



MOUNT  
KELLY

Boarding and Day School  
Boys and Girls, Aged 4-18

# Safeguarding Bulletin

## ISSUE 29

**Mount Kelly's Safeguarding Bulletin aims to provide parents and carers with the information needed to have informed and age-appropriate conversations with their children about potential risks and issues in the wider world and online. This week's bulletin is on the topic of wellbeing in the holidays.**

### Wellbeing Online

The online world and digital technology has become such a significant part of our lives – and integral to so many aspects of our daily routine – that we shouldn't be surprised at the degree of influence it can wield over what we think and how we feel. Many experiences that young people have on the internet are hugely positive and uplifting ... but sadly, that's not always the case.

Negative incidents online – such as disagreements with other users, stumbling across upsetting content or feeling left out by friends – can be intensely damaging to a child's emotional state. This week's **#WakeUpWednesday** poster is a useful reminder about how even small, simple actions can help to protect our wellbeing when we're on the internet.

### Kooth's Summer Campaign: *Go Somewhere Good*

The summer holidays can mean lots more free time, but it can sometimes be easy for children and young people to let the days go by, getting lost in their phone or device and down in their mood. This summer, **Kooth** is sharing inspiring ideas of good places and things to do over the holiday that are free and have been sourced from young people across the UK. Anyone who votes for their favourite idea will get the chance to win a prize that might give them an alternative to "doom-scrolling" – prizes include skateboards, frisbees, and £50 book vouchers.

Kooth is an NHS-commissioned, free, and anonymous digital mental health service available during the school holidays and all year round. They are a good place to go for children and young people, offering a safe space for them to share what might be worrying them. They support young people however big or small their issue is, from loneliness, family or friendship issues, self-harm, or suicidal thoughts. Plus, safeguarding is at the heart of everything they do.



Follow this link to find out more about the [Go Somewhere Good Campaign](#).

You may also find their [guide for families](#) useful.

# Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.

TAKE CARE  
WHAT YOU  
SHARE

CHECK YOUR  
PRIVACY  
SETTINGS

AVOID  
COMPARING  
YOURSELF TO  
OTHERS

TRACK YOUR  
SCREEN TIME

TAKE  
BREAKS

REPORT  
INAPPROPRIATE  
CONTENT

PAUSE  
BEFORE  
YOU POST

BLOCK  
BULLIES

SPEAK UP AGAINST  
HARMFUL BEHAVIOUR

BE KIND &  
BE CAREFUL

STAY  
ACTIVE  
OFFLINE

GO TECH FREE  
BEFORE BED



National  
Online  
Safety®

#WakeUpWednesday

LOOK FOR POSITIVE COMMUNITIES