Balancing Screentime

Whether it's sending something on Snapchat to keep a streak going as soon as you wake up, getting up to speed on news on Twitter or live streaming thoughts about your day on social media, it can be hard to keep away from screens. But how do you know when enough is enough?

It's important to be able to self-regulate your own screen time to stop it impacting your well-being. Here are some tips to help you have a healthy relationship with your screen!

1. **Prioritise key tasks over screens.** It can be tempting to multitask with a screen, but often it can become a distraction. To help strike a healthy balance it's important to set simple rules that you can follow like putting your phone on 'do not disturb' when doing important activities like homework or creating device free zones in the home.
2. **Stay engaged with family and friends – in real life!** Try making screens part of family time, like a movie or an online games night is one way to include others and build bonds with friends and family.

3. **Learn how to manage risks online.** Everyone faces risks when communicating and accessing online services. Trust your instinct and if someone – or something – looks too good to be true – it probably is! Be open and honest with family and friends and be open to advice. Remember that there are practical things you can do to deal with risks online, like blocking and reporting on the platforms.
4. **Think carefully about what you post and share with others online**. Maintain a positive online reputation that will serve you well later on in life when applying for a job or higher education.
5. **Self-regulate your screen time** – with support! All consoles and some social platforms have in-built settings that allow you to set alerts to tell you when you've reached a certain amount of time on the platform and gives you a summary of time spent to support digital wellbeing.

For more information, support and advice use Keep Children Safe Online: Information, advice, support - Internet Matters

For more information about support and advice with mental health and wellbeing scan the QR code

Swim Safe

If you got into trouble in the water, would you know what to do?

Around 140 people lose their lives at the UK and Irish coasts each year, and over half never even planned to enter the water. It's important you know what to do in an emergency so you can help without putting yourself in danger.

There are two simple skills you should know that could save a life:

- If you find yourself in difficulty in the water, **float to increase your chances of survival**.

- If you see someone else in trouble in the water, **call 999 or 112 and ask for the Coastguard**.

Float to Live

1. Tilt your head back, ears submerged.

2. Relax and try to breathe normally.

3. Move your hands to help you stay afloat.

4. It's OK if your legs sink, we all float differently.

5. Spread your arms and legs to improve stability.

Every summer, the RNLI and Swim England help thousands of children stay safe on the beach through free Swim Safe sessions.

How to book a free Swim Safe session

Swim Safe takes place every summer, from May to September, at selected coastal and inland locations across the UK. Book your free session at **swimsafe.org.uk**.
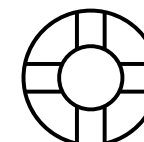
Mental Health and Wellbeing

Summer is a great opportunity to rest and recuperate but isolation, loss of structure and changes in sleep patterns can be bad news for your mental health. Add to this the lack of support from friends and teachers if something goes wrong, and it can be a worrying time! Here are some links for you to access if you need support over the summer:

https://www.livewellsouthend.com/children-young-people-families

https://www.nelft.nhs.uk/set-camhs

https://www.kooth.com/

https://www.youngminds.org.uk/parent

https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help

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