



## THE HENRY BEAUFORT SAFEGUARDING NEWSLETTER

The Henry Beaufort Safeguarding Newsletter (Edition 3, 2025–2026) places a strong focus on mental health and online safety, offering parents and carers practical guidance to help keep young people safe and supported. This edition outlines the risks associated with harmful online content, and provides advice on how to help children navigate the digital world confidently and safely. It also highlights trusted mental health platforms such as Kooth.

You'll find clear information about the school's safeguarding team, how to report concerns, and where to access additional support. This includes helplines for mental health, domestic abuse, and substance misuse, as well as details of local food bank services. The newsletter also lists free Hampshire CAMHS sessions for parents covering topics like anxiety, resilience, and emotional wellbeing; aimed at equipping families with practical tools to understand and support their child's mental health.

We hope this newsletter strengthens your confidence in having meaningful conversations with your child and reinforces our shared commitment to their safety and wellbeing.

## KOOTH - FREE MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

Kooth is an NHS-supported online platform offering free, safe, and anonymous mental health support for children and teens.

- Available 24/7, 365 days a year
- No GP or school referral needed
- Access to trained mental health professionals
- Helpful articles and resources for families

### Why Kooth?

- Immediate help without waiting lists
- Confidential and clinically safe
- Access helpful guides and webinars for parents
- Visit this link: Kooth has a range of resources to help families support young people's mental health and wellbeing

<https://www.kooth.com>



## UNDERSTANDING THE IMPACT OF NEWS ON CHILDREN'S WELLBEING



internet  
matters.org

Internet Matters report on the impact of online news on children and young people's wellbeing. Key findings show: children and young people regularly consume news on social media from a range of sources; distressing news stories, mis- and disinformation and AI-generated content impact young people's wellbeing; and young people have developed their own support strategies when navigating this news environment.

<https://www.internetmatters.org/hub/research/impact-online-news-childrens-wellbeing/>

## ROBLOX PARENT POP-UP

We have been made aware of a pop-up that is appearing on Roblox, encouraging children to download an app called pollybuzz (or pollyfuzz in some spelling cases). The app seems quite simple where children are asked questions, and it generates an Artificial Intelligence 'friend' – this starts off quite innocently but then begins to show extreme content (including suicide, self-harm and pornography). It may be helpful to remind children about not clicking on pop-ups in games and to report anything that is worrying or inappropriate to a trusted adult. Roblox has parental controls and instructions of how to put these on can be accessed via this link:

[Parental Controls Overview – Roblox Support](#)

Please note that parental controls will stop some pop-ups, but not all.

## THERAPISTS WARN OF RISKS AS CHILDREN TURN TO AI FOR MENTAL HEALTH SUPPORT.

A significant number of young people are using AI chatbots like ChatGPT for mental health advice, a survey by the British Association for Counselling and Psychotherapy (BACP) reveals. Over a third of therapists working with under 18s have clients seeking guidance from these platforms, and almost 1 in 5 reported that children received harmful advice. Experts warn that AI lacks the necessary empathy, ethical standards, and real-time crisis intervention capabilities of human therapists [[BACP](#)].



## ONLINE GROOMING (BRECK FOUNDATION)

In February 2014, 14-year-old Breck Bednar from Surrey was groomed online by an 18-year-old male he met through gaming. Over several months, the older individual manipulated Breck into trusting him and distancing himself from his family. Breck was lured to a flat under false pretences and was fatally stabbed. The offender pleaded guilty and received a life sentence with a minimum of 25 years.

Following Breck's death, his mother set up the Breck Foundation in his memory to raise awareness of online grooming, exploitation and digital risk, and to educate children, families and professionals so that other young people are better protected when using online spaces.

Today, the charity works nationally with schools, parents and professionals to improve understanding of online harm, gaming-related grooming and digital resilience, using Breck's story to help prevent similar tragedies and strengthen safeguarding practice around online safety.

Their website and resources are available here:

<https://www.breckfoundation.org>

## SAFER INTERNET DAY 2026 - TUESDAY 10<sup>TH</sup> FEBRUARY 2026

Safer Internet Day is a global awareness day that encourages children, young people and adults to think carefully about how we use the online world and digital technology. It's a useful annual prompt to refresh conversations about online safety, wellbeing and responsible digital behaviour.

**Theme for 2026:** *Smart tech, safe choices - exploring the safe and responsible use of AI.*

This year's focus reflects how quickly AI and smart technologies are becoming part of children's everyday online experiences. The emphasis is on helping young people develop confidence, critical thinking and good judgement when using digital tools, rather than fear or restriction.

