

Safeguarding bulletin July 2024

Again, it has been a very busy fortnight in the world of safeguarding and well-being with some key articles and news updates. I have selected those that I feel will be of most benefit to you and that you may want to share with your child. As we approach the end of term, I will send another mailing with some important contact details, helplines and advice that parents/carers may want to dip into over the summer holidays.



Trolling is the act of making inflammatory comments or behaving in an abusive manner online to hurt the feelings of others or provoke a reaction from them 😡. It is estimated that in 2022, over a third (34%) of people in the UK who suffered online abuse were specifically victims of trolling. The repercussions of this type of online abuse can be severe, which is why it is imperative that parents and educators have the tools to mitigate the risk of harm to children and young people.

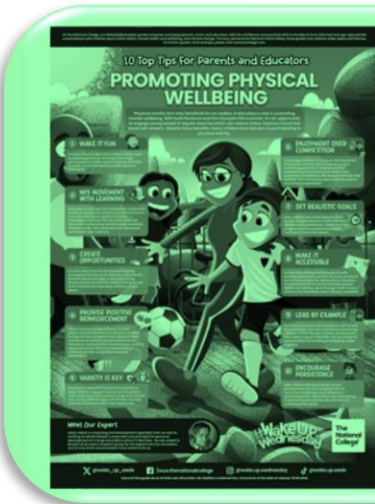
In this week's guide, we offer expert insight into the act of online trolling and provide advice on how to protect children and young people if they encounter it themselves, helping them minimise the impact of this hurtful behaviour.

These online guides will be attached to the safeguarding ..



A 2023 [report](#) from the Gambling Commission found that 40% of 11–to 17-year-olds had some experience of gambling in the preceding 12 months 🎰. That's a significant number of children and young people involved in an over 18s activity 🚫. Engagement and exposure to gambling can impact one's finances, mental health and wellbeing. It is crucial we are all aware of the risks and know how to protect and support our children.

It is quite challenging to protect our children against exposure to gambling at any time, but especially around major sport events like Euro 2024 🏆. This week's Wake up Wednesday guide tackles the most prominent risks that gambling poses to young people, and explains how best to protect against them.



A recent Sport England study found that less than half (47%) of children in the UK currently meet the Chief Medical Officers' guidelines of taking part in an average of 60 minutes or more of sport and physical activity a day 🏃. While this figure may see a rise during the Euros, taking this chance to get children and young people engaged in regular exercise could cement the increase in a more permanent way.

However, it can be tricky to know where to start, or how best to encourage young people to stay active – so, our Wake up Wednesday guide is here to offer some tips. This week, we're sharing expert advice on how to promote exercise and the importance of physical wellbeing for the younger generation.

Report - Social Media and Mental Health

There are a lot of concerns about the use of social media and its effects on mental health and wellbeing. Quite frankly the science is all over the place, there's no clear picture. But what is good to see is a study that asks young people for their opinions.

A Double-Edged Sword is a 2024 study from Hopelab looking at the benefits and risks shared by 1,274 young people aged 14-22. Some of the key findings are:

- Depressive symptoms among young people are down from pandemic highs, but still high.
- Many young people encounter negative attack on identity and body shaming comments on social media, as well as identity-affirming and body-positive comments.
- Social media is a double-edged sword for LGBTQ+ youth, offering both important opportunities for support, but greater exposure to harassment.

It's a very interesting report which you can download

[2024-double-edged-sword-hopelab-report_final-release-for-web-v2.pdf](#)

Dangers of AI articles that you may find interesting, but also potentially quite shocking – please follow these links for further information: [Child predators are using AI to create sexual images of their favorite 'stars': 'My body will never be mine again' | Artificial intelligence \(AI\) | The Guardian](#)

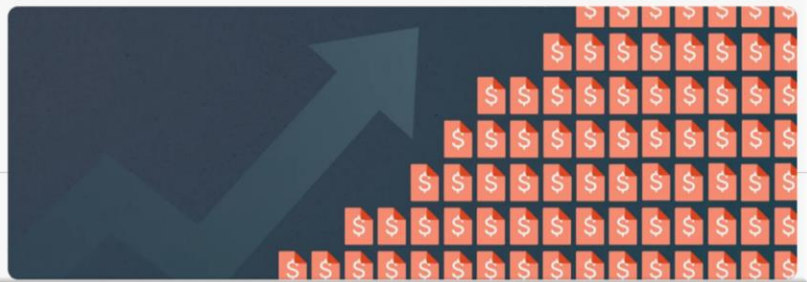
[Sextortion - May 2024 on Vimeo](#)

[Financial sextortion is on the rise. Here's what we know. \(thorn.org\)](#)

New Research from Thorn: Financial Sextortion on the Rise, Targeting Teen Boys

June 24, 2024 — 5 Minute Read

SHARE   



Kids, Puberty and Tech

When it comes to children growing up they face unique risks online, and when sexual exploration and technology mix this can be particularly difficult for parents, but those conversations between parents/carers and their children becomes so important.

