



★ Working together to keep children safe

★ Change is coming!

Lots of young people are coming to the end of the school year, finishing exams and thinking about next steps; whether that is moving up to a new year group, or moving on to college or university.

This can be an anxious time for both parents and young people. Here are some tried and tested ideas to help you and them with the move:

- ★ **BUILD** their confidence by telling them often how great they are – research shows if young people feel good about themselves they are more likely to cope with change and make new friends.
- ★ **TALK** openly about their worries and listen to the answers – this will allow you to identify the issues that are important to them.
- ★ **LEARN** to problem solve. Practice 'what if?' scenarios around specific worries to help identify what options there are, e.g. what if they don't get the grades that they want, what could they do?



- ★ **PLAN AHEAD** – If they are changing sites practice the journey to school over the summer holidays, think about what they will need, what buses they need to get, who they could walk with.
- ★ **ORGANISE** their routine with them – make a copy of their timetable, create a checklist of things that need remembering and stick it on a wall so you don't have to nag!
- ★ **REMIN**d them that change can be scary but is exciting too – talking to new people can mean new friends and new opportunities. Remind them that we all need help sometimes and it's ok to ask questions.
- ★ **DO** check out your school or college website and approach the them for support if you feel worried about anything in particular.

★ Mental Health Support Guide

Right Here volunteers aged 16-25 have created a guide to help parents and carers in Brighton and Hove to better support young people struggling with their mental and emotional health.

The guide is based on the findings from focus groups with parents, about their experiences of supporting their children, and with young people, about what their parents did/said that was helpful – and what wasn't.

For more information and to download the guide, go to:
www.right-here-brightonandhove.org.uk/parents

Browse where to go for which contains over 100 support services for young people in Brighton and Hove: www.wheretogofor.co.uk

e-motion provides FREE online counselling for anyone aged 13- 25 in Brighton and Hove: www.e-motionbh.org.uk

ARE YOU WONDERING OR
CONCERNED ABOUT
A YOUNG PERSON'S
MENTAL AND
EMOTIONAL
WELLBEING?

RIGHT
HERE

A SUPPORT GUIDE FOR
PARENTS AND CARERS
IN BRIGHTON AND HOVE

★ Tips for managing stress and anxiety



★ Change, exams and big decisions can cause a lot of stress and anxiety for young people

Everyone gets anxious sometimes and this is a normal part of children and young people's development as they prepare for new challenges.

Anxiety causes a reaction in the body 'fight or flight' which causes physical symptoms like feeling sick, heart beating faster or feeling faint which in turn can lead to anxious thoughts and behaviour.

Anxiety can be caused by lots of different things; we all deal with stressful situations differently and some people

are more prone to anxiety than others; being a 'worrier' can also run in families. Anxiety could be caused by stressful events or situations at home or school, like moving house, parents arguing or separating, illness in the family or bullying and friendship issues at school.

If anxiety starts to get in the way of day to day life, is affecting your child's development, or having a big impact on their schooling or relationships, then it's best to take action to help young people manage their anxiety better before it gets more serious. Your child's GP should be able to help.

★ We'd love to hear from you!

Please let us know if you finding this newsletter helpful, suggest a safety topic for us to cover, or make a comment.

Email newsletter@safety-net.org.uk or like us on Facebook. For an online edition, visit our website:

www.safety-net.org.uk



★ Tips for managing anxiety

★ **Help** young people to recognise anxious feelings in their body, so they can tell when they are becoming worried and ask for help.

★ Give them **time to talk** about their worries and don't dismiss them as silly or not important. It can help to think about how likely it is on a scale of 1 to 10 that their worry will happen.

★ **Reassure them** that the anxiety will pass. It can be helpful to imagine their anxiety as a wave and help them to 'ride' or 'surf' the wave and see how it gets smaller after it peaks.

★ **Distract them** by focussing on or talking about something else.

★ Help them to relax by **breathing deeply and slowly**, in through their nose for 3 counts and out through their mouth for three counts. Breathing into a paper bag can also help.

★ **Show affection** and give them a hug if they will let you as touch can be soothing.

★ It can help to talk to young people about finding a **'safe place'** in their mind, somewhere that they feel relaxed and happy.

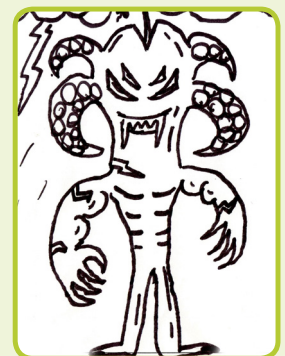
★ **Use a 'worry box'** where they can write the worry down and post it into a box so it's contained.

★ **Help your child** to put worries into perspective by sorting them into ones that aren't their job to worry about, for example money worries could be labelled as their parents' business.

★ Get them to **measure how anxious they are** on a scale of 1 – 10 and notice this at different times to see how it gets better or worse and what helps.

★ Help them to think about things that relax them like having a bath, listening to music, going for a walk etc.

For more tips, go to www.youngminds.org.uk



★ Helping your child stay safe at parties

Teenage parties and gatherings get a lot of bad press, but they can be a positive aspect of your child's social life and development. There's no one right way to handle parties, but if you plan well and keep the lines of communication open, you can help your teenager stay safe – and have fun too.