Top tips for parents and carers:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

Top tips for children and young people:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-young-people>



## INFORMATION FOR ALL SETTINGS: NEW KIDS ONLINE SAFETY WEBSITE LAUNCHED AS PART OF GOVERNMENT CAMPAIGN

We need your help in keeping children safe online. We're launching a new website on 16 February 2026 to support families and encourage regular conversations about what they're seeing online, asking simple questions, like "who shared this" and "why?". Based on parents' main concerns and needs, it provides:

- tips for parents' conversations with their children
- actions to support each stage of their child's life
- parental controls information

We are also signposting to trusted resources from charities and third parties, where parents can access other forms of support (like speaking to an expert).

The website will continue to grow and be developed this year, supporting the [Online Safety Act](#) and wider government aims.

Please share [Kids online safety](#) with parents.



**SAFEGUARDING TEAM**



*The* **HENRY**  
**BEAUFORT** *School*

**The Henry Beaufort Safeguarding Team**



**MR COE**  
Designated Safeguarding Lead



**MRS BRIGGS**  
Deputy Designated Safeguarding Lead  
Assistant Headteacher



**MRS PETER-SIMMONDS**  
Engagement and Inclusion Manager



**MR JANES**  
Head of Year 7



**MISS MCMAHON**  
Head of Year 8



**MR DAVIDSON**  
Head of Year 9



**MISS BEAN**  
Head of Year 10



**MR NAISBITT**  
Head of Year 11



**MISS HODGE**  
SENDCO



**MR ETHERIDGE**  
Pastoral Support Worker



**MRS MOURANT**  
Learning Hub Manager



**MR APPLIN**  
Deputy Headteacher



**MRS CAVELL-WELLS**  
Safeguarding Governor



**MR LIONEL JONES**  
Safeguarding Governor



## SAFEGUARDING PROCEDURE

If you are concerned about the well-being of someone in school, please contact our safeguarding team via email at:

[Safeguarding@beaufort.hants.sch.uk](mailto:Safeguarding@beaufort.hants.sch.uk)

When contacting us, please detail the name of the person you are concerned about, their tutor group (if known) and a brief description of your concern (what, when, where, who etc.).

If you are contacting us to raise a safeguarding concern and it is out of school hours or out of term time, please contact Hampshire County Council's safeguarding team on: 0300 555 1384 or, the police on 101.

If a child is in immediate danger, please contact the police using 999.



*The* HENRY  
BEAUFORT *School*

# CALL IT OUT

Use this **QR code** to sign in and share any concerns you have about;

Any behaviour that you have seen or experienced that worries you.

This could be



AT HOME



TO AND  
FROM  
SCHOOL



AT SCHOOL





## SOURCES OF SUPPORT FOR YOU

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

### FAMILY LIFE

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | [askus@familylives.org.uk](mailto:askus@familylives.org.uk) | [familylives.org.uk](http://familylives.org.uk)

### MENTAL HEALTH

For you:

Samaritans (free) | 116 123 | [jo@samaritans.org](mailto:jo@samaritans.org) | [samaritans.org](http://samaritans.org)

Mind (calls charged at local and network rates) | 0300 123 3393 | [info@mind.org.uk](mailto:info@mind.org.uk) | [mind.org.uk](http://mind.org.uk)

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

### DOMESTIC ABUSE

National Domestic Abuse Helpline (free) | 0808 2000 247 | [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)

Men's Advice Line (free) | 0808 8010 327 | [mensadviceline.org.uk](http://mensadviceline.org.uk)

Galop (free, LGBT+) | 0800 999 5428 | [galop.org.uk](http://galop.org.uk)

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | [bit.ly/2NoQx7T](https://bit.ly/2NoQx7T)

| 0300 123 6600 | [talktofrank.com](http://talktofrank.com)

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | [gamcare.org.uk](http://gamcare.org.uk)

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website:

[adfam.org.uk](http://adfam.org.uk)

Stop Domestic Abuse Now. This organisation runs a group course called The Freedom Programme.

<https://stopdomesticabuse.uk/>

### FOOD BANK

Website : [WinchesterBasicsBank.co.uk](http://WinchesterBasicsBank.co.uk)

Facebook: @WinchesterBasicsBank

21a Penton Place, Milland Rd, Highcliffe, SO23 0PZ - Tue & Fri 10-3pm

St Gregory's Church, Grange Road, Alresford, SO24 9HD - Wed 10-12pm, and the first Thurs of every month 6-8pm

St Barnabas Church, Weeke, SO22 6EF - Thurs 10-1pm

Storehouse, Vineyard Church, SO23 9NR - Mon & Thurs 10-12pm \*\*Please note that we are not open on Bank Holidays\*\*

