

Your Wellbeing

What does Well-being mean?

Well-being is another name used to describe how we're feeling in different aspects of our lives.

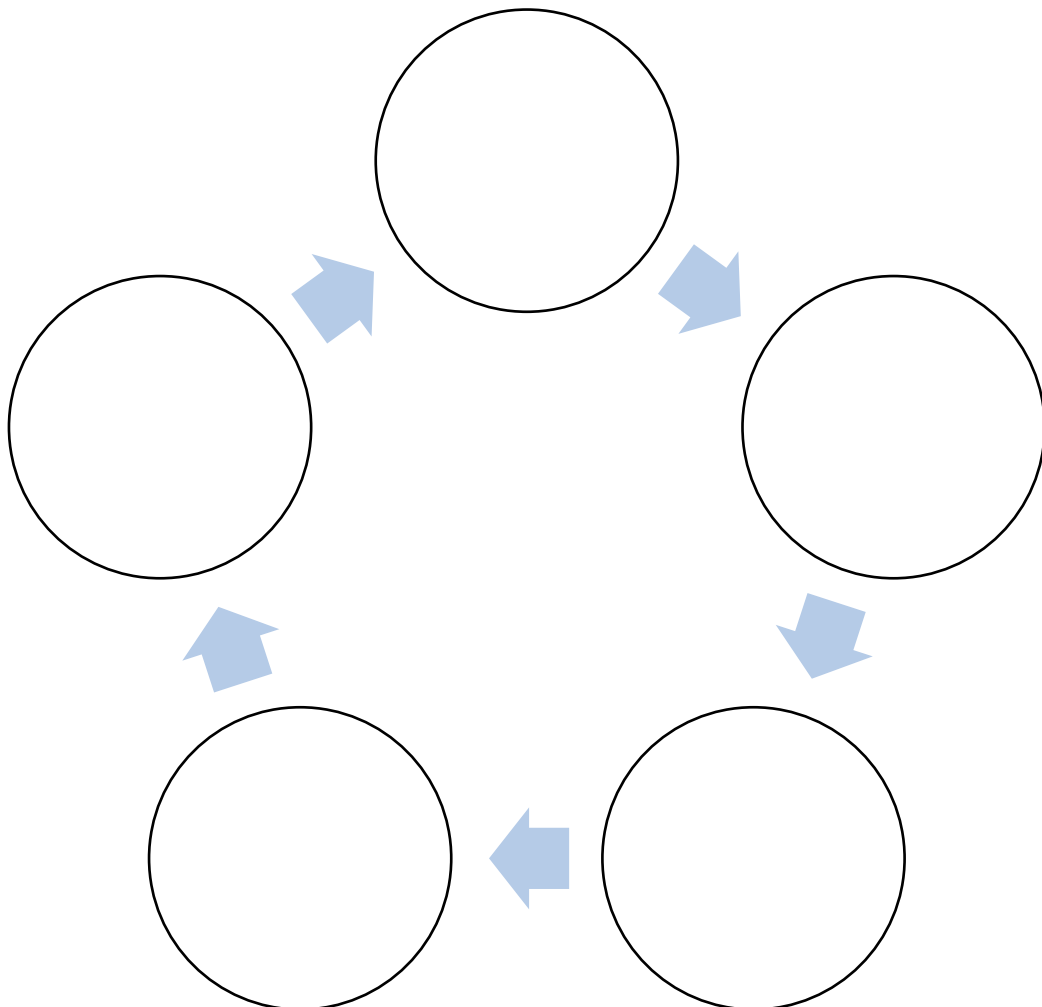
Well-being can be used to describe the different parts of you that make up the whole person and contribute to making you happy overall. These may include:

- 1) Your mental health
- 2) How you feel
- 3) How you think
- 4) Relationships
- 5) Your physical health



TASK = Fill in the five circles with words/ideas that you think are connected to each of the five types of well-being.

Send a picture of this back to your tutor on SMH



Staying Safe Online

TASK Pay close attention to this advice!!

There is a quiz for you to complete afterwards

- 1) Don't post any personal information online – like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself.
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords
- 5) Don't befriend people you don't know
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
- 7) Remember that not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online

Top 10 tips for mobile phone safety

- 1) Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. Talk to a trusted adult at home or at school.
- 2) Don't reply to any nasty messages you receive.
- 3) Don't reply to a text from someone you don't know.
- 4) Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
- 5) Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.
- 6) Block numbers from people who are sending you nasty messages.
- 7) Don't give your mobile number to someone you don't know.
- 8) Don't send pictures to someone you don't know.

9) If the problem is serious you can report it to the police, cyber mentors, or childline.

