

URSULINE HIGH SCHOOL Parent Workshop

Managing Personal relationships,
establishing boundaries,
supporting good choices
including social media



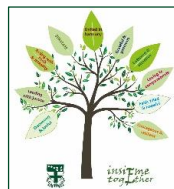
Managing relationships

On your white boards:

What do you think are the most important relationships to your daughter?

1. Family
2. Friends
3. Themselves
4. Romantic

“You just don’t understand, nobody understands me but my friends.”



Scenario 1

You have received a phone call from your daughters Head of Year stating that they have been using their school device to chat to people online. The HoY has concerns about the young persons friendships and reads you the below quote.

“omg she hates me but she knows that I hate her just as much. Listen she was the one that ruined my life”

What do you do?

What do you expect the school to do?

Scenario 2

Your daughter has told you that she is going to a friend's house in Wimbledon. But when you check on your 'find my friend' app, she is on south bank.



What do you do?

Scenario 3

You over hear your daughter and her friend talking about contraception.

What do you do?

Scenario 4

You have had a phone call from your daughter's math's teacher saying that she hasn't been doing her h/w.

You ask your daughter to see her planner and check her homework. She says she doesn't have any and that you don't trust her. She storms off and slams the bedroom door.

What do you do?

What do you expect the school to do?

Effects/Risks

Every family has arguments. Friends, couples, coaches, and teachers can get upset, frustrated, or have a bad day. We all go through difficult times when someone is stressed and angry. Punishments and discipline — like removing privileges, grounding, or being sent to your room — are common.

Yelling and anger can happen in lots of parent–teen relationships and in friendships — although it can feel pretty bad to have an argument with a parent or friend. But if punishments, arguments, or yelling go too far or last too long it can lead to stress and other serious problems.

Encouraging healthy relationships.

“It’s not my child—it’s those kids he hangs out with!”

Maybe that’s so, but the reason he hangs out with that group is that she’s similar to them. The parents of those other young people are probably saying the same thing about your child.

The old saying is true, birds of a feather do flock together. And that’s especially accurate in adolescence.

One of the main needs of a teenager’s development is to belong to a group and to be accepted. That’s why teenagers are always so worried about how they look and act. And once they find a mode of dress, a type of music and a group of young people who accept them, it’s very hard for parents to break through.

- You can be yourself around them
- You can have different opinions on something, and know that it’s okay.
- You trust each other when you’re not together.
- You aren’t pressured to do things you don’t want to do. (This definitely [includes sexual](#) things, but also other things, like going somewhere you don’t want to go, or wearing something you don’t want to wear.)

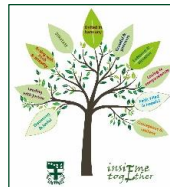
What can you say and do?

I don't like the way they behave. I don't like you hanging out with people who get in trouble, because you get in trouble with them."

"What are you trying to accomplish by letting people treat you this way? What are you getting out of that?"

"I'll let you go out if you show me that you're trustworthy."

There must be consequences for poor behaviour or not following instructions.



What can you say and do?

TALK REALISTICALLY ABOUT SEX

While it may be tempting to skip this conversation, it's in everyone's best interests to talk to your teen about [sex](#). Ask yourself whether you want your teen to hear this information from you or someone else

SET EXPECTATIONS AND BOUNDARIES

It is important to set expectations and boundaries you have now regarding your teen dating rather than defining them through confrontation later. Let your teen know any rules you may have, such as curfews, restrictions on who or how they date, who will pay for dates, and any other stipulations you might have. Give your teen an opportunity to contribute to the discussion, which can help [foster trust](#).

OFFER YOUR SUPPORT

Be sure to let your teen know you support him or her in the dating process. Tell your teen you can drop off or pick up him or her, lend a [compassionate](#) and supportive ear when necessary, or help acquire birth control if that fits with your parenting and personal philosophies. However you intend to support your teen, make sure he or she knows that you are available.

What can you say and do?

USE GENDER-INCLUSIVE LANGUAGE THAT REMAINS NEUTRAL TO SEXUAL ORIENTATION

When you open the discussion with your teen about relationships and sexuality, consider using [gender](#)-inclusive language that remains neutral to [sexual orientation](#). For example, you might say something like, “Are you interested in finding a boyfriend or girlfriend?” rather than automatically assuming your teen has a preference for the opposite sex. Deliver this language with genuine openness and love.

By opening up the possibility of being attracted to both genders right away, you will not only make it easier for your teen to be open with you about his or her sexual orientation, but you’ll likely make your teen feel more comfortable with his or her [identity](#), regardless of who your teen chooses to date.

BE RESPECTFUL

Most importantly, be respectful when talking to your teen about dating and relationships. If you communicate with your teen in a gentle, nonobtrusive manner that respects his or her individuality, opinions, and beliefs, then your teen will be much more likely to do the same for you. This helps to create a healthy and open line of communication between you and your child and ultimately could improve your teen’s [self-esteem](#).

Do you recognize these apps and txt language?

