

THE KING'S (THE CATHEDRAL) SCHOOL PETERBOROUGH

Welcome from Helen Birch
Deputy Headteacher Pastoral



OUR CHILDREN AND EMOTIONAL WELLBEING

Vanessa Brown

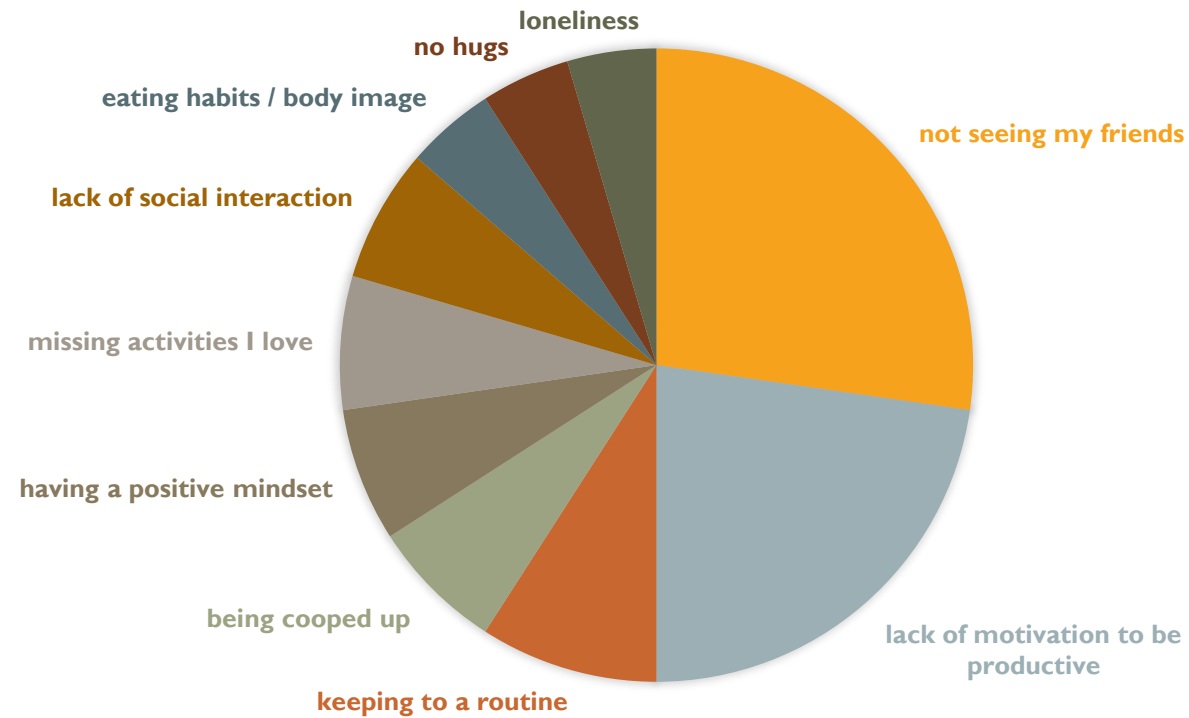
CONTENT

- This year and Covid-19
- What's it like to be young today
- Our 'tricky' brains
- Adolescent issues
- Positive Psychology – think yourself happy
- Social Media
- What our teenagers want from us
- Recipe for a happy home

