



WOODLEY WELFARE

WELCOME TO THE SECOND EDITION OF WOODLEY PRIMARY SCHOOL'S SAFEGUARDING AND WELFARE NEWSLETTER. OUR AIM IS TO SHARE USEFUL HINTS AND TIPS WITH PARENTS AND KEEP YOU UP TO DATE WITH HELPFUL INFORMATION.

Advice for New Devices for Christmas

As Christmas approaches many parents or carers may be considering getting children devices such as tablets, phones and gaming consoles. This provides an opportunity to set boundaries from the start and think about how you envisage them to use the device. Possible considerations:

Appropriate Restrictions:

To set boundaries such as limits on screen time, content filters and privacy settings

Passwords:

Utilise parental control to manage apps and the device

Device Free Activities:

Implementing daily limits, specific device use times

Conduct:

Device time should be seen as a privilege. Set expectations to be kind and considerate whilst using devices. Consider consequences if those expectations are not met.

Why Implement Boundaries From the Start?

Unrestricted access to devices and the internet can expose children to various risk such as:

Exposure to Inappropriate content
Cyber Bullying
Being contacted by On-Line Predators
Screen Addiction and Poor Mental Health
Impacts Sleep Negatively



How to keep Children Safe Whilst Gaming

- Familiarise yourself with the games they are playing
- Use airplane mode to prevent on-line interactions
- Refer to the PEGI ratings to determine if age appropriate
- Monitor who they connect with and possible chat functions
- Teach children how to report concerns





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Worried, Stressed or Feeling Low??

Christmas can be a difficult time for some families and some people need a little extra support. Please visit the link below to find information, resources and advice to help you or someone you know take care of and protect health and mental wellbeing now and in the future. This information can also help people with positive lifestyle changes around gambling, stopping smoking, alcohol advice and lots more.

Follow this link for more support:

<https://www.healthystockport.co.uk>

Some helpful phone numbers:

Samaritans: 116 123

Stockport Support Hub:
0161 474 104

National Gambling Helpline:
08088020133

NHS Mental Health Helpline:
08000149995

Getting Help and Advice About Domestic Violence

Anyone can be a victim of domestic abuse regardless of gender, age, ethnicity, socio-economic status, sexuality or background. Different kinds of abuse can happen in different contexts.

Domestic abuse is more than physical violence. It can also include:

- coercive control
- economic abuse
- online abuse
- verbal abuse
- emotional abuse
- sexual abuse



If you feel you're at risk of abuse, or you have concerns for someone you know, it's important to remember that there is help and support available to you. Guidance is also available to help perpetrators change their behaviour.

<https://www.stockport.gov.uk/get-help-and-advice-about-domestic-abuse/local-and-national-services>

If you, a child, or anyone in your family are at immediate risk of harm, call **999** and ask for the police.