

# Safe & Well Being

## Support Booklet

### for Parents



**ECKINGTON SCHOOL**

*a specialist engineering college*

*RESPECT PROGRESS SUCCEED*

# Living with Teenagers

Things that cause conflict.....

- Fighting with siblings
- Fighting with friends
- Answering back
- Lying
- Stealing
- Refusing to do what you ask them to do
- Refusing to carry out chores
- Swearing
- Lack of manners
- Criminality/ Anti-social behaviour
- School
- Bullying
- Drugs/alcohol
- Peer groups
- Fashion (tattoos, piercing, hair colour, nails)



# Parenting Tips For Parents

Whose problem is it? Need to prioritise which problems require intervention (life threatening or morally threatening).

Using positive discipline for unacceptable behaviour – setting fair/ realistic consequences that you can follow through with.

Most teenage behaviours you can ignore – attitude, tantrums, answering back (a way of asserting their independence). The only behaviours not to ignore are those that are violent or destructive.

Good communication – listening is essential, use explanations and reasoning to find a balance between their independence and safety.

Regular routines are still important – rules need to be consistent and firm and also need reviewing. Keep rules to a minimum, only the things that are most important.

Keep commands to a minimum – too many orders are confusing and frustrating which cause resentment.

Commands need to be short, polite and specific. For example “put your dirty clothes in the wash basket please” or “when you have put your clothes in the wash basket then you can go on your Xbox”.

Make yourself available and take some interest in their life even if they don't seem to want it.

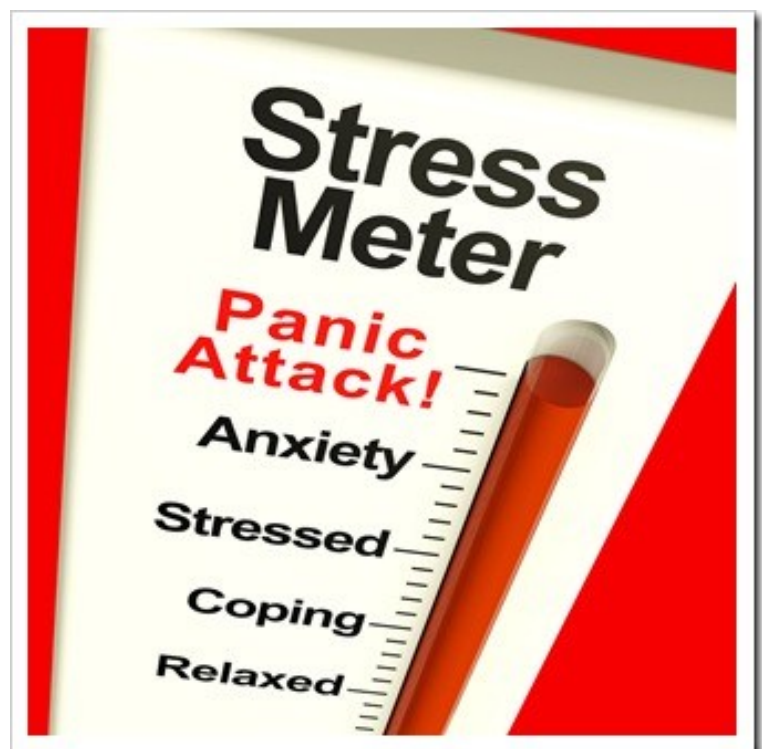
# Stress and Anxiety

Stress is usually used to describe the feelings that people experience when the demands made on them are greater than their ability to cope. At such times people can often feel overloaded, under tremendous pressure and very tense or emotional.

Stress affects everyone at some point in their lives!