# P.A.C.E.

2026  
PARENT & CARER EVENTS



Hampshire Child and Adolescent  
Mental Health Services

Free health & wellbeing events for all parents & carers  
who support or work with young people

DATE	LOCATION
Thursday, 26 February 2026	<b>Basingstoke</b> Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 16 April 2026	<b>Eastleigh</b> Junction Church, 2 Romsey Road, Eastleigh SO50 9FE
Friday, 8 May 2026	<b>Lyndhurst</b> Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY
Thursday, 25 June 2026	<b>Andover</b> Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Monday, 5 October 2026	<b>Havant</b> Trosnant School, Stockheath Lane, Havant, Hampshire PO9 3BD
Friday, 23 October 2026	<b>Waterlooville</b> Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY

BOOK YOUR SESSION SPACE AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

TIME	SESSION 1	SESSION 2
9:30 - 10:45	<p><b>New Understanding Adolescence &amp; Their Mental Health</b> What is adolescence &amp; how can we understand teenage development. Brain development &amp; the impact for young people at this stage of their lives. We will cover some ways to wellbeing for adolescents and consider how you as parents you can support your young person whilst maintaining your own wellbeing.</p>	<p><b>New Sleep Optimisation</b> What is sleep and the importance of this. Why it may be difficult to sleep, &amp; exploring what this is and how we can promote healthy sleep with some top tips.</p>
11 - 12.15	<p><b>A basic introduction to ADHD</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.</p>	<p><b>New Understanding Suicide &amp; Suicidal Thinking</b> Understanding and increasing confidence in noticing and managing young people who may be distressed, not coping and at risk of self harm or suicide.</p>
12:15 - 12.45	<p><b>Lunch break</b></p>	<p><b>Lunch break</b></p>
12:45 - 14:00	<p><b>New Introduction to Low Mood</b> Upskilling parents and carers to identify the signs of low mood in their young people and support them to break the cycle of low mood using activity scheduling and value based living techniques.</p>	<p><b>A basic introduction to Autism</b> What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.</p>
14:15 - 15:30	<p><b>New School Avoidance &amp; School Transition</b> The session will aim to provide parents/carers an understanding of what emotionally based school avoidance is &amp; the reasons why some young people find it difficult to attend school. Moving to a new school is a big life event we will cover common worries and how these might present in your child, strategies to manage worries that you can share with your child to help them build their resilience, as well as coping strategies to calm the physical symptoms of anxiety.</p>	<p><b>Parent Care - looking after yourself</b> This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.</p>
15:45 - 17:00	<p><b>New Eight Skills to Support a Young Person</b> This session will cover 8 different key skills and strategies that a parent/carer or professional can use to support a young person. It will be a practical and helpful opportunity to feel more confident and knowledgeable in supporting a young person.</p>	<p><b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.</p>
17:15 - 19:30	<p><b>Understanding ADHD &amp; the Strategies YOU need</b> This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.</p>	<p><b>Supporting your autistic child to thrive</b> This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.</p>

# Trauma

Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving

4 June Basingstoke

7 October Havant

## CHILDREN'S AND YOUNG PEOPLE'S MENTAL HEALTH INFORMATION & ADVICE SESSIONS



The first Wednesday of every month

10am - 2pm

The Arc, Jewry Street,  
Winchester, SO23 8SB



You can book an appointment on our website



Or just drop in and see us

# Anxiety

Understanding & strategies to support young people

28 January Basingstoke

11 November Havant



Hampshire Child and Adolescent  
Mental Health Services

## PARENTS, CARERS AND PROFESSIONALS EVENTS

# 2026



BOOK YOUR SESSION SPACES AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

# P.A.C.E

2026  
PARENT & CARER EVENTS

**Free** health & wellbeing events for all parents & carers who support or work with young people

DATE	LOCATION
26 February	Basingstoke
16 April	Eastleigh
8 May	Lyndhurst
25 June	Andover
5 October	Havant
23 October	Waterlooville



Scan this QR code to view our session itinerary for the day

## EMBRACING AUTISM

Three days that focus on skills and strategies, for parents, carers and professionals supporting a child with Autism

**4 February** Havant

**9 July** Eastleigh

**17 November** Andover

## UNDERSTANDING ADHD

Three days that focus on skills and strategies, for parents, carers and professionals supporting a child with ADHD

**5 March** Eastleigh

**16 September** Havant

**3 November** Andover

## Stopping Avoidable Suicides Initiative SASI

Hampshire CAMHS are offering a one-day training event on suicide prevention across three different locations in Hampshire

**27 February** Andover

**11 June** Waterlooville

**2 October** Eastleigh

## HOW TO COPE WHEN YOUR CHILD CANT

Three one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

**22 January** Winchester

**15 May** Eastleigh

**30 September** Basingstoke

# Child Exploitation and Missing from Home Webinar

[Link to Register: Child  
Exploitation and Missing from  
Home - South East](#)

3rd March  
2026  
1 pm - 2:30 pm



protecting  
children, supporting  
families



# Parent webinars - county lines and criminal exploitation

## What you will learn

- Learn what county lines is
- Understand what is happening in your local area
- Learn how exploiters groom children
- Understand the signs that your child might be at risk
- Know where to access support and advice if you have concerns

There are lots of dates in March for parents to sign up for this webinar on county lines and criminal exploitation.

