



# Acle Academy Wellbeing Workshop

## *Introduction:*

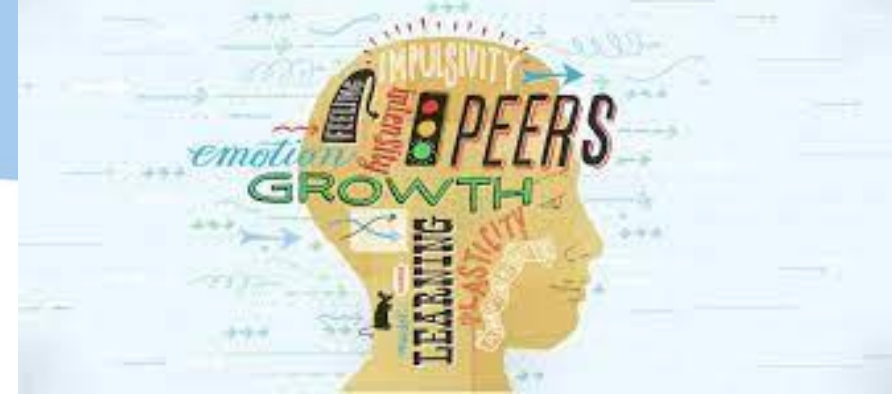
We are part of...

**WENSUM**TRUST

FOR CHILDREN, FAMILIES AND COMMUNITIES

- **The Teenage Brain: Hall, Miss Frary (All)**
- **Online Safety, R20, Miss Perkins**
- **Body Image, R24, Miss Jarvis**
- **The Typical Adolescent, R22, Miss John**
- **School Stress, R23, Mrs Kinnarney**
- **Healthy Routines, Music room, Mrs Bryant**

- Each session will be 15 minutes long and you can choose which sessions you want to attend
- After 15 minutes you will hear a buzzer and then change to the next session
- If you want to miss a session because you have some questions, myself and Mrs Kinarney will be on hand in the hall / reception area to field these
- Please do help yourself to teas and coffees as well!