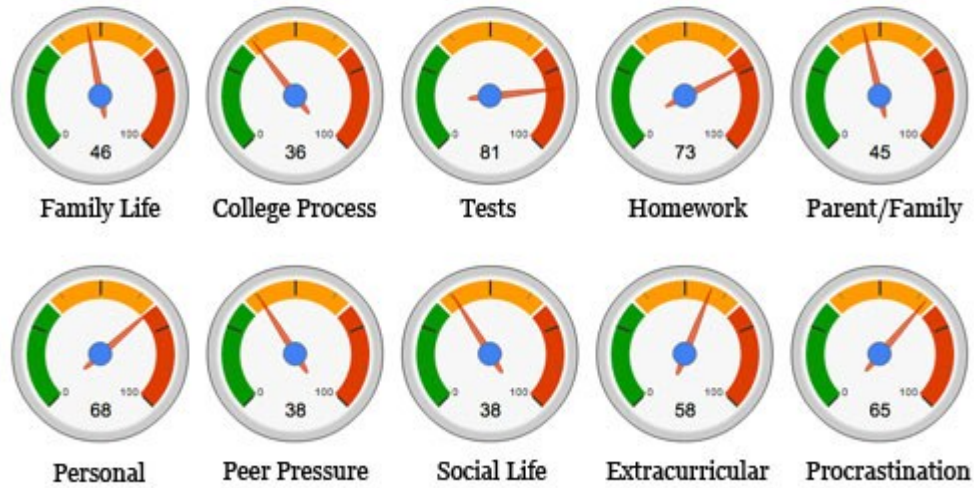
## Top 10 Causes of Stress For Teenagers

1. Pressure to reach a target grades from school – coursework / deadlines / exams
2. Low self-esteem and body image
3. Peer pressure & fitting
4. Relationships
5. Pressures of getting everything done on time
6. Pressure from parents
7. Bullying
8. Abiding by rules
9. Weight & Diet
10. Puberty



# Top 10 Signs Of Stress

## Stress-O-Meter



### The top 10 signs of stress are:

1. Irritability
2. Sleep problems
3. Anxiety – feelings ranging from uneasiness to severe and paralysing panic
4. Churning stomach
5. Palpitations
6. Sweating
7. Shortness of breath
8. Self harm
9. Not eating / over eating
10. Depression

# The Top 10 Coping Strategies For Dealing With Stress

**The top 10 strategies for dealing with stress are:**

1. Physical exercise / good workout
2. Distraction activities ie cooking / reading
3. Managing time well and being organised
4. Recognising when stress is likely to occur
5. Positive self-talk
6. Sharing your stress – family / friends / staff in school / counselling
7. Make time for your friends / balanced with school work / social activities
8. Keep a journal / diary of the causes of stressful times
9. Listen to music
10. Spend time in nature – go for a walk / relax





# Self-Harm

Research estimates 1 in 10 teenagers has self-harmed.

Parents can feel angry, frustrated and helpless when they find their son/daughter is self-harming. It is not surprising you feel this way.

## What is self-harm?

- Self-harm is when someone hurts or injures themselves deliberately. For some young people, self-harm is an expression of a difficult situation or struggling with emotional distress.
- Self-harm needs to be responded to in a calm caring way.
- Self-harm is anything a person does to themselves that causes them harm.
- Self-harm is usually a hidden activity that a young person feels ashamed of.
- Self-harm is their way of coping.
- Self-harm is not attention seeking.



# Self-Harm

**Self-harm is anything a person does to cause harm to their body**



- Cutting
- Burning
- Pulling their own hair
- Scratching
- Hitting themselves
- Overdosing
- Swallowing something dangerous
- Over eating / under eating
- Anything a person does to cause harm to their body

## **Why do people self-harm**

Usually there is a reason why a young person self-harms, which may include:-

- Bullying
- Times of change e.g. parental separation/divorce
- Friendship difficulties
- Loneliness
- Pressure from school/home
- Expectations of others
- Family financial worries
- Eating disorders
- Sexuality
- Drug or alcohol problems
- Bereavement
- Arguments/conflict with family or friends
- Being hurt by others: physically, sexually or emotionally