GNOC

Getting naked on camera

IPN

I'm posting naked

CBB

Can't be bothered-

ASLP

Age, sex, location, please-

182

I hate you

WDYM

What do you mean

LMIRL

Lets meet in real life

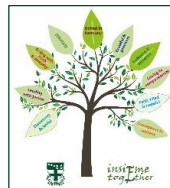
CICYH

Can I copy your homework-

TAW

Teacher aware

PIN



Dangers Online

- Risk of coercion
- Pictures, comments etc can be passed on without permission.
- Access to people they do not know easily
- Not easy for young people to recognise a 'stranger' online
- Easy to inadvertently share personal info

What Can We Do?

- Limit the time spent on electronic devices and remove them in the evenings/night. – Do you know how to track screen time?
 - Iphone- settings-screen time
 - Huawei- settings-digital balance- screen time
 - Samsung- settings-device care- battery
- Know what she is doing online – open space at home for access
- Know logins and passwords- if you pay the bill- you own the phone- you are responsible for it use.
- School monitoring of devices – even at home (e-forensics)

Where Can I Get Practical Advice?

- www.childnet.com
- www.saferinternet.org.uk
- <https://www.tigermobiles.com/2015/05/how-to-protect-your-children-on-their-smartphone/>
- <https://www.internetmatters.org/>
- www.common sensemedia.org



Digital Footprints



Live My Digital for parents: Digital Footprint

1,982 views • Jul 1, 2016

3 0 SHARE SAVE ...

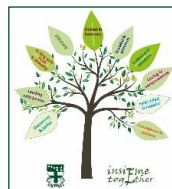
Digital Footprints – Impact on universities and Employers

What is a digital footprint and why is it important?

A digital footprint is your online identity and individuality and is what makes you unique.

It builds the online reputation, or impression depending on the things you do online.

It is important to be aware of it because anything posted online is permanent and stays there forever regardless of being deleted.



Impact on universities and Employers

MANAGE YOUR DIGITAL FOOTPRINT

The information that Google reveals is what you, and what others, have shared about you on public online platforms. Knowing what you've got out there is the first step to shaping your personal brand moving forward.

92%

of companies use social media for recruiting.

3 of 4

hiring managers and recruiters check candidates social profiles, even if they aren't provided.

1 of 3

employers rejected candidates based on something they found on social profiles.

Impact on universities and Employers

Top tips about what children should think about when posting online

- Talk to your children about what they are posting online and why it can have an impact
- Let them know what is and what is not acceptable to post
- Explain the dangers and the legal implication of posting content that are sexualised, inappropriate or controversial
- Ensure that they know the dangers of posting content and personal details including pictures.
- Let them know not to divulge any personal details such as name, address or contact details to anyone online and check to see if they have their location services turned on
- Let them know that you are there for them if they want to discuss or run things past you before posting or afterwards

with thanks to Family Lives

Off The Record Merton



Merton

Clinical Commissioning Group

Free and friendly services for young people, aged 11-25, who live in Merton (or are registered with a Merton GP).

- Face-to-face counselling(11-25 years)
- Online counselling(14-25 years)
- Walk-in counselling (no appointment needed) (14+ years)
 - Wed 3:30-5:30 Vestry Hall, 336 London Road, Mitcham
- Outreach support offer in schools and community locations
- Parent workshop (self-harm)

TALK TO US



Self-referral- (if they are under 13 years old they will need consent of a parent/carer)

Professional referral- The young person can or a referral can be made by a professional i.e. school, GP, Child and Adolescent Mental Health Service

www.talkofftherecord.org





Kooth



Kooth gives Young People under the age of 20 **fast, free and anonymous access to professional counsellors** with safe online support **365 days a year**.

- Online counselling and emotional well-being platform for children and young people aged 11-18
 - Counselling takes the form of an assessment session and then up to 5 follow up sessions of up to 1hr long.
- Accessible through mobile, tablet and desktop and free at the point of use (**it is not an app**).

www.kooth.com

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

On Kooth you can



Chat to our friendly counsellors



Read articles written by young people



Get support from the Kooth community



Write in a daily journal

It is NOT a crisis support page. If in crisis, you should access support via A&E/Samartians.

REMINDER: If accessed through the **school tablet** what is written is **NOT confidential** as school monitors the tablets 24/7. Any safeguarding concerns will be brought to schools' attention and parents informed.



A few Dos and Don'ts just for parents!

Do listen and communicate with your teen

Kids don't confide in their parents as much as they get older, so when kids *do* feel like talking, really make an effort to be available and listen.

Don't look squeamish

You (and your teen) might feel awkward talking about romantic relationships, but do your best to look comfortable during [any talks](#). If you look too worried or negative they will be less likely to come to you if they want to talk.

Don't recreate *Romeo and Juliet*

Try to be supportive of your daughter's romantic choices unless you truly need to speak out. Remember that teens can be extremely emotional and defensive — especially in response to parental criticism. You don't want to drive them away from you (and further into the relationship you're questioning) by being too judgmental.

“I want them to trust me”

“I just want a normal conversation”

“if they would just listen”

“I have no issues with my parents, we get on really well and I love them”