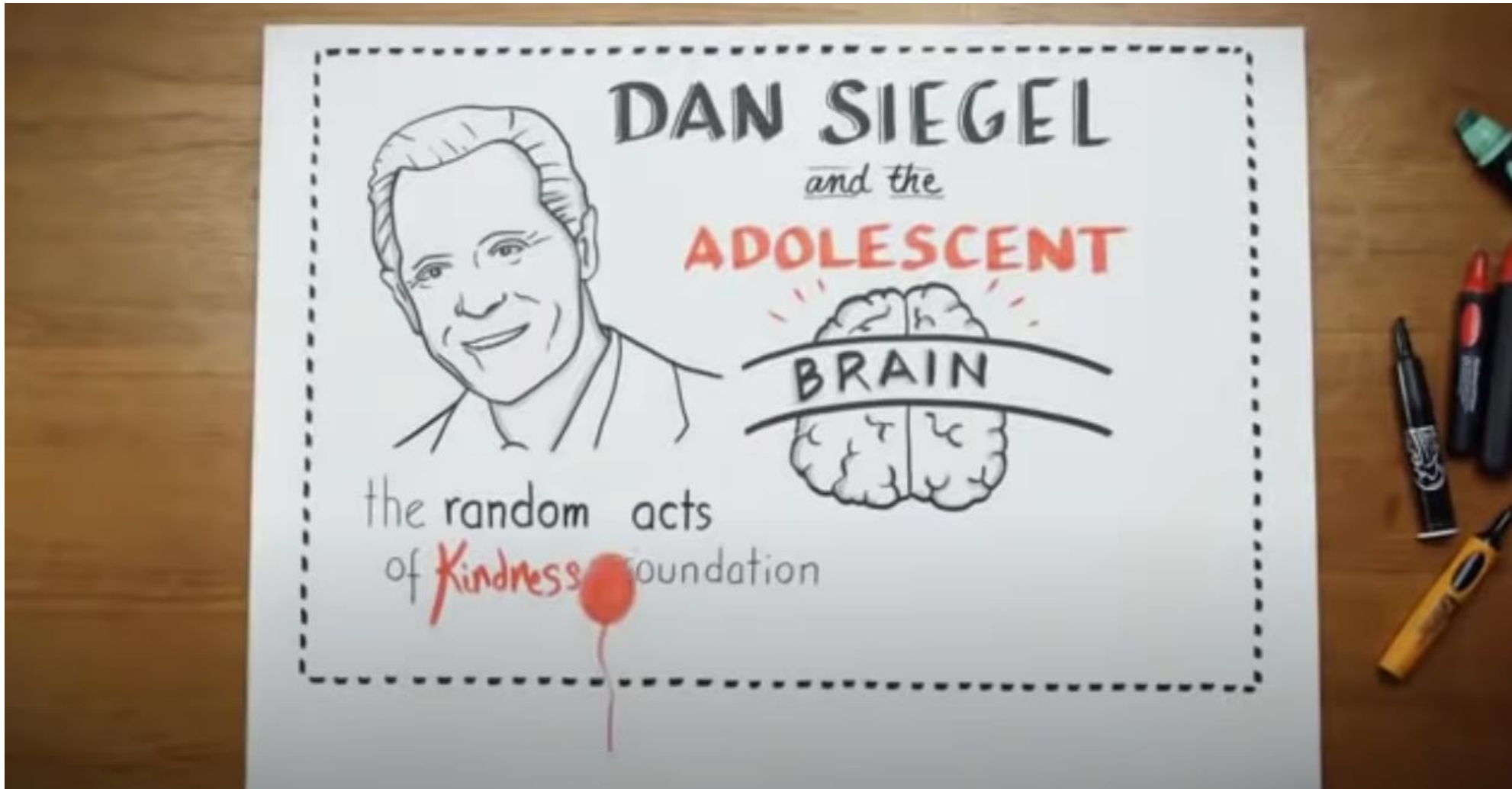
# Acle Academy Wellbeing Workshop

*The Teenage Brain:*

We are part of...



FOR CHILDREN, FAMILIES AND COMMUNITIES





1. Accept that the teen brain just isn't ready to make certain choices and decisions. It's like teaching physics to a reception aged child. It's not that they're stupid. They just won't get it.
1. Let them make mistakes (as long as they aren't dangerous mistakes) and don't solve their problems for them. Mistakes are a good teacher. Let your teen get burned a little bit. If they don't study for a test or don't hand in homework, they'll learn from the consequences.
1. Understand that peers are their point of reference. At 15, it's not that teens are trying to make a bad choice, they just don't see it that way. They see their friends doing something and think, "Well, my friends did it and they were okay." Eventually, they'll mature and realize it was a bad plan, but they're not there yet.
1. Be their soft and safe place to land when they fall. Encourage your teen to talk to you. When they don't talk, it's typically because they are afraid of getting judged. They think, "They're going to be mad at me or ground me." This doesn't mean that teens shouldn't face consequences, but they need to hear that they are loved and cared about.





## Surviving the teenage brain:

5. Talk less, listen more. Follow the old saying, "You have two ears and one mouth." Use that as a guide in communicating with your teen. Instead of saying, "What were you thinking?" ask "What happened? Tell me about this." Ask open-ended questions. Then, let them talk.
6. Don't tie love and approval to performance. Some kids think, "My parents are happy when I succeed at football, or when I get good grades." Or, "My parents get mad when I get caught drinking." Teens need to know that they are loved and valued regardless of grades, athletic prowess or poor choices.
7. Get to know their friends and find out what's going on in their friends' lives. It will give you a sense of what your teen is up to. It would be unusual to be part of a peer group and not be engaged in the same activities.
8. Take good care of your teen's brain, and make sure they do too. Here are a few things to keep in mind:
  1. [Concussions](#) are a special concern at this age, particularly if your teen is involved in sports. Don't be fooled by your kid's size or strength. Concussions can cause long-term damage to the still-developing adolescent brain.
  2. Alcohol and drugs may have profound effects on the still-developing teen brain, according to the National Institute of Alcohol Abuse and Alcoholism.
  3. A healthy diet, exercise, and a good night's sleep also contribute to the well-being of the brain.