[Parent webinars - county lines and criminal exploitation - Iverson Trust](#)



**Kooth:** A handy guide

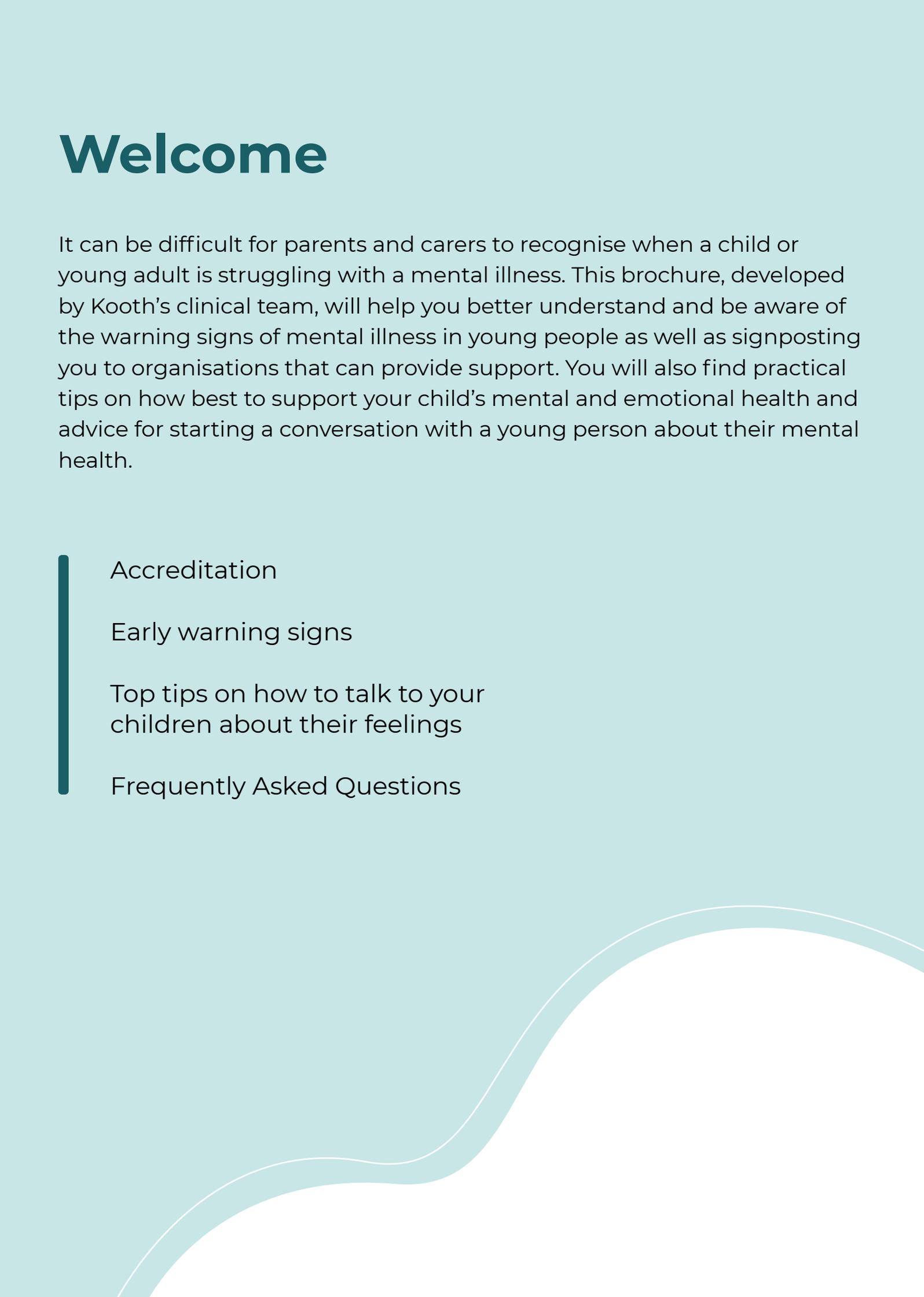
for parents and carers



**[kooth.com](https://www.kooth.com)**

# Welcome

It can be difficult for parents and carers to recognise when a child or young adult is struggling with a mental illness. This brochure, developed by Kooth's clinical team, will help you better understand and be aware of the warning signs of mental illness in young people as well as signposting you to organisations that can provide support. You will also find practical tips on how best to support your child's mental and emotional health and advice for starting a conversation with a young person about their mental health.