# Self-Harm

## Things to look out for

- Change in eating/sleeping habits
- Increased isolation from family/friends
  - Lowering of academic grades
  - Becoming socially withdrawn
- Expressing feelings of failure, hopelessness
  - Abusing alcohol or drugs
  - Refusing to wear short sleeves

**Self  
Harm  
AWARENESS DAY  
March 1st  
2014**

# Self-Harm

## Helping

Everyone deserves to feel better about themselves and have the opportunity to deal with their problems in a way that does not harm them. In long term it is important that the young person learns to understand and deal with the causes of their difficulties that they feel.

- Listen - listening is one of the most important things you can do to help, showing you want to hear and understand.
- Accept their feelings.
- Recognise how hard it maybe for the person to talk about their difficulty.
- If there is family conflict get help for yourself and the young person.
- Take care of their wounds.
- Be non-judgemental, understanding.

**Home:** The support of a family member who the young person can trust, who understands their situation and will listen can be helpful.

**School:** The school nurse, school counsellor, teacher or a member of staff they can trust.

**GP:** The family GP can help and also makes referrals to CAMHS (Child, Adolescent Mental Health Services).

# Self-Harm

## Help Lines

Harmless

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

NSPCC

[www.nspcc.org.uk](http://www.nspcc.org.uk) tel: 0808 800 5000

Relate

[www.parentingtroubleteenagers.relate.org.uk](http://www.parentingtroubleteenagers.relate.org.uk) tel: 0300 100 1234

Young Minds

[www.youngminds.org.uk/selfharm](http://www.youngminds.org.uk/selfharm) tel: 0808 802 5544

Samaritans email;

[jo@samaritans.org.uk](mailto:jo@samaritans.org.uk) tel: 0845 790 9090

Childline

[www.childline.org.uk](http://www.childline.org.uk) tel: 0800 1111

National Self-Harm Network

[www.nshn.co.uk](http://www.nshn.co.uk)

Youth2Youth tel: 020 8896 3675

[www.youth2youth.co.uk](http://www.youth2youth.co.uk)

Youth Access

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

# E-Safety - Social Networking

## **The Issue**

We are finding increasingly that we have to unpick what has been said by students about other students on social networking (Facebook) and through text messaging. Students believe that their online lives are less well known by adults, and to some extent they are right – many parents when contacted about abuse online are completely unaware of the abuse.

## **The School's Response**

We will continue to take disciplinary action, ranging from detention to fixed term exclusion, over issues started online that spill into our school, particularly where students take matters into their own hands.



# E-Safety - Social Networking

## **Even if you think you know what they are doing online:**

- Be aware of Facebook, Snapchat, Kick, Bebo and Twitter.
- Teach your children how to protect themselves online.
- Have them set their privacy settings to the highest levels possible.
- Encourage appropriate language in their online lives.
- Discuss what makes pictures posted online appropriate.
- Tell them to be selective over who they add as “friends”.
- Have them keep evidence and then block both abusive comments and the person making them.
- Tell them never to give out their own or others’ personal details.
- Ensure they are not making friends online with adults, including members of staff.
- Set time aside to have them share their online communications with you
  - \* Insist that your children share with you user names and passwords for social networking sites
  - \* Invite your children to browse their online account(s) with you present
  - \* Limit the amount of time your children spend online for social reasons.

# E-Safety - Social Networking

Ask your children about their online lives and really listen. Avoid judging them for things they or their “friends” might say – but do encourage them to reflect on what they or their “friends” say and to avoid getting involved in abusive comments.

Never get directly involved, as a friend or otherwise, in online discussion yourself. There is legislation that protects young people from online discussions with adults and you could be paid a visit by the police if you do contact a minor online.