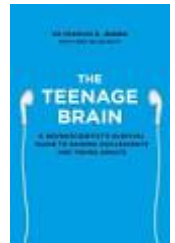
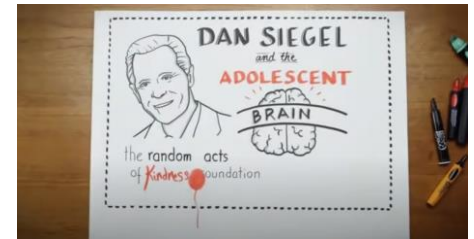


**Dr Dan Siegal:** *Hand model of the brain:* <https://www.youtube.com/watch?v=gm9CIJ74Oxw>

**Dr Dan Siegal:** *The Adolescent Brain:* <https://www.youtube.com/watch?v=0O1u5OE5eY>

**Amy Ellis Nutt and Frances E. Jensen:** *The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults*

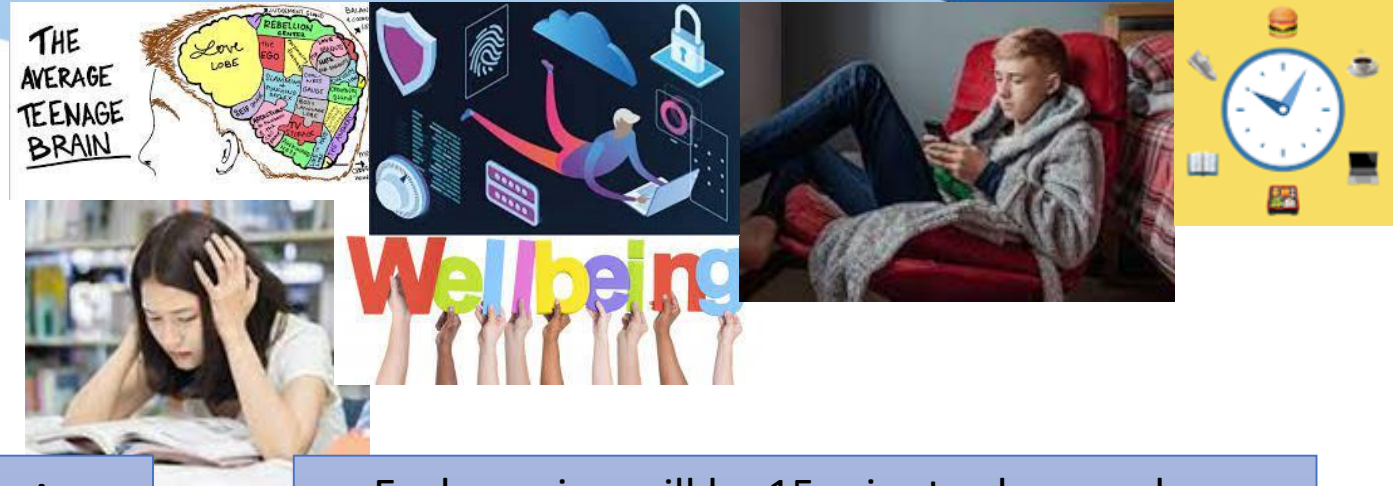
**Paul Dix:** *When the Parents Change, Everything Changes: Seismic Shifts in Children's Behaviour*



## Sessions:

This evening we will cover the following topics in different classrooms:

- **The Teenage Brain: Hall, Miss Frary (All)**
- **Online Safety, R20, Miss Perkins**
- **Body Image, R24, Miss Jarvis**
- **The Typical Adolescent, R22, Miss John**
- **School Stress, R23, Mrs Kinnarney**
- **Healthy Routines, Music room, Mrs Bryant**



- Each session will be 15 minutes long and you can choose which sessions you want to attend
- After 15 minutes you will hear a buzzer and then change to the next session
- If you want to miss a session because you have some questions, myself and Mrs Kinnarney will be on hand in the hall / reception area to field these
- Please do help yourself to teas and coffees as well!