★ Staying safe at a parties



★ **It's normal to feel worried** about letting your child go to parties especially if you don't know the people or how likely it is that alcohol or other drugs might be on offer.

★ **The safety part is important too**, and it's OK for you to ask about whether adults will be at the party, whether there'll be alcohol, and whether the party will stay in one place or move somewhere else during the night.

★ **If your child isn't keen on giving up the details** of the party you could explain why you're asking. For example, you might say, 'I'm worried that you might be at risk at this party. I can't agree to you going if I'm not sure you'll be safe'. You could also get in touch with the party's host if you know them.

★ **Some ground rules can help** your child stay safe at parties. The rules might include how he/she will get to the party, when and how he/she will come home, and the rules about alcohol. You and your child might have different ideas about some of these rules, so the two of you might need to problem-solve to find a compromise you can both live with.

★ **If your child breaks any of the rules** you've agreed on about the party, you can follow up with a consequence. Consequences work best if they're meaningful and you agree on them beforehand. For example, 'The deal is that you'll be home by midnight. If you're not, you won't be able to have friends over for a week'.



★ A back-up plan

Sometimes things go wrong. Your child might use alcohol or other drugs, or gate crashers might cause problems. It's a good idea to have a back-up plan, just in case.

You might consider:

- ★ **letting your child know** that s/he can call you at any time, in any condition, if s/ he or one of their friends needs your help.
- ★ **making sure** your child's phone has your landline, mobile number, partner's mobile number and other emergency contacts programmed into it.
- ★ **giving your contact details** to one of your child's friends.
- ★ **making sure your child** has enough money for an emergency taxi ride home.
- ★ **having a coded message** that your teenager could use if they are embarrassed about calling to ask to come home. For example, they could send a text message checking on a sick grandparent.
- ★ **coming up with some strategies** to help your child say 'no' to drugs or alcohol without losing face. For example, 'I'd love to but I have to work in the morning', or 'I've got a big game tomorrow and need a clear head'.

Article from the *Raising Children Network* website:
www.raisingchildren.net.au

For more information about drugs and alcohol go to the Talk to Frank website: www.talktofrank.com

If you are under 18 and worried about or affected by drug or alcohol misuse, contact RU-OK: www.socialsubcultural.com/ruok/

★ What's on for families over the summer?



Brighton & Hove City Council's Active for Life Sports Development Team & the Trust for Developing Communities Youth Team PRESENT...

wild park youth festival
- a TAKEPART local event

12-5 PM

SUNDAY 28TH JUNE 2015

activities * sport * music
for local teens

5-a-side football tournament brought to you by Albion in the Community with prizes for the winning teams

Archery and Climbing Tower brought to you by Adventure Unlimited

Over 20 different sports & activity clubs from across the city providing everything from Skating to Yoga

All free when you register!

plus

- Burgers & Hotdogs
- Music
- Sports
- Prizes

For more info visit www.brightonsummer.co.uk
call 07772269761 or email adammuirhead@trustdevcom.org.uk

★ Don't sit in front of a screen this summer, get out and get active! It's good for everyone's physical and mental health and lots of stuff is FREE!

★ **Active for Life** provide lots of low cost activities for children across the city - check out what's in your area by emailing sports.info@brighton-hove.gov.uk

★ **TAKEPART** is an award winning festival celebrating sport, dance and exercise in Brighton & Hove. The festival will run across the city from 20 June to 5 July 2015. Go to the Brighton and Hove website for details:

www.brighton-hove.gov.uk/events/takepart

★ **Sportivate** offer activities for 11 – 25 year olds across Sussex from basketball to badminton and wakeboarding, the 6 – 8 week courses are free or highly subsidized. Go to <http://www.activesussex.org/get-active/sportivate/> or for more details contact Sid Fletcher on 01273 643838 email: sfletcher@activesussex.org

★ **For general information** about what is going on in the city for children & young people, visit www.childfriendlybrighton.co.uk

★ **Wildlife Photographer of the Year Exhibition** Until 6th September 2015 at Brighton Museum - on loan from the Natural History Museum. £3 for Brighton & Hove residents (proof required), children free.



FREE Kite Festival, Stanmer Park, Brighton, 11th/12th July. Kite displays, fun for kids, owls to stroke - for more details visit www.brightonkiteflyers.co.uk

Young Oasis have an outdoor activity programme running throughout the summer holidays for children aged 5 – 14 affected by familial drug/alcohol misuse.

Activities run from 28th July – August 20th. For more information or to book a place please contact Jo Parker or Toby Chown on 01273 696 970 ext. 300.



Working with communities to keep children safe

Safety Net needs YOU! As a registered charity, Safety Net depends on people just like you. Please donate what you can to help us keep children safe. You can donate instantly and securely via our website at www.safety-net.org.uk/supportus/donateonline or by text message to **70070** saying, SNet41 (space) followed by the amount, e.g. SNet41 £10.

Manor Offices, Emmaus, Drove Rd, Portslade, BN41 2PA
www.safety-net.org.uk ★ tel: (01273) 411 613

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