Thorn have got some excellent information and conversation starters for parent of children of all ages as well as something I really like - some virtual flip-cards for parents of children aged 8-12.

You can find all the information [HERE](#). There are also some discussion guides about a range of issues, such as screen time and online monitoring, making friends online, consent and more. You can find these guides [HERE](#).

Snapchat Updated Safety Features

At the end of June Snapchat updated the app with further safety features, including updates to account blocking functionality and enhanced friending safeguards, e.g.:

- Block new friend requests sent from bad actors who were already blocked by the user, but sent from a different account from the same device.
- More frequent reminders about which friends they share their location with on Snap Maps.
- Further pop-up warnings if users add a friend who doesn't share mutual friends or is not a part of their contacts.

Further details can be found [HERE](#).

Young people in England lack access to youth clubs

[The Guardian](#)

Young people in England are lacking access to youth clubs, with 75% of 16- to 19-year-olds lacking ways to connect with youth workers, according to a study by the National Youth Agency. More than half of late-teens are specifically calling for more youth work that offers "fun". Youth groups are urging the next government to inject up to £1bn a year into services after the number of local authority-run youth centres in England fell from 917 to 427 between 2012 and 2023. Labour has pledged £100m a year for "young futures" hubs, while UK Youth is calling for a £1bn increase in funding.

Pupils happier at school - but teachers raise concerns over behaviour

[The Times](#)

Annual research conducted by exam board Pearson has found that more children are happy at school this year than last - with 58% of pupils enjoying school, up from 55% last year, while the proportion who are unhappy was down from 24% to 21%. More than three quarters said they felt accepted in school (77%), while 79% of primary pupils and 70% of secondary pupils felt they were supported to achieve their goals. Teachers, meanwhile, identified pupil behaviour as the issue of greatest concern, with seven in 10 citing behaviour as an issue, followed by pupils' mental health and wellbeing, the prevalence of special educational needs, and absence rates.

Parents campaign for tougher regulation on smartphones

The Observer

The *Observer* talks to Daisy Greenwell and Clare Fernyhough, founders of the Smartphone-Free Childhood campaign group, which is calling for "far tougher regulation" on tech companies, and aiming to provide support for parents who are anxious about their child's current, or impending, smartphone use. With the campaign beginning as a WhatsApp group for parents, Ms Fernyhough said, what "we started to find out" was that "everyone felt so lost". The growth of the group comes as more studies are raising concerns over the impact of smartphones on younger users, from sleep deprivation to loss of attention, and with growing numbers of children exposed to pornography, sexual harassment, or sextortion.

Thousands of crimes linked to TikTok

Sunday Express

The *Sunday Express* highlights new figures showing that almost 5,500 crimes connected to TikTok were reported to police forces across Britain last year - with the true figure expected to be much higher, as 15 police forces did not provide figures. Some cases were connected to schools, the paper notes, with "pupils bullied and teachers harassed via the social media platform", while other cases involved people being blackmailed over naked pictures, people secretly filmed, or threats of violence. Former government adviser John Carr said: "TikTok has made a lot of money off the back of crime and misery. It is shameful that it continues to do so. Under our new online safety laws they should be a top priority for the regulator."

TikTok Media Literacy Hub

Although I'm not a great fan of TikTok I have to give credit where it's due, they will often respond to public/govt. concerns quite quickly and will introduce new measures/features to enhance the experience within the app. Those measures and features are still not good enough, but they're much better than many other apps, particularly Snapchat.

Over the last few days they have launched a media literacy hub which allows users to recognise fake news and information, particularly in relation to the general election here in the UK. As we know, mis/disinformation is rife in the run-up to something this big and social apps are the news outlet of choice for many young people, so it's important they are guided to correctly critique and judge information that is trustworthy.

I'm really hoping this feature stays after the election and is widened, but in the meantime you can read more about the feature in The Independent [HERE](#).

X Formally Allows Adult Content

Over the years I've never found X (Twitter) to be hugely popular with children and young people, but some are using it.