# BODY IMAGE

by Miss Jarvis - Head of Year 9

## What do we mean by body image?

- *Body image is how we think and feel about ourselves physically, and how we believe other people see us.*
- I will be concentrating on teenagers for this presentation. This is a complex and complicated time for our students as their bodies are constantly changing shape, height and weight; They are physically experiencing puberty, growth spurts and huge changes in hormone levels, as well as desperately trying to fit in with their peers, and do well in school! We recognise it's a tough time!
- One survey of 11–16-year-olds in the UK by Be Real found that:  
79% said how they look is important to them  
and  
52% often worry about how they look.

## Why are there problems with body image?

### SOCIAL MEDIA and THE MEDIA

One common contributor to poor body image is pressure to live up to an 'ideal' or 'perfect' body type or appearance. We may experience shame or other uncomfortable emotions when we perceive ourselves as not meeting this standard. The internalisation of this ideal has been linked to body dissatisfaction, disordered eating, and depressive symptoms in children and young people.



- We all prefer to choose nice photo's of ourselves to post onto our social media accounts, but our children are exposed to hundreds of photo's each day, reinforcing how they should look and what they should wear. The constant barrage of mainly **unobtainable and enhanced** images adds pressure on our teenagers much of which they are not equipped to manage.

## PEER PRESSURE:

- As children grow older, their peers begin to play more of a role in reinforcing what an ideal body looks like. This starts earlier than we might like to think (age 3 to 4). In a survey conducted by the Mental Health Foundation, 40% of 11-15yr olds (37% of boys and 42% of girls) agreed that things their friends said caused them to worry about their body image. Another survey found that 68% of boys cited friends as a source of pressure to look good, whilst 46% of girls reported that their body image causes them to worry 'often' or 'always'.





So we know that there are pressures about body image, but what can you do to help your child?



# Acle Academy



- **TALK** to your son/daughter and encourage them to focus on what they like about themselves and what they can do – not just how they look. Help them to see all their good points and the things you like about them – these can be simple things, like being good at something, being a caring friend or making people laugh. Make a positive mind map with them to refer to when they feel low in future.
- **LISTEN** to their concerns about their appearance, body size and shape. Puberty can be a worrying time. Reassure them that their physical changes are normal and that everyone develops at different times and rates. Be sympathetic and understanding to how they are feeling rather than dismissive.
- **DON'T** make negative or positive comments about their weight, body shape or appearance, or judge them for how they are feeling. Concentrate on reassurance that you are there for them.

We are part of...

Help! I've listened to my child and I am even more worried now.....

- Occasionally if a young person is battling with a very poor body image, then you may have noticed that they are becoming obsessed with their weight, are eating less, have become withdrawn or are always worried about how they look before they leave the house, or they may not even be willing to leave the house at all. If this is the case, they could be suffering with Body Dysmorphic Disorder (BDD). When feelings become unhealthy and start to impact the day to day life of your child, professional help should be sought:

## AVAILABLE HELP:

- **Just One Number** 0300 300 0123 to discuss any health, development or well being concerns of your child. They will triage the concern and find the best help available.
- Make a **GP** appointment - they will be able to advise/support/refer your child.
- **Young Minds** – have an excellent website which includes a comprehensive guide about body image.
- Please talk to **school**. Let us know what is worrying you so we can support your child when they are with us. Please contact their Head of Year in the first instance.

And I said to my body,  
softly, "I want to be  
your friend.  
It took a long breath  
and replied, "I've been  
waiting my whole life  
for this."

– Nayyirah Waheed

@livesimplynatural



Thank you for coming to this presentation, are there any questions?