Accreditation

Early warning signs

Top tips on how to talk to your children about their feelings

Frequently Asked Questions

# | Kooth's Accreditation

Kooth is a fully accredited counselling service with the British Association of Counselling and Psychotherapy (BACP). All counsellors receive regular clinical supervision in accordance with BACP guidelines.

For the past two decades, we have worked in tandem with the NHS to improve mental health in England and Wales. As a trusted delivery partner of the NHS and with over 19 years of data, Kooth is able to deliver support in line with LTP priorities.



**Providing NHS Services**



# Early Warning Signs

How you can support your child/signpost them to support (anxiety, depression and other key presenting issues)

## Anxiety

Anxiety often presents in a way that causes both psychological and physical symptoms. For example, the person may experience:

### Psychological symptoms:

- Feeling uneasy, tense or worried
- Feeling unable to relax
- Feeling out of control
- Feeling a sense of dread
- The need for reassurance from others
- Rumination over thoughts or previous experiences
- Worry about the future

### Physical symptoms:

- Problems sleeping
- Feeling restless
- Headaches or tension in their body
- An irregular heartbeat
- Sweating
- Grinding of teeth
- Butterflies in the stomach or feeling sick
- Panic attacks

Panic attacks are a form of fear response, and occur when the individual's body experiences an intense rush of these physical and psychological symptoms.

They tend to last between 5 and 20 minutes, and can be very scary and debilitating for the individual.

### **What are the signs that my child might be experiencing anxiety?**

- Talking quickly or switching from different points
- Describing feeling a sense of dread, or worry about something
- Apologising for taking up time or for wasting time
- Seeking reassurance
- Description of any of the physical or psychological symptoms above
- Getting 'stuck' on a particular thought or concern

Presentations of anxiety can be on a spectrum, with some people presenting with 'every day' anxiety, whilst others may be experiencing more of a severe anxiety disorder. It's important not to be dismissive of either experience, and to recognise the significance of what the person is experiencing to them.

## Depression

Experiences of depression and low mood can also be experienced at different levels of severity. Sometimes a child or young person will experience more mild symptoms that may be seen as 'every day' low mood and others may experience clinical depression. Clinical depression is diagnosed when an individual experiences five or more of the following symptoms, over a two week period; with someone having a low mood or loss of pleasure or interest.

- Depressed (feeling low) most of the day, nearly every day
- Diminished interest or pleasure in all or almost all activities, most of the day, nearly every day
- Significant weight loss when not dieting, or weight gain, or decrease in appetite nearly every day
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation (e.g. foot tapping, pacing) or retardation (slowing down of movements) nearly every day
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or inappropriate guilt nearly every day
- Diminished ability to think or concentrate, or indecisiveness, nearly every day
- Recurrent thoughts of death, suicide ideation or a suicide attempt/ plan

These symptoms will cause significant clinical distress or impairment to functioning.

There can be some unhelpful narratives around clinical depression, for example, the idea that the individual needs to 'snap out of it or 'pull themselves together', or the idea that we all experience clinical depression, since we can all have 'bad days'. These can diminish the experiences of the individual and take away from the distress that they are experiencing. These misconceptions can also stop individuals from seeking help, as they may feel like they don't need it or 'should' be okay.

### **How might clinical depression present online?**

There are a variety of ways that clinical depression may present online, so this list is not exhaustive:

- The individual may express feeling low in mood
- The individual may express thoughts of worthlessness or hopelessness
- Expression of feeling suicidal, having attempted to end own life, having a plan to end life
- Slow typing or feeling like the answers are taking a lot of effort from the person
- Expressions of feeling drained or exhausted or like things are too much
- Expressions of feeling guilty for things, such as being a burden or being alive
- Negative self-talk
- Expressions of not getting pleasure from things or being interested in trying things
- Reports of change in eating habits or appetites

# Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

***If this feels familiar for you, you are definitely not alone!***

As many of us here are parents ourselves, we wanted to put together some handy tips on how you could begin talking to your children about their feelings.

## **Why you might want to talk to your children about their feelings**

There can be a number of reasons why you want to talk to your children about their emotions. These may include the following:

- You've noticed your child is acting differently, and you are concerned about them.
- Something has recently happened that might have affected your child, and you want to check in to see how they are doing.
- You want to help your child to feel more comfortable talking about their feelings in general.

