

safety@mullion.tpacademytrust.org

We know that some families can find this time of year stressful and emotionally difficult. Therefore, I thought I would share with you some services that you might find helpful over the Christmas break.

From Mullion School, we wish you all the very best for 2024.

A good starting point for support is the Early Help Hub. They have a directory of different support services that they can refer to. Call **01872 322277**

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/>

If you are worried about the safety of someone and fear they might be at risk of significant harm please call the **Multi-Agency Referral Unit** on **0300 123 1116**

OTHER SUPPORT SERVICES



Free to call

24/7

It's okay not to be okay

If you need help with your own or someone else's mental health, call us for help and support.

Call 0800 038 5300

cornwallft.nhs.uk/mental-health-crisis-cornwall

MHS
Cornwall Partnership
NHS Foundation Trust

NHS Mental Health Support Line
0800 038 5300

"It's alright to ask for help"

SAMARITANS

2 116 123



Action For Children - practical and emotional support for children. Is your child a young carer? Are there children with disabilities in the home?

Please let us know. Action for Children can help.

Phone: 01326 240098

enquiries@mullion.tpacademytrust.org

www.mullionschool.org.uk

Headteacher: **Mrs M Dunneavy**

Deputy Headteachers: **Mrs D Penberthy BSc (Hons)**

Mrs H Mathias BA (Hons)



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Online safety

An estimated one third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they are posting and the interactions they are having. On social media it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted - sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't ok and knowing what to do about content that upsets them.

Cyber-bullying is a worryingly prevalent issue. It makes victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms - such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber bullying can severely impact a young person's mental health.

Advice:

1. **Keep talking** - regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber bullying situations.
2. Stay vigilant - observe your child while they are using technology and just after they have used it. Are they acting out of character?
3. **Empower your child** - Depending on their age, your child might not want a parent to fight their battles for them. In that case, talk through their options with them - **block the perpetrator and / or delete the App.**
4. **Report online bullying to the authorities** - if explicit images are being shared or you believe your child to be in danger inform the police.

Other agencies for support and advice:



Child Exploitation Online Protection - safety centre
<https://www.ceop.police.uk/Safety-Centre/>

**Just press the red button
to report abuse.**



**REPORT
ABUSE**