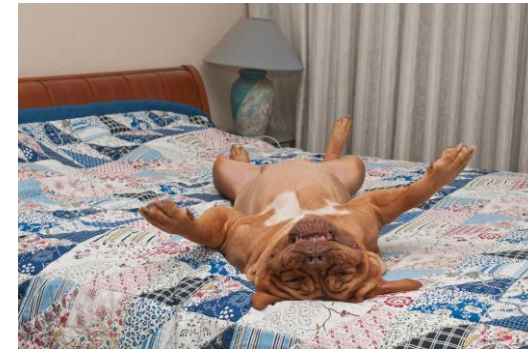




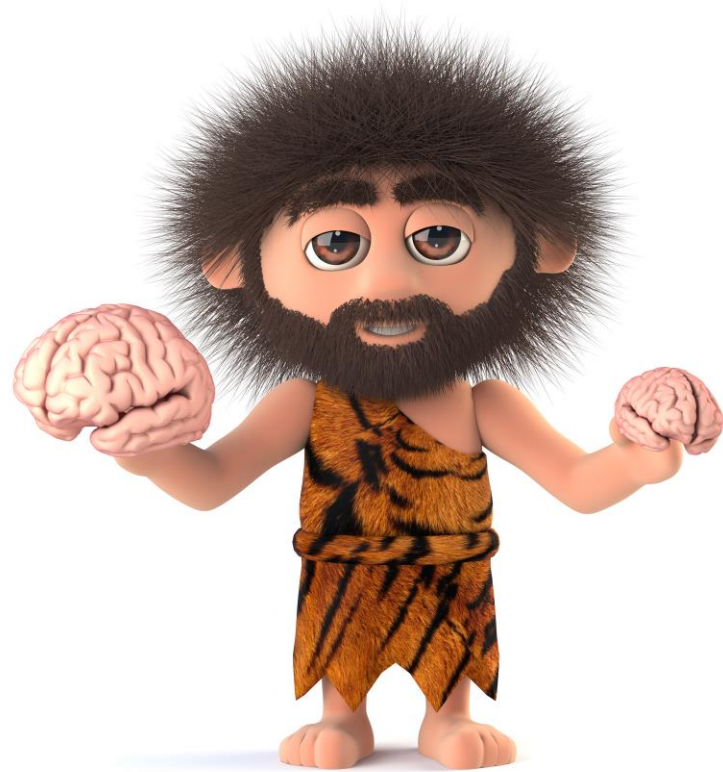
WHAT HAVE YOUNG PEOPLE STRUGGLED WITH THIS YEAR?



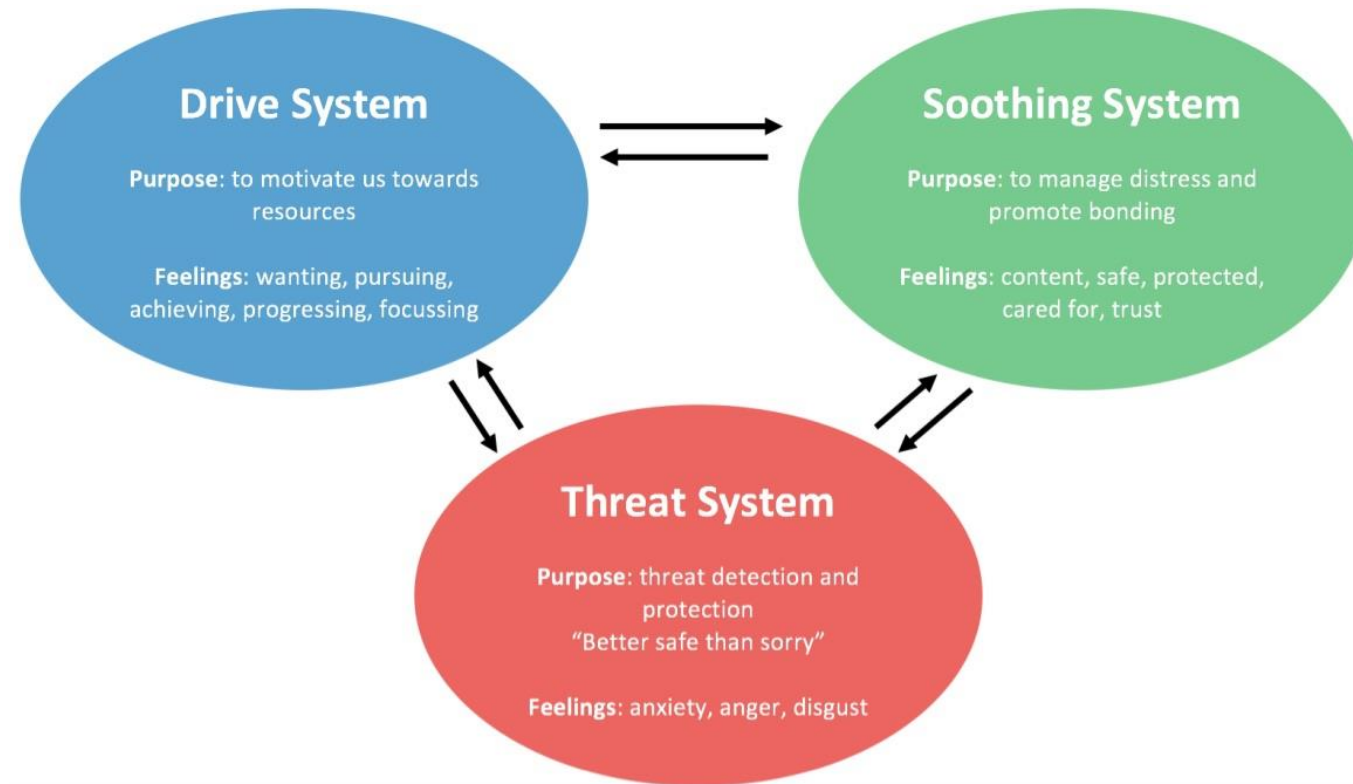
COVID



OUR TRICKY BRAINS



EMOTIONAL REGULATION SYSTEMS



ADOLESCENT ISSUES

Low mood and
depression

Extreme mood
swings

Eating Disorders

Uncertainty about
the future

Pressure and
stress

Anxiety, generalised
or specific

Self Harm

Effects of Social
Media

Unmanageable
emotions

Sexuality and Gender

Negative body
image

POSITIVE PSYCHOLOGY – PHYSIOTHERAPY FOR THE MIND



Compassionate
vs
Critical

Empathy – get
into my shoes

Acceptance – ‘love
me for who I am,
not for what you
want me to be’

Tolerance

WE **ALL** NEED TO DEVELOP.....



