

The purpose of the THS Parent Forum newsletter is to share up to date and useful information with our parents / carers to help support them keep their children safe.

As a parent it is hard to keep up to date on what is going on for our children, especially online, so Parent forum hope to help take away some of the pressure by pointing parents/carers in the right direction.

Find us on Facebook or Twitter for more info.



## Vodafone digital parenting

The Vodafone digital parenting magazine offers insights and articles that aim to guide you and your family safely through its digital life.

We have limited hard copies available in school.



# A PARENT forum

## Information about us

**XenZone** is a provider of online mental health services for children, young people and adults. **Kooth**, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

For more information about XenZone, please visit [www.xenzone.com](http://www.xenzone.com).

If you're a parent looking for more information, please email [parents@xenzone.com](mailto:parents@xenzone.com)



The UK's leading mental health & wellbeing platform for children and young people.

young people friendly



## Talk about their online world

We talk to children about crossing the road, bullying and speaking to strangers. But what about staying safe in the digital world?

Having regular conversations about what your child is doing online – just like you would about their day at school – is the best way to keep them safe.

You'll be able to spot any problems, encourage them to come to you if they're worried and make sure they know what's ok to share online – and what's not.

You can find out more about the social networks, apps and games your child uses with our NetAware tool.

### 3 tips to help start the conversation

- 1 Explore sites and apps together and talk about any concerns.
- 2 Ask your child if they know how to stay safe online.
- 3 Talk about personal information and what to share online.

Get more advice about how to talk to your child to help them stay safe.

## NSPCC

Help for adults concerned about a child, call us on **0808 800 5000**

Help for children and young people, call Childline on **0800 1111**

We can also be found online at [www.nspcc.org.uk](http://www.nspcc.org.uk)



[facebook.com/nspcc](https://facebook.com/nspcc)



[twitter.com/NSPCC](https://twitter.com/NSPCC)



[www.carers.org/about-us/about-young-carers](http://www.carers.org/about-us/about-young-carers)

We have a number of students who have caring roles at home. If you think that your child is a young carer please email their tutor so we can ensure that this information is logged.

For targeted support please follow the link to the local Young Carers group UNITE.

[www.unite-carersinmiddevon.org.uk/](http://www.unite-carersinmiddevon.org.uk/)

On 10th October 2019  
we took part in **Mental Health Day**  
**#helloyellow**

## Tell the police

Emergency – 999

Not an emergency – 101

Email – 101@dc.police.uk

On the internet

[www.dc.police.uk/reportcrime](http://www.dc.police.uk/reportcrime)

Deaf / hearing or  
speech problems

Emergency

SMS / Text – 999

Not an emergency

SMS / Text – 67101

 #ZeroTolerance2Hate



Devon & Cornwall Police



## Being a young carer: your rights

You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you're a young carer, you probably look after one of your parents or care for a brother or sister.

You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around.

You may also give a lot of physical help to a brother or sister who's disabled or ill.

Along with doing things to help your brother or sister, you may be giving them and your parents emotional support too.



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## Wickr

Wickr is a communications app similar to WhatsApp. Users are able to communicate 1:1, in groups of up to 10 people and can share files, images and voice call.

All messages are end to end encrypted making the content shared secure. Other security features include a virtual 'shredder' where the app overwrites deleted content and an expiration timer can be set on messages to delete; this is a similar feature to snapchat.

The app can be used on several devices such as phones, tablets

and desktops making it easily accessible. The app does not link to contacts already stored on the device allowing users to have a separate contact list for this app.

The app is aimed at users aged 13 or over however there is no age verification in place. According to the developer website users discovered to be underage will be removed from the app.

Further information and frequently asked questions can be found on the website [www.wickr.com](http://www.wickr.com)