**Our top tips  
to get you  
started:**

**1 Think about whether your child feels ready to talk**

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body language, too, for indicators on whether they really want to talk about their feelings.

**2 Think about the setting**

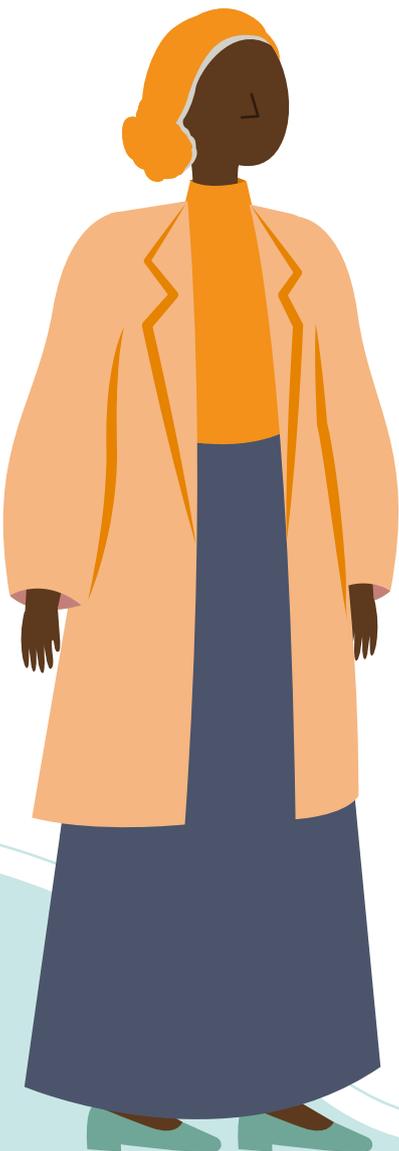
Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

***“I know when my son isn't in the mood to talk, as his whole body is saying, ‘Not now, Mum!’ I always respect that, though, and never push. As a result, I think he feels more able to talk to me when it feels right.” ~ G***

**3 Choose your timing wisely**

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

***“I always find discussing something important when my child is upset or angry often doesn't end as well as I hope. Both being relaxed has much better results and helps us both reflect on and express our feelings with more consideration.” - H***



## 4 Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. For example, Do you like school? is a closed question, because the response is likely to be either 'yes' or 'no'. The finality and brevity of such a response doesn't allow the conversation to go much further.

Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. Instead, try saying, tell me about school.

This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.



## **5** Take away the intensity

It can be pretty daunting (on both sides!) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful. Here are some examples:

- Have a chat while on a dog walk or stroll together. Doing something shoulder-to-shoulder might mean there's less intense eye contact, which can feel more comfortable, especially when there's big emotions at play.
- Have a chat while doing an activity together, such as playing a board game or working on a craft project. The distraction of keeping everyone busy can take the pressure away.
- Have a chat during a car journey. Not feeling the pressure for eye contact or hyperfocus on the conversation can be helpful. Just be sure that emotions are not too heightened for you to concentrate on the road and drive safely!

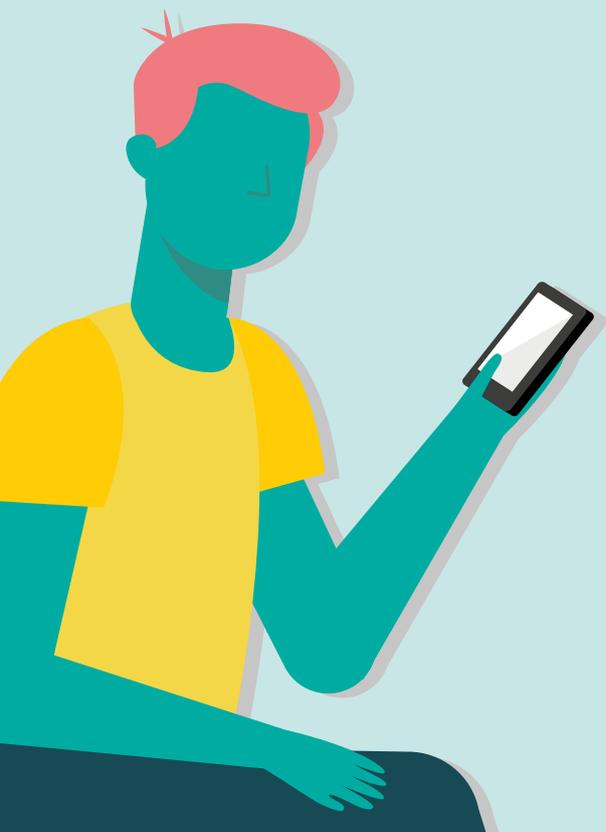
***“I avoid sitting them down and instead do it during an activity like washing up, cleaning the car, or cooking together, as I find they are much more likely to open up.” - N***