X has always allowed adult content via their Terms and Conditions and over the last few days these T's and C's have been updated to formalise this. However, the update is mainly aimed at content creators, where X is requiring them to adjust media settings so that images and videos are behind a content warning. This means that users under 18 or users who don't put a birthdate in their profile will be unable to view the content.

It's a very minor step in the right direction and it definitely won't stop young people who want to look at this content, but it 'may' prevent some from accidentally viewing it.

Family Pairing – for popular Apps!

Only a minority of parents are aware that some apps allow family pairing which, depending on the app, can do a variety of things such as:

- Manage screen time.
- Apply restricted mode (content restrictions).
- Manage who children are talking to and what's being shared (including images).

Of the more popular apps, here are ones that allow family pairing along with a link which describes what family pairing is, the features available and how to set it up:

TikTok - [HERE](#).

Snapchat - [HERE](#)

YouTube - [HERE](#)

Instagram - [HERE](#)

New campaign warns children about dangers of sharing explicit images

BBC News

A new campaign has been established by the Internet Watch Foundation (IWF) to caution children about the dangers of sharing sexually explicit images and videos. The campaign, called Think Before You Share, aims to foster frank discussions between young people, parents, and teachers about the issue. The IWF collaborated with researchers at Anglia Ruskin University (ARU) to gather insights from young people about their experiences in the digital age. The campaign is backed by research from the International Policing and Public Protection Research Institute (IPPPRI) at ARU. The research found that the sharing and soliciting of nudes has become normalised among young people, with some engaging in a "football card collection culture" of nudes of their female peers. The IWF also offers a service called Report Remove to help young people stop the sharing of their imagery online and take action against threats of sexual extortion.

Headteacher launches mission to educate parents on online safety

Mirror.co.uk

The headteacher of Birchwood Community High - the school attended by Brianna Ghey - is on a mission to educate parents on how to keep children away from social media and monitor their behaviour online. Emma Mills believes that parental intervention could save lives and prevent violence. Mills plans to ban mobiles at her school and calls on parents to keep their children away from smartphones and social media until the age of 13. She also encourages parents to use apps to track online activity until their children turn 16. Mills' campaign has gained support from 44 schools in Warrington. She aims to extend the campaign nationally and hopes to get Public Health England on board.



Colchester Schools Newsletter

July 2024

This is
attached to
the
Safeguarding
email



SUMMER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
Book online at facefamilyadvice.co.uk

2 FREE SESSIONS Cannabis & Ketamine Awareness Supporting Kids with School Anxiety	30 JUL 26 SEP
Understanding Addictive Behaviour	11 JUL, 8 AUG, 5 SEP
Understanding the Teenage Brain	15 JUL
Raising Self-Esteem	16 JUL
Supporting a Child with ADHD	18 JUL, 15 AUG, 24 SEP
Anxiety Explained	25 JUL, 22 AUG
Understanding Anger	29 JUL, 26 AUG, 23 SEP
Introduction to OCD	6 AUG
Improving Family Communication	12 AUG
Autism: Improving Communication	8 JUL, 5 AUG, 2 SEP
What is ACT?	9 JUL, 3 SEP
Decreasing Depression	23 JUL
Supporting Healthy Sleep	20 AUG
Today's Teens & Today's Drugs	27 AUG

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Colchester Schools Newsletter

July 2024

Welcome to our schools Policing Update, where you can read information regarding how we police to keep young people safe and useful information to keep young people out of trouble.

KEEPING YOU AND YOUR PHONE SAFE



Getting a phone is really exciting. You can stay in touch with friends and find out more about the world.

As Police Officers it is our job to keep you safe. It's also our job to stop people who want to steal property like phones, cash, earphones and even expensive coats or trainers. You can help us do that by being careful where you use your phone and taking care of cash and other valuable items.

Here are 4 tips to keep you safe:

1. Keep your phone and valuables out of sight and in a safe place.
2. Take care when you take them out especially near bus stops and train stations.
3. Stay alert and remember earphones/headphones can distract you from being aware of someone approaching from behind you. Thieves can approach on mopeds, e-scooters and pedal cycles. Don't fight back, it's not worth the risk when a phone can be replaced.
4. Tell us if someone robs you or tries to. It's important you get help straight away by dialling 999 using a friend or trusted adult's phone rather than contacting police when you get home. This gives us the best chance to catch the suspects, recover stolen items and make sure you're safe.

YOU CAN HELP US PROTECT AND TRACK YOUR PHONE IF IT'S STOLEN! Here's 3 things you can do.