Emotional self-control

Cognitive self-regulation

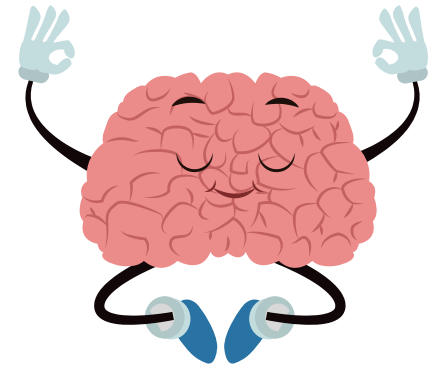
Social self-control

Living in the moment



THE GOOD NEWS: BRAIN NEUROPLASTICITY

- Breathing techniques and mindfulness
- Thought challenging – thoughts are **not** facts
- Stop the worrying
- Challenge your inner critic and develop self-compassion instead
- Treat yourself every day
- List your resources, talents, abilities on post it notes and put up all around your bedroom
- Laugh more
- Notice your 'shoulds, oughts and musts' – how do they make you feel?
- Three kind acts daily
- Keep perspective – 'this too will pass'
- Look after your body – healthy eating, sleep, exercise
- Filter your news feed
- Practise gratitude
- Spend time in nature



SOCIAL MEDIA - MAKE IT A POSITIVE FORCE

Spotify “Everyday Positivity” – excellent short episodes by Kate Cocker

Matt Haig on Instagram



Do a followers purge

Follow accounts that represent your identity and help you feel positive about yourself

WHAT DO OUR CHILDREN REALLY WANT FROM US?

1. Listen without interrupting
2. Make time to do nice things together
3. Take mental health seriously
4. Ask us how we genuinely feel, daily
5. Don't pressurise us to work, we're already stressed enough
6. Let us have our down time
7. Reassure us and help us put things into perspective
8. Allow us to feel safe to tell the truth if we've done something wrong



RECIPE FOR A HAPPY HOME

- Look after YOURSELF
- Keep communicating
- Validate their feelings
- Try not to judge
- Respond, don't React
- Give them time, be emotionally available
- Don't bear grudges
- Be aware that negative remarks have 3 times the impact of positive
- Maintain boundaries, but do try to be flexible



- Use the 'Random Gift' trick
- Help them have healthy sleep patterns, eat healthily, take enough exercise, and relax
- Forgive and accept
- Try not to always have the last word! Remember, you're the grown up, they're the child
- Keep perspective - they will soon be grown up and leave home!

HELPFUL WEBSITES

[Youngminds.org.uk](https://www.youngminds.org.uk)

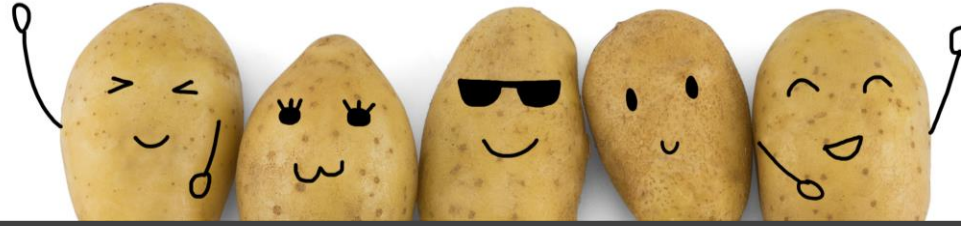
[Resilientrutland.co.uk](https://www.resilientrutland.co.uk)

[Familylives.org.uk](https://www.familylives.org.uk)

[Childline](https://www.childline.co.uk)

[NHS Every Mind Matters](https://www.nhs.uk/everymindmatters)

[The King's School website](https://www.kings-school.org)



A people place

If this is not a place where tears are understood

Where do I go to cry?

If this is not a place where my spirits can take wing,

Where do I go to fly?

If this is not a place where my questions can be asked,

Where do I go to seek?

If this is not a place where my feelings can be heard,

Where do I go to speak?

If this is not a place where you'll accept me as I am,

Where can I go to be?

If this is not a place where I can try to learn and grow,

Where can I be just me?

- William Crocker