



MALTBYLEARNINGTRUST

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**Wath
Academy**

Parent/Carer Support

Website & Links

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Online/E-Safety Guidance

My Family's Digital Toolkit

What's inside the toolkit:

- Age-specific advice and tips to support your children online
- Learn about popular apps and platforms your children use
- Get information about how to deal with any online safety concerns
- Get recommendations for digital tools to support their interests and wellbeing
- Help to manage screen time



Teens' online dating and relationships

What's inside the toolkit:

- What online relationships look like for teens
- Why teens like online dating
- The risks of online relationships
- What the experts say
- Download online dating guide
- Get more support



Guide to apps young people use

What's inside the toolkit:

- Apps to support digital wellbeing
- Learn about different types of apps
- Age related apps



Get kids tech set up safe

What's inside the toolkit:

- Offers help on how to set up multiple devices from smart speakers to educational toys
- How to use in-built safety controls from your broadband provider
- Guidance for setting up a social media account



Reporting issues

What's inside the toolkit:

- Guidance for reporting any concerns online
- Information about when to report and issue
- Parent forum information



Social media advice

What's inside the toolkit:

- Navigating the 'Risks and Rewards' of social media
- Fake news and misinformation
- Cyberbullying/trolling



NSPCC – Resources for children with SEND

NSPCC have partnered with Ambitious about Autism to create online safety tips, advice and activities for parents and carers of children with SEND, including children with dyslexia, autism and speech and language difficulties.



Sleep and Routine Guidance

Why doesn't my teen sleep?

There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.

If you're having trouble getting your teenager out of bed in the morning. Then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.

The Top Tips

Here is a little information to help you understand your teens sleep and how you can help.

- **Emphasise the importance of sleep** and that it improves memory & performance. Teens need at least eight hours' sleep on school nights.
- **Encourage regular exercise** – 20 minutes three times a week.
- **Suggest they drink less caffeine** (in cola and energy drinks as well tea and coffee). Too much caffeine stops them falling asleep and prevents deep sleep.
- **Point out that eating too much or too little close to bedtime** – an over full or empty stomach – may prevent sleep onset, or cause discomfort throughout the night.
- **Try and get into a good bedtime routine** – suggest that doing the same things in the same order before going to sleep can help.
- **Eliminate electronic devices from the bedroom.** If this isn't possible, try to zone areas of the room for work, leisure & sleep.
- **Ensure a good sleep environment** – a room that is dark, cool, quiet, safe and comfortable.
- **Make sure your teenager has a comfortable bed.** It may be time to get a new one – and encourage him or her to choose it themselves.

Remember, habits learned in adolescence often become lifetime habits – so make sure good sleep habits are learned early.





Parenting Guidance

We know that being a parent or carer isn't always easy. Although it's often amazing and rewarding to watch your children or young people grow up, it can also be really hard work. Things might feel especially difficult if your child or young person is struggling with their mental health at the moment. Or if their mood and behaviour seem different, and you're not sure why or what you can do to help. But you are not alone.

Looking after yourself as a parent or carer

- Ask for help if you need it
- Don't struggle alone
- Take time for yourself
- Don't blame yourself
- You're doing everything you can
- Speak to your GP if you're struggling to cope



You and your child

If you think your child is unhappy or are worried about their behaviour, it's easy to be hard on yourself & think you aren't doing a good job. But you aren't alone. Below are our tips for any parents who are worried about their child, or their own parenting skills.

Make sure they know you love them and are proud of them.

Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well and encourage them to try new things.

Be honest about your feelings – you don't have to be perfect.

We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened. They will learn from you that it's okay to make mistakes and that it doesn't make you a bad person.

Be clear about what is and isn't acceptable – and tell them why.

Children need to know what is okay and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting boundaries

Own your own role – you are the parent, so don't be afraid to take tough decisions.

If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.

