

# SAFEGUARDING TOPICS OF THE MONTH

## Return to School – March 2021

Issue 3

### On My Mind

On My Mind aims to empower young people to make informed choices about their mental health & wellbeing. These pages have been co-produced by young people to help other young people.



About

Coronavirus support

Resources

Get Involved

#### On My Mind – Resources for Young People (Anna Freud Centre)

Mental Health organisation, Anna Freud, have curated a set of resources to 'empower young people to make informed choices about their mental health and wellbeing'. This area of their website has been co-produced with young people themselves.

The 'On My Mind' section includes a Youth Wellbeing Directory, to help locate local services; 90+ strategies to help when feeling low or anxious, especially when self-isolating; and what to do to help a friend or relative.

#### Supporting Parents Help finder (Young Minds)

Times are tough for many people right now. Parents find themselves pulled in many different directions and children may be struggling being in the house for so much longer than usual.

A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Help finder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here: <https://youngminds.org.uk/supporting-parents-helpfinder/>

#### When emotions explode (Young Minds)

Young Minds have also created a useful poster highlighting ways to give support to children when they have angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

The poster is attached on the third page

## SAFEGUARDING TOPICS OF THE MONTH: \*

Remember to help your child set their profile to **PRIVATE** for all social media – remind them  
**Be aware what you share!**

- ▶ Working with our community in North Taunton – as a school we firmly believe we are part of the community.



- ▶ PCSO's – We work closely with the PCSO's for the North Taunton area – if you ever need to contact them – see the link below
- ▶ [Taunton North | Avon and Somerset Police](#)
- ▶ NTOT – North Taunton One Team – we meet weekly online via teams with a variety of professionals ranging from the police, housing, nursery provision, nurses, schools – secondary and primary to keep abreast of all matters concerning the community that The Taunton Academy belongs to.

### Knife crime is a high-profile topic, with cases reported online and, in the news, regularly.

Many of these incidents have involved young people, and you could be forgiven for thinking that carrying a knife is now the norm. Thankfully, that is not the case – in reality **99 per cent** of young people do not carry knives, and the cases you read about are usually isolated incidents between people who know each other.

However, knife crime is a real concern within many communities, and it may be something that affects you directly, or something you are worried about.

#### Working with young people

We (the police) take knife crime extremely seriously and are working with education and intervention organisations across the Avon and Somerset area to highlight the impact it has on communities.

Working alongside young people, we launched our 'Knife crime: A new way forward' campaign to help educate people to stay away from knife crime.

As part of this campaign, young people from local schools produced short videos exploring the impact of knife crime:

[Eye for an Eye – Taunton Academy](#) – this video explores how bullying can make a victim want to get revenge. However, the philosophy of an eye for an eye only makes the world blind.



Weblink for somerset safeguarding

[Parents and Carers – Introduction – SSCP \(safeguardingsomerset.org.uk\)](https://safeguardingsomerset.org.uk)

Any concerns seek support from your DSL

Children's Social Care please contact: Telephone: **0300 123224**

Police: 101 or in an emergency 999



# When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

## Very Angry

Stay calm.  
Stay safe, walk away if possible and make sure you don't engage with your child until you are both calm.

## Frustrated

Reflect what you can see in your child. 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel.'

## Calm

Use this time to explore your concerns and ask questions like 'what happened there? How did you feel?' If there has been lots of conflict reassure them and remind them you still love and care about them.

