

Bulletin

October 2018



Leeds

Hello! Welcome to the October edition of the MindMate Champions Bulletin.

[SEMh Conference Series: Building Resilience, 15th November 2018](#)

The Health & Wellbeing Service, in partnership with Northpoint Wellbeing and NHS Leeds Clinical Commissioning Groups Partnership, are delighted to offer delegates from our Leeds settings the opportunity to attend the first of three Social, Emotional & Mental Health (SEMh) conferences over the academic year.

Building resilience can help students to cope despite the adversity they face, both inside and outside of school. This conference brings together a range of staff working with children and young people to share best practise, improve understanding and provide practical interventions to build resilience in pupils and staff. Keynote speaker is Director of Time to Change Jo Loughran and there will be a choice of three workshops on two rotations across the afternoon.

SEMh Conference Series, save the dates:

- Self-Injury & Risky Behaviours, 7th February 2019, Leeds Civic Hall
- Suicide Prevention: Everybody's Business, 8th May 2019, Leeds Civic Hall

[Keeping Safe on the Internet: Useful Guides](#)

We have links to a list of resources for parents/carers who want to know about how to keep their children safe on various different games consoles. We would strongly recommend sending these out to parents to ensure they know how to activate parental controls on all relevant devices:

- [How to set up a family membership on XBOX](#)
- [Setting up WI-U parent controls](#)
- [PS4 family management and parental controls](#)
- [Setting up Nintendo 3DS Parental Control](#)
- [Parental controls for Apple devices](#)

[Childline: healthy and unhealthy relationships](#)

Childline has launched a campaign to help young people understand the difference between healthy and unhealthy relationships, and help them identify signs that their relationship might not be quite right. 'Looking out for Lottie', an eight part series, follows a fictional character Lottie who gets into an unhealthy relationship, showing how grooming can happen without realising it.

[Preventing suicide: a community engagement toolkit](#)

This is a step-by-step guide by the World Health Organisation for people who would like to initiate suicide prevention activities in their community. It includes advice and practical tools to help with goal setting, stakeholder mapping and development of an action plan as well as details of successful initiatives in other countries. It includes youth-specific resources on P.47. This may be useful to use in conjunction with the PAPYRUS Safer Schools Guide.

[Keeping children safe in education: statutory guidance for schools and colleges](#)

This statutory guidance from the Department of Education for schools and colleges on safeguarding children and safer recruitment has been updated.

[Managing sexualised behaviour in schools: online course](#)

This new online course, available from the NSPCC, is for anyone working in secondary schools in the UK. The course will help you gain the skills to assess and manage incidents of sexualised behaviour within your school. An online course for primary schools is also available.

[Early education and outcomes to age 4](#)

Research from the Department of Education into the impact of early education at ages 2 to 4 on child outcomes at age 4, and the importance of the early year's home environment. Foundation Years on this research and analysis: Study of Early Education and Development (SEED): Impact at age four. Pre-school Learning Alliance: [Study confirms positive impact of quality early education](#). Children & Young People Now: [Quality early years provision 'leads to fewer emotional difficulties.'](#)

[Can eCBTi improve adolescents' sleep?](#)

This blog from the Mental Elf explores the paradox that the very digital devices that harm our sleep patterns so terribly, may also be a possible solution to insomnia and sleep problems in young people reviewing a new systematic review on digitally-delivered cognitive-behavioural therapy (eCBTi) for youth insomnia.

[Effectiveness and behavioural mechanisms of social media interventions for positive nutrition behaviours in adolescents: a systematic review](#)

The purpose of this study, featured in the Journal of Adolescent Health, was to determine the effectiveness of social media-based interventions in promoting positive changes in nutrition behaviours amongst adolescents, and identify the behaviour change technique(s) (BCT(s)) that were used in effective interventions.

[Pupils and their parents or carers: omnibus survey](#)

Findings from DfE research on pupils and their parents or carers and responses to questions asked in the survey. Topics covered in the survey include mental health and wellbeing.

[Children sending and receiving sexual messages](#)

This first snapshot of the NSPCC's survey findings highlights the dangers children are exposed to. In a survey of nearly 40,000 children, children and young people aged 7 to 16 were asked about the risks they face when using the internet.

[School culture and practice: supporting the attainment of disadvantaged pupils](#)

This qualitative study from the Department of Education provides evidence on cultures and practices seen in schools that perform well and less well for their disadvantaged pupils, inside and out of London. It provides insights for those interested in school improvement around practices that could be encouraged to improve attainment of disadvantaged pupils.

[Working with adolescents: keeping romantic relationships in mind](#)

Produced by Orygen, The Australian National Centre of Excellence in Youth Mental Health, this guide was developed to support health professionals (e.g. school counsellors, GPs, psychologists, social workers, psychiatrists) working with adolescents by summarising the latest research evidence on the impact of adolescents' heterosexual romantic experiences and relationships on their mental health, with a specific focus on examining their role in the onset of adolescent depression.

[NSPCC learning: safeguarding and child protection in schools](#)

Resources to help schools safeguard children including: training courses; a free online Safeguarding in education self-assessment tool (ESAT); free classroom resources and lesson plans; and a consultancy for schools offering support from education safeguarding consultants.

['Kids in crisis' documentary on CAMHS](#)

This Young Minds blog discusses the recently aired documentary on BBC Panorama highlighting how overstretched Child and Adolescent Mental Health Services (CAMHS) are.

[Ways to support your child as they go to university](#)

Going to university is a big change for both you and your child. Here are some tips from Young Minds' Parents Helpline of things you can do before they go, and whilst your child is at university. Young Minds has also produced a short guide, [University: A fresher's survival guide](#), which looks at how to manage money, workloads and finding a balance with everything going on.

[Barnardo's warns of lost childhoods as frontline staff struggle to cope with demand](#)

Social workers, education and law enforcement workers in England are facing a 'perfect storm' of complex growing need. Causes include increased poverty and lack of mental health services, combined with a crisis in confidence in their ability to provide the support needed. The majority (60%) of those responding to a YouGov poll for Barnardo's have seen an increase in overall numbers of particularly vulnerable children in the past 5 years.

[Speak out Stay safe: new Childline website for under 12s](#)

Childline has launched a website aimed at children under the age of 12. This provides age appropriate content on topics including: bullying, family, friends, feelings, school, abuse and staying safe. It also includes games and therapeutic tools for young visitors to play and express how they are feeling. It will be promoted through the NSPCC's Speak out Stay safe programme.

[School support for pupils affected by domestic abuse](#)

The Home Office has announced that Operation Encompass, a scheme that links police with schools to offer early help to children exposed to domestic abuse, will be extended. The scheme currently operates in 33 forces in England and Wales, and the funding will be rolled out to all forces in England and Wales.