hours phone:** [01483 517898](tel:01483517898) to speak to our [emergency duty team](#).

If it is an emergency call 999 or for non-urgent concerns 101

[www.surreycc.gov.uk/fis](http://www.surreycc.gov.uk/fis)

A directory of support available for families in Surrey





**We know that with increased isolation and school closures young people are likely to have a lot of screen time. We want to make sure that parents are aware about some of the apps their children may be using and how to keep them safe online.**

[www.internetmatters.org](http://www.internetmatters.org)



A website full of tools, tips and resources for parents about helping their children to make the most of the digital world.

There is a helpful list of e-safety concerns that you might have about your child's online safety and the steps you can take to help them deal with any issues.

The website also provides helpful links to organisations that can offer more help.

[www.ceop.gov.uk](http://www.ceop.gov.uk)

If you want to report someone who is behaving suspiciously online towards a child, you should in an emergency contact the emergency services by calling 999, or otherwise make a report to CEOP, the Child Exploitation Online Protection Centre.



[www.commonsensemedia.org/parent-concerns](http://www.commonsensemedia.org/parent-concerns)

Promotes the use of safe technology and media for children and contains information and articles for parents on a variety of online issues young people may experience.

**Tik Tok** is a social media platform for creating, sharing and discovering short music videos. It is used by young people to express themselves through singing, dancing, comedy, and lip-syncing.

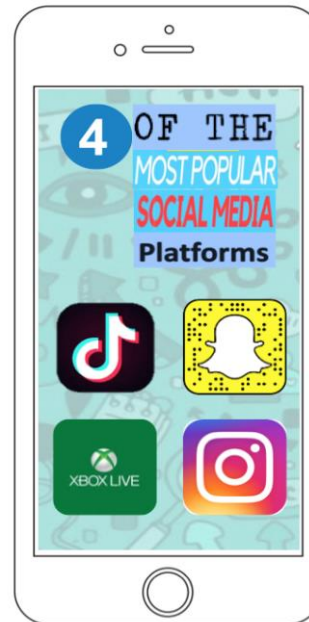
**Minimum Age:** 13

**Main concerns:**

- 👉 By default all accounts are public so everyone can see what your child shares
- 👉 Children may be tempted to take risks to get more followers and likes by sharing age-inappropriate videos.
- 👉 Young people will be influenced by the sexualised dance moves that other users are posting and copy these routines.
- 👉 Some of the songs on Tik Tok may have explicit or sexualised content not suitable for your child.

**Tips to protect your child:**

- 👉 Turn on the 'Digital Wellbeing' setting which allows parents to control screen time and restrict inappropriate content
- 👉 Make sure your child is **share aware** – help them to think more carefully about what they are going to post and who it may be seen by
- 👉 Set their account to private



**Xbox Live** is a Microsoft service that enables online multiplayer gaming

**Minimum Age:** To hold an account you must be 18 but parents and carers can create a family account which their children can access

**Main concerns:**

- 👉 Access to inappropriate games
- 👉 Grooming risks where young people can potentially be playing and communicating with older people who are posing as their peers
- 👉 Games are designed to be very addictive, young people often spend hours in front of their consoles without breaks. This can have lasting effects on physical and mental health as well as causing sleep deprivation.

**Tips to protect your child:**

- 👉 Set up a Microsoft Family account so that you can control screen time and set parental controls to ensure that your child is not accessing inappropriate content.
- 👉 Check the age rating of any games that your child is playing
- 👉 Ensure that your child takes regular breaks and does not use their console at least 2 hours prior to bedtime.

**Snapchat** is a popular messaging app that lets users exchange pictures and videos (called snaps) that are meant to disappear after they're viewed.

**Minimum Age:** 13

**Main concerns:**

- 👉 Young people may be more likely to take risks or post inappropriate and sexually explicit material with the knowledge that the picture disappears after it has been viewed. Everything posted on Snapchat can be saved by viewers who take a screenshot.
- 👉 Snapchat has a Snapmap feature which shares your child's location with people they have as friends

**Tips to protect your child:**

- 👉 Your child can choose to receive content from either "Everyone" or "My Friends". Encourage your child to set their default setting to only accept content from "My Friends".
- 👉 Have an open and honest conversation about the implications of sending inappropriate images and content with your child.
- 👉 Ensure that your child's location is not shared via Snapmap by changing the settings so that 'Ghost Mode' is selected.

**Instagram** is a free video and photo sharing app.

**Minimum Age:** 13

**Main concerns:**

- 👉 The impacts on young people's self-esteem can be negative and long lasting – with a choice of filters and others posting the "perfect" shot it can create a warped view of reality. Young people create an intentionally false representation of real life on social media so as to get the instant gratification from "likes".
- 👉 Young people can access inappropriate content
- 👉 In the race to get as many followers as possible, young people can be tempted to accept requests from people they've never met.

**Tips to protect your child:**

- 👉 Ensure their account is set to private
- 👉 Only allow them to have Instagram if you or another family member follows them and can monitor the content they are posting
- 👉 Make sure your child is aware of the content they are sharing and who can view or access this