

TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

① Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

② Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

③ Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

④ Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

⑤ Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

Place
2Be

1 Be curious about your emotions

You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journaling to help you make sense of what is going on inside of you.

2 What matters most

Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.

3 Feedback, feedback, feedback

Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots

4 Get creative expressing yourself

Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help [Here4You.co.uk](https://www.here4you.co.uk)





Star
Centre★

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

Our drop-in service is here for children & young people living in Sefton, who may be struggling or just want to speak with someone.

**Young Person's Mental Health Drop In
Mondays 4-6pm & Thursdays 3-5pm
@ The Star Centre
98b Linacre Lane, L20 6ES**



Top Tips for Parents and Carers: Keeping you and your loved ones safe online

This Safer Internet Day we are starting a conversation about how to spot, respond to and report all types of scams online. Scams can take many forms and may target anyone, including young people. Use these top tips to keep you and your loved ones safe online.

Enjoy going online together and talk regularly about your family's online lives

The internet is amazing and can help us all to access information and entertainment. Spend time online with your child to understand how they are using technology and talk together about the good and the bad parts of being online. Talk about your own experiences and find other opportunities to get the conversation started, like stories in the news. Make sure your child knows they can talk to you about anything that they see or experience online.

Take online security measures seriously

The internet can be a tool used by criminals to target their victims, but a few [simple steps](#) can help keep you and your accounts secure. Use [strong and separate passwords](#) for online accounts and [set up two step verification](#) (2SV) where it's available. You may also be able to [set parental controls](#) to prevent unwanted online purchases and limit children's access to harmful content.

Look out for warning signs that someone or something online cannot be trusted

"It just seems too good to be true!" – Other common signs of a scam include contact that you weren't expecting or being asked for money or personal information (think: bank or contact details, passwords, or phone numbers). Scammers use [other tactics](#) to manipulate their victims into paying, like playing with your emotions, or building a sense of urgency so you are rushed into making a decision. If you aren't sure it's reliable, don't risk it.

Remember that anyone can be a victim of a scam

Scammers are good at what they do and will target anyone. We all need to stay vigilant and support those who are most vulnerable including children and the elderly by helping them recognise what to look out for. If anyone in your family has been scammed, talk openly about it. There should be no shame in being victim to a scam and it's never your fault.

Know where to get help if something goes wrong

If you or someone you know has been the victim of a scam online, you're not on your own. Help is available and you are not to blame for what has happened. In England, Wales and Northern Ireland, you can report fraud and cyber crime online to [Action Fraud](#) or by telephoning 0300 123 2040. In Scotland, report to Police Scotland by calling 101. You may also be able to report via social media, if the scam has taken place there or to another relevant organisation, like your bank, if you think your account is at risk.

Remember, if you or anyone else is in immediate danger, call 999 immediately.

Top Tips for use Tips for Parents and Carers of 3-7 year olds

This Safer Internet Day we are starting a conversation about how to spot, respond to, and report all types of scams online. Scams can take many forms and could target anyone, including young people. Whilst your 3-7-year-old may not yet be ready to use the internet independently, use our top tips to start good online habits now that will help keep them safe in the future.

Enjoy going online together

Spending time online together with family is an important learning experience for the youngest internet users. Not only will you both enjoy the quality time together, but you can supervise their usage and guide them to make the safest choices.

Talk about their online experiences

Help give your child the language to explain what they're experiencing online by starting conversations about the internet and technology as early as possible. Talking regularly about what they love doing online, as well as any worries they may have, will help establish this habit and mean they're more likely to come to you for help as they get older.

Make use of settings, especially relating to online purchases

[Parental controls and other safety settings](#) can help protect your child from online harms, including scams. To avoid any nasty surprises on your bank statement, make sure in-app purchases or new downloads require a passcode, and don't set card details to autofill on devices your child has access to.

Explain that not everything online is true

If your child is too young to understand what fraud is, you can still lay the groundwork to help them stay safe online as they grow. Start simple and talk about the difference between real and make believe. Help them recognise that not everything online is true and that some things they see or hear could be stories, jokes or tricks.

Make sure they know they can always come to you

The most important thing for your child to know is that you are always there to support them, online and offline. Encourage them to talk to you if anything they experience makes them feel worried or upset, and show them they can trust you to stay calm, listen and help make things better.

What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and suchlike. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/fake-news-and-scams>

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Everyday Digital



Safer Internet Day 2025 – Tuesday 11 February

Digital skills to deal with scams



Online scams are a growing risk – which is why they're our focus for Safer Internet Day 2025. Fraud can happen in many spaces online, from messages and inboxes to games and social media. So, what can you do to keep your family better protected?



Watch

This short video outlines some simple everyday habits that can help protect you from scams.

Scan the code or [click here](#).



Spotting scams online: ask yourself...

- >>> **Do you trust it?** If a page, post or message doesn't look or sound right, think twice before clicking.
- >>> **Are you being rushed?** Get a second opinion if you feel you're being pressured into doing something.
- >>> **Have you checked your settings?** Make the most of security and privacy settings in devices and accounts.

The Everyday Digital programme from Parent Zone helps families build good habits to feel more confident online. Learn more at parentzone.org.uk/Everyday-Digital



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