<http://www.thinkuknow.co.uk>

<http://www.childline.org.uk/talk/Pages/Talk.aspx>

Top tips if you're being bullied online

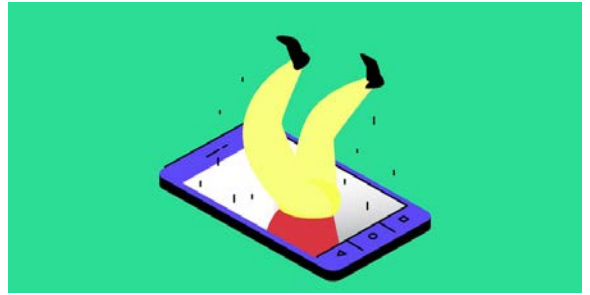
- 1) Tell an adult you trust if you are being cyberbullied
- 2) Don't respond or retaliate to bullying messages – it could make things worse
- 3) Block users who send you nasty messages
- 4) Save abusive emails or messages (or texts) you receive
- 5) Make a note of dates and times you receive bullying messages, as well as details you have of the user's ID and the url.
- 6) Don't pass on any cyberbullying videos or messages – this is cyberbullying
- 7) If you are bullied repeatedly, you can change your user ID, or profile, and use a name that doesn't give any information away about you
- 8) Visit [bullying.co.uk](http://www.bullying.co.uk) – this is a website where trained counsellors can support you if you are being bullied, either by chatting online or by calling their free helpline. You can also find some top tips on how to stay safe – <http://www.bullying.co.uk/>



The Internet and Us

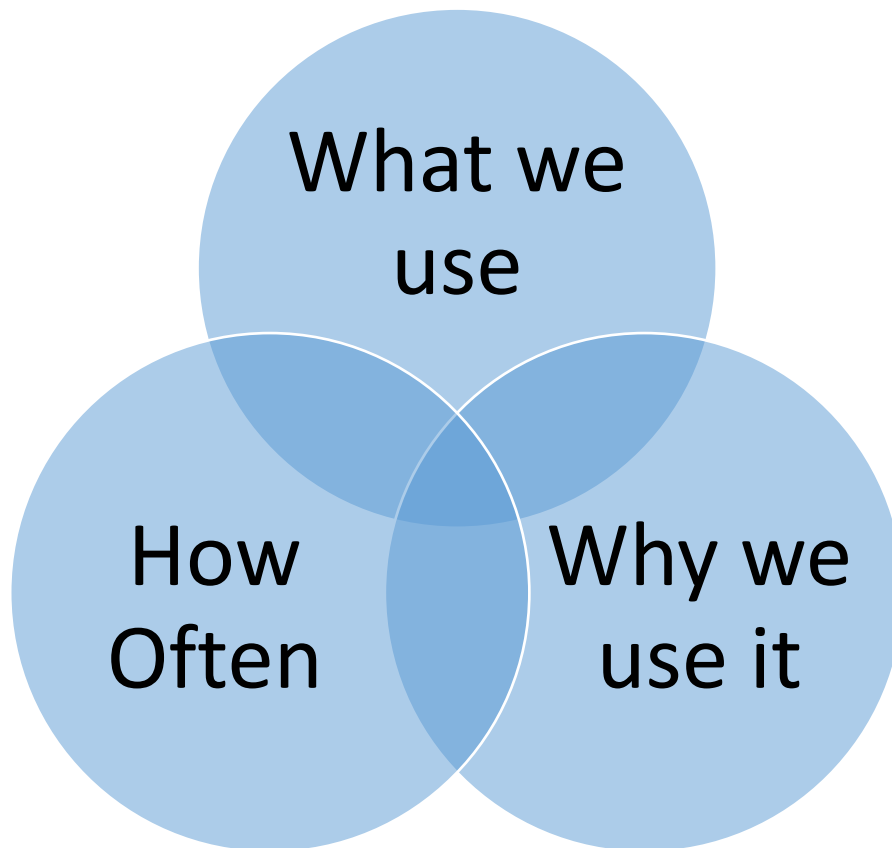


OR?



We now have a relationship with the internet that no other generation has had. Our use of Ipads, Phones and laptops has increased a lot since the lockdown started. It is crucial that we step back and evaluate how often we use the internet, what we use on it and why.

TASK - Please fill in the Venn diagram below with your own review of your internet use.



REVIEW - What could you change to improve your relationship with the internet?

-
-
-

MY SUMMER PLAN

You may wish to enlarge the calendar below and fill it in with ideas based on the 5 subheadings –planning how you are going to stay safe and well over the summer holidays

TASK Answer each of the 5 coloured sub-headings with your ideas and plans for well-being over the summer

Physical health - How are you going to keep fit and healthy? Thinking about exercise and what we eat.

Mental Health – Rest and Relaxation? Strategies with anxiety? Thinking about our online behaviour.

Relationships – Who am I keeping in touch with and how often? Family and Friends to see and hear from 😊

Thoughts – Communication and activities to help us process our thoughts each day.

Feelings – Ways you can express them and who with?

July 2020						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					