# Acle Academy Wellbeing Workshop

## Healthy Routines

- Healthy Eating Habits
- Healthy Exercise Habits
- Healthy Sleeping Habits
- Healthy School Routines

- Unhealthy Habits
- Support / Resources to help

# Healthy Eating Habits

<https://www.justonenorfolk.nhs.uk/healthy-lifestyles/eat-better/eating-habits-and-portion-size/>

# Healthy Exercise Habits

<https://www.justonenorfolk.nhs.uk/healthy-lifestyles/move-more/activity-for-older-children/>



# Healthy Sleeping Habits

# SLEEP IS JUST AS IMPORTANT AS NUTRITION AND EXERCISE WHEN IT COMES TO IMPROVING YOUR HEALTH

- ✓ Improved memory
  - ✓ Clear thinking
  - ✓ Reduce aches & pains
  - ✓ Live Longer
  - ✓ Maintain weight
  - ✓ Concentration
  - ✓ Better mood
  - ✓ More attractive!
  - ✓ Decision making skills
  - ✓ Perform better
- ✓ Strong immunity



# How much sleep does a teenager need?

Age group	Recommended hours sleep	Not Recommended
6 – 13 year olds	9 – 11 hours	Less than 7 hours More than 12 hours
14-17 year olds	8 – 10 hours	Less than 7 hours More than 11 hours
18-25 year olds	7 – 9 hours	Less than 7 hours More than 11 hours

# TASK: Plan your own evening routine / sleep action plan to get a better night sleep...





# Healthy School Routines

Home Learning / Regular Attendance / Enrichment opportunities

<https://www.justonenorfolk.nhs.uk/school-life/resources-for-families/school-attendance/>

# Unhealthy Habits

Energy Drinks / Vaping / Scrolling on mobile phones

# Where Can You Get Support

## Just One Number

0300 300 0123

(5-19 Healthy Child Programme)

## Solihull Online Parenting Courses

Modules include sleep hygiene

**CADS** (Childrens Advice & Duty Service)

03448 008021

# Online Safety Parent Workshop

What we will cover:

- The apps young people are using and risks of these.
- 'Red flags'.
- Where to go for help and advice if you have a problem.
- How social media can be great!



# What are young people doing online?

13

Snapchat

13

Instagram

13

Facebook

16

Whatsapp

13

Chat Avenue

13

TikTok

12

Fortnite



Calculator Lock

13

YouTube

10

Minecraft

13

Kik



Roblox

17

Say Hi

17

Discord

18

Grindr

17

Chat Alternative

10

Among Us



**Age  
Inappropriate**

**Sharing  
Images**

**Public Profile**

## **Red Flags.**

**Lots of Friends  
/ Followers**

**Fake Profiles**

**Group Chat**

# Help and Advice

- Talk to your school's **Designated Safeguarding Lead (DSL) – All Heads of Year, Mrs. Bryant, Ms. Frary, Mrs. Watts, Mr. Sayce, Mrs. Skarin, Mr. Newstead**
- Ring **101** for advice from the police, or **999** if it is an emergency
- Just One Norfolk – [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk) – Advice for parents about online safety.
- Think U Know – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – resources for parents and professionals about online issues.
- CEOP – [www.ceop.police.uk](http://www.ceop.police.uk) - Can be used to report online abuse.
- [chathealth.nhs.uk](http://chathealth.nhs.uk) – Online chat service that anyone can use to get advice from health professionals about a range of issues.
- [Kooth.com](http://Kooth.com) – Similar to Chat Health but is an advice service for young people
- [Nationalonlinesafety.com](http://Nationalonlinesafety.com) and [net-aware.org.uk](http://net-aware.org.uk) – Really useful websites (mobile app also available for N.O.S) with information about the apps/games young people use and how to make their online experience as safe as possible.
- [Internetmatters.org](http://Internetmatters.org) – For advice about setting parental controls.
- [getsafeonline.org](http://getsafeonline.org) also provides important information and advice on where people can get further help and information such as the [nationalbullyinghelpline.co.uk](http://nationalbullyinghelpline.co.uk)
- Harmful content can be reported to