1. Your phone will have security features such as a passcode or fingerprint/ face ID. Make sure you use it to protect access to your phone.
2. Tracker apps can help locate your phone if it's lost or stolen. Ask a parent to show you how to set one up.
3. Record the phone's IMEI number in a separate place at home. Find this by typing in: *#06# You'll need to give this number to police if it's stolen.

If you don't want to talk to police and you have information about crime in your area you can contact Fearless online, without giving your name, at: www.fearless.org

And our last top tip is try to memorise or keep a note of a parent/carer's phone number in a separate place in case of emergency.

Get our weekly newsletter—Dispatch straight to your email click the link below to sign up.

[Essex Police \(govdelivery.com\)](http://Essex Police (govdelivery.com))



**IN AN EMERGENCY
ALWAYS CALL 999**

As the summer holidays approach we have teamed up with the Essex Rebels Basketball Team to provide some free basketball sessions across Colchester. We are already underway and would love to meet new faces over the summer. The sessions are aimed at giving you something to do, while teaching you some new skills.

Think you can beat some of our police officers in a game? Come along and give it try...

Get to know us in a relaxed environment and you can learn more about how we police and why we police how we do all while learning from some professional basketball players.

This year we will be holding a free to attend tournament which you can come along to and bring some friends for a fun packed event. Scan the QR code to find out more and register for the tournament.



BALLIN' WITH A BOBBY

PRIMARY SCHOOL AGES 4.30 - 5.30PM | SECONDARY SCHOOL AGES 5.30 - 6.30PM

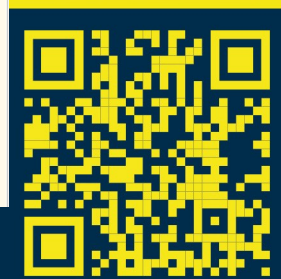
6 JUNE	(INDOOR) CANCELLED WOODS SCL, COLCHESTER	13 JUNE	(INDOOR) THRUSTABLE SCHOOL TIPTREE CO5 0EL
20 JUNE	(INDOOR) ST HELENA SCHOOL SHEPPIEN RD, COLCHESTER CO3 3LL	4 JULY	THE GLEBE WEST MERSEA CO5 8RS
11 JULY	KING GEORGE PLAYING FIELD WIVHEDGE CO7 9AB	18 JULY	MARTIN HUNT DRIVE LAKLANDS/STANWAY CO3 8BL
25 JULY	MAGNOLIA PLAYING FIELDS GREENSTEAD CO4 3LP	1 AUG	MONKWICK, SCHOOL ROAD COLCHESTER CO2 8NP
8 AUG	ROWHEDGE RECREATION GROUND ROWHEDGE CO6 7HR	15 AUG	OLD HEATH RECREATION GROUND COLCHESTER CO1 2ER
29 AUG	BALLIN' WITH A BOBBY TOURNAMENT COMING SOON!		



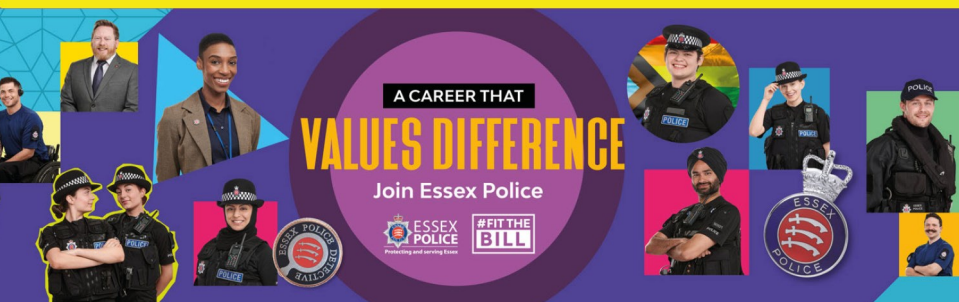

As I am sure you are all aware the European football championships are currently taking place in Germany. As a police force we see an increase in calls over these periods as many people go out to enjoy the football and sometimes behave irresponsibly. Our patrols during these times are to keep everybody safe and ensure no crimes are committed while people are out watching football, or in case they are in need of help.

We have put together our community policing team starting 11 which you can see here. These are all officers from our community policing team who will be out over the summer patrolling. If you see them, feel free to stop them and say hello and have a conversation with them. They will be happy to talk to you and listen to any concerns or worries you may have. If you have no concerns or worries, they just like talking to people so will have a good chat with you.

Remember, if you are doing something you should not be, it is our job to prevent and solve crime and keep people safe so do not be alarmed if we want to speak to you.