*\*Please note - It might also be useful (and less intense) to start slowly with any difficult topics. So instead of going straight in with the big topics, maybe talking about something else first to break the ice.*

## 6 Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

***“When I was a child, I can’t remember my parents showing their feelings. Understandably, I had a hard time doing it myself. With my own children, I try my best to create an environment where we can all talk about how we feel, so when things are difficult, reaching out doesn’t feel so tough.” - S***



## 7 Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, ‘You seem really angry today. I can see you are clenching your hands, and you don’t have a happy face. I wonder if anything has made you angry or upset?’

*\*This advice mainly applies to younger children who are still developing their emotional vocabulary and may need assistance in identifying their feelings. However, this technique can work for older children as well; just take care that you don’t come across as condescending. Something like, “You’ve seemed pretty quiet and withdrawn lately; can you tell me what’s bothering you?” can be a good approach.*

**8 Ask them what they need** It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. Examples include: Do you need some space right now? Do you need a hug? Would you like for us to do something together to take your mind off things?

***“Sometimes, even when I want to talk about something, my child doesn't. As hard as that is, I try to respect that. Sometimes they just want a cuddle, and I can definitely provide those!” - L***

**9 Listen carefully** This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

***“Listen, like really listen to what they're saying without jumping in with advice or guidance (as much as you want to)! When you really take the time to listen without judgement, it can show your children that you love them, what they are feeling is valid, and that sharing when they are ready is a really good thing.” - P***

## 10 Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

***“I use ‘worry monsters’ with the little people in my life. They are small toy figures that ‘listen’ to worries. They love them! When they feel worried about something, they go somewhere quiet and talk to their worry monster, who, in their minds, swallow up the worries and help them get back to playing. It really helps them to express how they feel in a language they understand.” - O***

It’s important to note that when it comes to parenting, (and actually any relationship) things aren’t always perfect all the time. And that’s OK. There’s sometimes a lot of pressure to get things right. But actually being a parent who is trying their best to meet their child’s needs, whatever their circumstances is good enough. Not having all the answers and getting things wrong, certainly doesn’t make you a bad parent. It makes you human.

Is there anything that works for you that we haven’t covered in this article? If you’d like to share any tips of your own or perhaps something that helped you in your childhood, we’d love to hear from you in the comments below.

*If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by messages or live chat [here](#).*

# Frequently Asked Questions

We've put this together in the hope that it helps you gain a good understanding of exactly what children and young people can expect to find on Kooth.

We also hope it helps you understand how we can support the mental wellbeing of children and young people in a safe and anonymous way.

## What is Kooth?

Kooth is a free, safe and anonymous online wellbeing service for children and young people. Young people using the site are able to access a range of support services including one-to-one counselling sessions, discussing issues with their peers through online discussion boards, reading and contributing to self-help content and recording their feelings via journals and goal trackers.

The online nature of Kooth means that young people can access help in a way that is most suitable for them, at a time that is convenient for them, 365 days of the year.



## What's on Kooth?

**Kooth.com offers a wide range of therapeutic tools to help children and young people and support their mental wellbeing.**

### **Chat with our team:**

Our team of accredited counsellors are here to provide safe and effective support to children and young people. The chat session can be up to 1 hour long and can be used to talk about whatever issues are on a young person's mind.

### **Kooth Discussion Boards:**

On the discussion boards, children and young people can start a discussion about anything they're interested in, such as, asking for advice or just having a rant about something on their mind! By starting a new discussion, users can share their thoughts and views, or ask a question to get answers from other young people.

### **Send us a message:**

We know some users prefer to engage in support via messages instead of a live chat. Our Kooth counsellors are well trained professionals who will assess the service users needs and provide them with the required support. The support received through messages varies according to each specific case.

### **Live chat:**

Live chat: Our Kooth counsellors are well trained professionals who will assess the service users needs and provide them with the required support. The support received through messages varies according to each specific case.

## Kooth Magazine

Kooth's online magazine is packed with helpful articles covering everything from mental health issues to more general subjects such as holidays and gaming. Over half the content is contributed by children and young people, all of which is moderated before being published on the site.

## Mini Activity Hub

Mini Activity Hub: Kooth also offers a mini activity hub with the aim of encouraging children and young people to express their feelings. The activities cover a wide range of mental health topics including good sleep hygiene practices, mindfulness techniques and breathing exercises.

