



Newsletter

Some days it may feel like there may be just too much to try and juggle into a day, but something we must not forget about is teaching our children important life skills.....

Primary



We all want to keep our children safe. You've probably already talked to them about things like crossing the road safely. But have you spoken to them about how to stay safe from sexual abuse? We know it's a conversation no parent wants to have, but we believe it can feel just as natural, and be just as easy, as the road safety chat. We call it talking PANTS. From P through to S, each letter gives an important message for children as young as four to help them stay safe.

That's why we want all parents to talk PANTS– because we know that talking regularly with children about these important messages really can help them stay safe.

There is a range of bilingual resources for parents, carers and SEN children, not forgetting the infectious 'Pantosaurus song'

[Click here](#)

Secondary

Teenagers....



First crushes, first kisses, first times... Figuring it all out can be rather confusing. From who to talk with, to what to expect, we're here to help one another.

Rise Above has some great resources aimed at teens ranging from love life, gaming, body talk, bullying, self care and more.

[Rise Above](#)

Welcome to Meic



Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you and will help by giving you information, useful advice and the support you need to make a change.

[Click here](#)

Looking after yourself



Sometimes it can feel like we don't have any control over what we think or how we feel. But by making simple changes to our lives, we can make a real difference to our mental health. Feeling good is worth investing in - and the best thing is that these simple tips won't cost you much time or money.

Youngminds has a range of resources for young people to help look after their mental and emotional health and includes useful information surrounding anxiety's around the coronavirus pandemic.

[Click here](#)

ASK BROOK... A GUIDE TO SEXUAL HEALTH & WELLBEING



Brook provides free resources which can be used to supplement relationship and sex education (RSE) lessons.

[Click here](#)



Sexual wellbeing

Your guide to happy, healthy sex, from masturbation to orgasms, and information about how to get help when things go wrong.

[Click here](#)



Sexual health

Good sexual health is important. Find out about safer sex, sexually transmitted infections and how to manage risks.

[Click here](#)

S.E.N.



Love Life: Resources for young people with learning disabilities

Helping young people explore topics such as emotions, relationships and identity

The NSPCC have produced films and supporting resources are aimed at young people aged 11 to 25 to help them learn strategies for staying safe as they grow up and gain independence.

They enable adults to start conversations with young people about:

- feelings
 - privacy and boundaries
 - friendship
 - different kinds of love
 - online safety.
 - [Click here](#)
-

Transgender

Mermaids



Over the years, we've seen many changes in the language and understanding surrounding gender issues but one thing remains the same: transgender children deserve the freedom and confidence to explore their gender identity wherever their journey takes them, free from fear, isolation and discrimination. Transgender and gender-variant children and teens need support and understanding, as well as the

freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.

[Click here](#)



At such a difficult and uncertain time, we know that education staff, parents and carers are facing unprecedented challenges.

However, it's at times like these that we can come together to help each other. That's why we're launching a series of home learning packs. Whether you're a teacher sending work home for your students, or a parent or carer looking for some activities for your child, these packs are for you. There's a primary, secondary and SEND version of each pack, complete with suggested activities and supporting materials to support your child's learning.

[Click here](#)

And finally.....

How to look after your family's mental health when you're stuck indoors



With schools closing and many adults working from home, families are going to be cooped up. It's easy to get cabin fever when children who are used to running around the playground and hanging out with friends are stuck indoors with their parents.

Here are our tips for keeping everyone's spirits up as much as possible as we self-isolate.

[Click here](#)