Digital 101 is available on the Essex Police website: essex.police.uk



A CAREER THAT
VALUES DIFFERENCE
Join Essex Police

ESSEX POLICE
Protecting and serving Essex

#FITTHEBILL

If you, or anyone you know, is interested in protecting and serving Essex, you can follow us on social media, or search **#FitTheBill**

What Parents & Educators Need to Know about GAMBLING

WHAT ARE THE RISKS?

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

MANIPULATIVE ADVERTISING

FREE BET!!

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

Advice for Parents & Educators

ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online; an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0808 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.

Ygam

#WakeUpWednesday

The National College

What Parents & Educators Need to Know about ONLINE TROLLING

The term "Trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such events.

WHAT ARE THE RISKS?

ESCALATION

Many trolls begin with silly, banal comments before moving on to a broader pattern of offensive messages and posts. They can also turn their attention very quickly to a new target if they grow bored with an existing one, which makes engaging with one fruitless at best – and potentially dangerous at worst.

HIDING BEHIND A SCREEN

Because trolls tend to use anonymous profiles, they enjoy a lack of accountability. This also means they'll often have multiple profiles, potentially switching between them regularly or posting across several of them at the same time, making a target feel as though there's no escape. After all, once you block one account, what's to stop them reappearing elsewhere?

24/7 CONTACT

The internet has given us the ability to remain in contact at any time, from almost anywhere in the world. A troll having the ability to reach you whenever they want can leave you feeling like their abuse is unavoidable. While they don't see you in real life, they can message you at any time, reach out to your peers online and even try to discover your personal information to scare you.

HATE SPEECH

Sadly, many trolls resort to spewing racial slurs, homophobic attacks and awful stereotypes, as these often stand the best chance of causing emotional harm. This can add a hefty degree of weight to their attacks, moving from what might charitably be described as "teasing" into a genuine hate crime. After Euro 2020, three England footballers were racially abused, resulting in several prison sentences.

IMPACT ON VICTIMS

It's not uncommon for the victims of trolls to shut down their accounts, disappear from public life, and try to stay out of the crosshairs for a time – with some even leaving social media forever. This can have a severe impact on children and young people's connections to friends and the world at large, and may not even actually stop the troll. The victims' families, for example, may have online profiles that trolls can still access.

NORMALISATION OF TROLLING

It is, regrettably, inevitable that some people will go too far in their criticisms or comments, both online and in the real world. This can lead to many people seeing trolls and their abuse as part and parcel of social media – an inherent risk of interacting with others online. This doesn't mean, however, that it should be considered "normal" or even tolerated.

Advice for Parents & Educators

USE PARENTAL CONTROLS

While social media platforms (where most trolling tends to happen) aren't always helpful when responding to abusive behaviour, parents can set up screen time limits, so children only get to use certain apps at certain times. There's always the potential for trolling to occur anyway – such as friends showing screenshots to one another – but this would minimise the likelihood of children seeing it.

DON'T ENGAGE WITH ABUSE

A well-known adage on social media is "don't feed the trolls". Fundamentally, if a child identifies a potential troll online, it's best not to engage with that individual directly. Instead, consider setting up a log to gather evidence for reporting them later on, including screenshots and quotes where possible.

ENCOURAGE EMPATHY

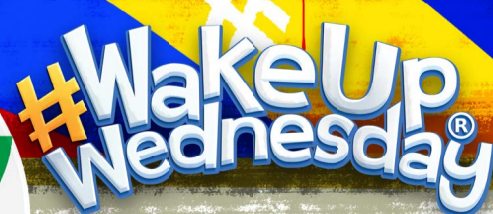
While every professional athlete aspires to maintain high standards, it's important to separate the player from the person. A player's performance doesn't make them worthy of abuse, and that can often be forgotten by younger children who simply see the colour of the shirt without considering the person wearing it. For all the rivalries between teams, it's essential children understand that players are still human beings, with families and lives outside of sport.

BLOCK AND REPORT

While anonymous accounts make it difficult to block trolls permanently – or even for very long – it's still good practice to help children learn to control who can engage with them online. It's not worth "feeding the trolls", and it's more helpful to block them, report them, and try to move on. Blocking and reporting is an anonymous process, too, so there'll be no indication of who specifically blew the whistle.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the gaming and tech industry for five years. A long-time fan of Arsenal, he's a parent who understands the importance of online safety. He's also a tech and fitness writer whose work has been published on sites including IGN, TechRadar and many more.



The National College

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN



Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING



Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT



Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY



Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS



Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE



Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE



Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College