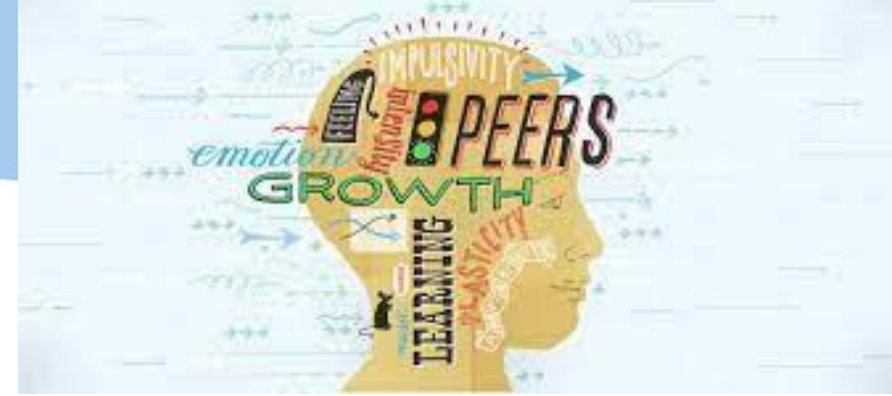
# Social Media can be a wonderful thing...

- There are so many people on Instagram, YouTube etc...who can be great role models for your children!
- For example, there are lots of people who:
  - *Promote body positivity*
  - *Provide tips and support with mental health issues*
  - *Talk through their experiences on bullying and how to deal with it*
- If you have identified that your child is struggling with something in particular it could be helpful to sit with them and find some positive people for them to follow on social media to help support them

# Thank you for listening.

## Any questions?





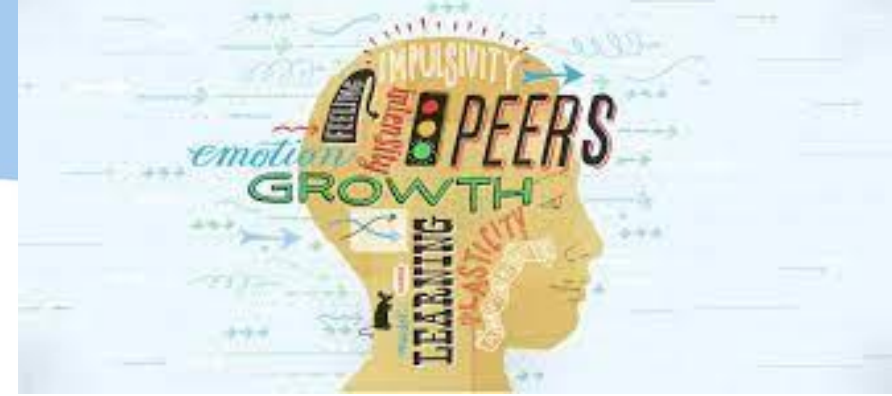
# Acle Academy Wellbeing Workshop

## ***School Stress:***



## How can we reduce stress:

- 1.School Stresses come in many shapes and sizes. Recognising them is a good start.
- 1.Being unprepared for a day of tests, forgetting your PE kit or losing your timetable as soon as you arrive at School.
- 1.Different age groups handle stresses differently. Don't always expect emotion.
- 1.Silence is sometimes not golden - it can be an indicator! Don't be frightened to ask questions.
- 1.Use the Fridge - Put anything you need to remember on the fridge or a notice board where everyone can see it....
- 1.Try routines - see what works, and what doesn't. Don't get stressed, get organised!
- 1.Talk more..... make your children reflect on things so that they start learning how to cope with stress and how they stop it too!
- 1.And finally, did I mention sleep!



# Acle Academy Wellbeing Workshop

*The Typical Adolescent:*

10-13

Both Girls & Boys

Growth spurts! Hair growth and other bodily development

All of this can lead to curiosity, sometimes anxiety - know the changes will happen but scared when they do

Black and white thinking - stubborn in mindset, not willing to take on board others input - particularly parents

They can become very self conscious about their appearance, believing they are being judged by peers...

