Social media and online safety

Source: SWGfL

Date: 13 September 2022

South Western Grid for London (SWGfL) has launched a new podcast series on online safety and education. The first episode talks with a maths teacher, various professionals and young adults about social media use.

Listen to the podcast: SWGfL launch Interface - a new podcast series

See also on NSPCC Learning
> Social media and online safety

Child mental health

Source: BBC

Date: 20 September 2022

The BBC has released a new Panorama episode which focuses on the mental health of children and young people in the UK. The documentary explores the experiences of clinicians within the mental health service and young people living with mental health conditions.

Watch the documentary: Mental health: young lives in crisis
Visit the website: BBC iPlayer: Panorama

See also on NSPCC Learning
> Child mental health

Trauma and students

Source: ACAMH

Date: 09 September 2022

The Association for Child and Adolescent Mental Health (ACAMH) has published a blog with tips on identifying and supporting children in school who may be struggling with trauma. The blog talks through various signs and behaviours to look out for including physical symptoms. Suggestions for support include: having a clear set of behavioural expectations to help a child feel safe; and a classroom which reduces opportunities for sensory hypersensitivity.

Read the blog: How to spot and support students who have experienced trauma

Online safety

Source: The University of East Anglia (UEA)

Date: 30 September 2022

The University of East Anglia (UEA) has conducted research in England on how to help children ages 8-12 recognise, manage and recover from online harm. Findings include: awareness on how children develop digital resilience needs to happen at each social level, individual, home, community and societal; supportive home relationships helped children recover from an online harm experience; knowledge around online harm needs to be cohesive between levels if children are to build longer-term resilience; and there was a belief that intervention on a systematic level would impact digital resilience.

Read the article: Collective effort needed to help children thrive following exposure to online risks
Read the report: Using a socio-ecological framework to understand how 8–12-year-olds build and show digital resilience: A multi-perspective and multimethod qualitative study