**Further information on:** [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents).



## In Summary

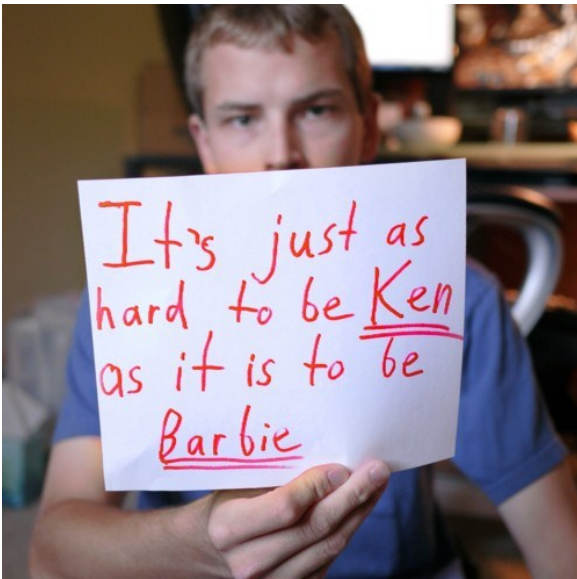
Eckington School recognises that our students have lives online. We wish to emphasise that students should stay safe. We train our staff in this and teach our students through ICT and pastoral sessions how to stay safe. We work in line with safeguarding and child protection guidance and legislation.

With your support, we will be able to keep your children sheltered from the damaging aspects of social networking.

**REMEMBER – Your son / daughter is only two clicks away from potential danger!**



# Body Image / Nutrition



Many adolescents are concerned about how they look and can feel self-conscious about their bodies. This can be especially true when they are going through puberty, and undergo dramatic physical changes and face new social pressures.

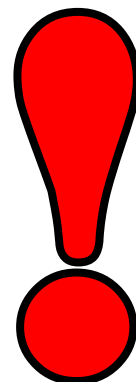
Unfortunately, for a number of young people, that concern can lead to an obsession that can become an eating disorder. Eating disorders such as anorexia nervosa or bulimia nervosa cause dramatic weight fluctuation, interfere with normal daily life, and can permanently affect their health.

# Body Image / Nutrition

## Signs of Recognising A Possible Eating Disorder

1. Dramatic weight loss in a relatively short period of time.
2. Wearing big or baggy clothes or dressing in layers to hide body shape and/or weight loss.
3. Obsession with weight and complaining of weight problems (even if "average" weight or thin).
4. Obsession with calories, fat content of foods and an obsession with continuous exercise.
5. Frequent trips to the bathroom immediately following meals.
6. Visible food restriction and self-starvation or visible bingeing and/or purging.
7. Fear of eating around and with others.
8. Unusual food rituals such as shifting the food around on the plate to look eaten; cutting food into tiny pieces; making sure the fork avoids contact with the lips Flushing uneaten food down the toilet (can cause sewage problems).
9. Low self-esteem. Feeling worthless. Often putting themselves down and complaining of being "too stupid" or "too fat" and saying they don't matter. Need for acceptance and approval from others.
10. Perfectionistic personality.

**WARNING  
SIGNS**



# Body Image / Nutrition

## Top 10 Strategies To Support a Young Person With A Possible Eating Disorder

1. Support your son / daughter in building their self-esteem.
2. Compliment your son / daughter appearance.
3. Encourage an active lifestyle.
4. Encourage a balanced diet.
5. Support your son / daughter in coping / managing their school / social balance.
6. Avoid focussing on weight.
7. Reassure your son / daughter that images in magazines are achieved by using photo shop software.
8. Eat as a family so that you are able to monitor food intake.
9. Listen to your son / daughter and challenge misconceptions.
10. Seek medical advice as early as possible.

If you are concerned about your son / daughter weight and or eating habits help and advice is available at the following:

[http://kidshealth.org/parent/emotions/feelings/eating\\_disorders.html](http://kidshealth.org/parent/emotions/feelings/eating_disorders.html)

<http://www.nationaleatingdisorders.org/eating-disorder-prevention>