## Content

### Are children and young people able to see all content on the site?

There are restrictions in place to ensure that children and young people using Kooth only see what is age appropriate for them. This also helps us to ensure people find the content that is most useful to them. Any comments are pre-moderated to ensure that only safe comments are posted and visible.

### Can children and young people create content on Kooth?

Children and young people can submit content and post on our discussion boards to share their experiences and support others within the Kooth community. We also encourage feedback and consult with children and young people to ensure that they can share their views of how we deliver our service.



## **Being a safe and anonymous service**

### **Can children and young people message each other on Kooth?**

The safety of our users on Kooth is really important to us. Therefore, children and young people cannot add friends or directly message other young people on the site in the same way they can on gaming platforms or social media sites. This is because we are an anonymous service and we need to make sure everyone using the site is safe.

## **Keeping Kooth Safe**

We are an anonymous service. It means that neither we nor other service users know the identity of a young person on the site. For many young people this enables them to talk freely about their experiences without having to worry about being judged.

All of our discussion boards and live forum discussions are moderated by our team of moderators, further ensuring the platforms remains safe.

## Accessing Kooth

### Do children and young people need to be referred by a GP?

Children and young people do not need to be referred to Kooth to access the service. Kooth users are invited and welcome to join Kooth as long as they fall within the age range that is available to their area.

### Talking to our team

When can children and young people talk to someone? The Kooth team are available to chat 7 days a week, 365\* days of the year. Kooth users can access the magazine, discussion boards and any other online content whenever they like, from wherever they are. Our friendly online team are available to chat during the following times:

**From 12 noon until 10pm weekdays.**

**From 6pm until 10pm weekends.**

How long a child or young person will have to wait in the chat queue depends on how busy the site is so we kindly ask for service users to be patient with us!

Children and young people can send a message to the team at any time and it will be responded to during service working hours. Our counsellors are employed by us and are fully qualified with the BACP or equivalent.

\*We offer a reduced service on bank holidays.



# CUCKOOING: **Spot the signs**

Cuckooing is when a person's home is taken over, often linked to illegal activities such as drug dealing. It can lead to a person no longer having control or feeling safe in their own home.



**Frequent visitors and new housemates:** guests at all hours and/or unfamiliar people staying at the property



**Vehicles:** increased attendance of cars, bikes, scooters etc. for short periods of time



**Deliveries:** a number of items (e.g. TVs, bikes, takeaways) arriving at the property by various means



**Gaining entry:** unknown persons having keys and/or pressing buzzers to gain access, communal doors being propped open



**Antisocial behaviour:** groups congregating, noise, increased litter



**Drug signs:** Unusual or increased signs of drug use- smells or drug paraphernalia



**Declining visits and Social isolation:** fewer family, friends and/or social support visits and withdrawing from social activities



**Financial strain:** Unusual or increased debt, reliant on foodbanks, lack of money



**Coercive control:** being accompanied or controlled by a "friend"

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SUPPORTING WELLNESS TOGETHER

## Someone's at risk – what do you do?

In an emergency, call 999 immediately.

**Worried about cuckooing?** Report it to the police on 101.

You can also report anonymously through Crimestoppers at 0800 555 111.



# Not all abuse is physical.

If you suspect domestic abuse but  
don't want to reveal your identity,  
tell us what you know.

[crimestoppers-uk.org](https://www.crimestoppers-uk.org)



#YOUARENOTALONE

**Refuge**

For women and children.  
Against domestic violence.



**Respect**

Phoneline

**i** employers'  
initiative  
on domestic abuse

You can speak up and remain  
100% anonymous. Always.

#Youarenotpowerless

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.

# Not all abuse is physical.

Adults and children can all be victims of domestic abuse. Adults, no matter what their gender or sexual orientation, can be perpetrators of abuse too. Domestic abuse is the misuse of power and control over one person by another. It can take many different forms including:

- **Emotional**
- **Psychological**
- **Sexual**
- **Financial**
- **Physical**
- **Verbal**

Everyone has the power to do the right thing, change their abusive behaviour or make the call. If someone is in immediate danger call 999. If you don't want to reveal your identity and suspect domestic abuse, call the charity **Crimestoppers** on **0800 555 111** or complete our anonymous online form **[crimestoppers-uk.org](https://www.crimestoppers-uk.org)**.

If you think your behaviour is crossing the line into abuse call the **Respect Phonenumber** on **0808 8024 040**

If you are a female victim of domestic abuse call **Refuge's National Domestic Abuse Helpline** on **0808 2000 247**

If you are a male victim of domestic abuse call the **Men's Advice Line** on **0808 8010 327**

Alternatively you can call the **LGBT+ Domestic Abuse Helpline** on **0800 999 5428**

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.