Helping your child



Give it some time

Worrying or difficult behaviour might be short-lived, so give it some time. All children go through stages of feeling anxious or angry and they can show this in lots of ways – for example, tantrums, crying, sleeping problems, or fighting with friends or siblings. They might be adapting to a change in the family or in their school life, or just trying out new emotions, and will generally grow out of worrying behaviour on their own or with family support.

Talk to your child



Even young children can understand about feelings and behaviour if you give them a chance to talk about it. Take it gently and give them examples of what you mean. For example:

“When you said you hated Molly, you looked really angry. What was making you so cross?” OR “When you can’t get to sleep, is there anything in your mind making you worried?”



Try different forms of communication

With older children, they might not want to talk at first. Let them know you are concerned about them and are there if they need you. Sending an email or a text can work better if this is the way you communicate with them.

Work with your child to problem-solve



Ask your child what they think would help – they often have good ideas about solving their own problems.



Talk to your child’s other parent

If you can, talk to your child’s other parent about your worries when your child is not around. They might have a different take on what’s going on.

Try and sort out how to deal with the behaviour together so you are using the same approach and can back each other up. Children are quick to spot if parents disagree and can try and use this to get their own way.



Hate Crime Guidance

What is Hate Crime?

A Hate Crime is a criminal offence that is motivated by hostility and prejudice towards a person's identity or perceived identity. The following are the five nationally monitored strands:

- **Disability**
- **Race**
- **Religion/Faith**
- **Sexual Orientation**
- **Transgender Identity**

Difference between Hate Crime and Hate Incidents

- A Hate incident is any incident that the person affected or anyone else believes is based on a person's identity.
- Not all Hate incidents will lead to criminal offences though. One-off incidents such as malicious complaints about parking or abusive gestures may fall short of being a criminal act but if they are repeated, they can become crimes.

Examples of Hate Crime

Any criminal offence can be a Hate Crime if it was carried out because of hostility or prejudice based on disability, race, religion, transgender identity or sexual orientation:

- Physical assault
- Verbal abuse
- Criminal damage to property or possession
- Harassment
- Theft
- Fraud
- Hate mail (Malicious Communications Act 1988)
- Causing harassment, alarm or distress (*Public Order Act 1986)
- Online abuse for example on Facebook or Twitter
- Displaying or circulating discriminatory literature or posters
- Graffiti



Vaping/Substance Misuse

There has been an increase in young people using vapes and in particular experimenting with THC vaping. THC is the chemical that gives the 'high' effect in cannabis. The latest reports show that this has led to some young people overdosing on THC, causing them to become unwell and needing medical attention.

Vaping THC will have similar effects to using cannabis. Vaping THC as opposed to smoking cannabis allows a larger amount of the THC to be inhaled very quickly, potentially causing overdosing. The effects of vaping THC depends on the amount of THC/CBD in the vape, your child's mood, the environment and how often it is used. The short-term effects are listed.

- **Blood shot eyes**
- **Dazed/dreamy demeanor**
- **Short term memory loss**
- **Faint/feeling sick**
- **The giggles**
- **The munchies**
- **Dry mouth**
- **Paranoia**
- **Anxiety**



The long-term effects of cannabis use can include the increased of psychotic illness such as schizophrenia as well as other mental health issues.

Schizophrenia = delusions and hallucinations.

Delusions = believing things that are not true.

Hallucinations = seeing things that are not really there.

Risk of schizophrenia is increased if you use cannabis from a young age, frequent use, stronger cannabis i.e. skunk, and family history of schizophrenia.



Additional general support information



Rotherham Council – Social Care/Early Help (01709 336 080).



Barnsley Council – Social Care/Early Help (01226 772 423).



Grief Encounter – Bereavement support (0808 802 0111).



NSPCC – Worrying about Gangs/Criminal Exploitation.



Young Minds – General support for parents and young people.



RotherHive – Wellbeing & Mental Health support inc, debt management, domestic abuse and homelessness.



With You – Rotherham ROADS – Substance misuse support for adults/young people.



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