Girls tend to start puberty earlier than boys

Tend to start periods around 12yrs old - usually 2-3 years after breast development



14-17

## Boys

Voice cracks giving them a lower sounding voice

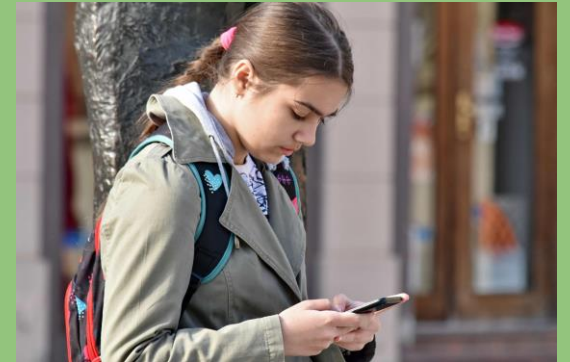
Physical changes continue - tend to be spurts of out and then up.



## Girls

Physical changes can be nearly complete

Regular periods



## Both

A lot of clothes and shoe size increases!

Becoming romantically and /or sexually interested in others

Feel they need to 'fit in'

Concerned about their appearance

Spend less time with family

Outbreaks of spots/acne



# Help and Advice

- Talk to your school's **Designated Safeguarding Lead (DSL)** – **All Heads of Year, Mrs. Bryant, Ms. Frary, Mrs. Watts, Mr. Sayce, Mrs. Skarin, Mr. Newstead**
- Ring **101** for advice from the police, or **999** if it is an emergency
- Just One Norfolk – [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk) – Advice for parents about online safety.
- Think U Know – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – resources for parents and professionals about online issues.
- CEOP – [www.ceop.police.uk](http://www.ceop.police.uk) - Can be used to report online abuse.
- [chathealth.nhs.uk](http://chathealth.nhs.uk) – Online chat service that anyone can use to get advice from health professionals about a range of issues.
- [Kooth.com](http://Kooth.com) – Similar to Chat Health but is an advice service for young people
- [Nationalonlinesafety.com](http://Nationalonlinesafety.com) and [net-aware.org.uk](http://net-aware.org.uk) – Really useful websites (mobile app also available for N.O.S) with information about the apps/games young people use and how to make their online experience as safe as possible.
- [Internetmatters.org](http://Internetmatters.org) – For advice about setting parental controls.
- [getsafeonline.org](http://getsafeonline.org) also provides important information and advice on where people can get further help and information such as the [nationalbullyinghelpline.co.uk](http://nationalbullyinghelpline.co.uk)

# Help and Advice

- **Miss L Frary**, SENDCo and Designated Safeguarding Lead: [lfrary@acle.Norfolk.sch.uk](mailto:lfrary@acle.Norfolk.sch.uk)
- **Mrs J Bryant**, Attendance Manager and DSL: [jbryant@acle.Norfolk.sch.uk](mailto:jbryant@acle.Norfolk.sch.uk)
- **Ms S Kinnarney**, Head of Year 7 and DSL: [skinnarney@acle.Norfolk.sch.uk](mailto:skinnarney@acle.Norfolk.sch.uk)
- **Miss S Nichols**, Head of Year 8 and DSL: [snichols@acle.norfolk.sch.uk](mailto:snichols@acle.norfolk.sch.uk)
- **Ms K Jarvis**, Head of Year 9 and DSL: [kjarvise@acle.Norfolk.sch.uk](mailto:kjarvise@acle.Norfolk.sch.uk)
- **Ms C Perkins**, Head of Year 10 and DSL: [cperkins@acle.Norfolk.sch.uk](mailto:cperkins@acle.Norfolk.sch.uk)
- **Ms I John**, Head of Year 11 and DSL: [ijohn@acle.Norfolk.sch.uk](mailto:ijohn@acle.Norfolk.sch.uk)