

The attached infographic is for parents/carers to be aware of five apps, four of which are potential safeguarding concerns and one which lets you manage the time your child can spend online.

Additional information can be found by clicking on each icon which will take you to the relevant site.



Free Self-Harm Online Training Course for Parents/Carers - 'Talking to your children about emotional resilience and self-harm'

Virtual College in partnership with selfharmUK have created an online course that not only allows parents to understand more about self-harm, but also how they can proactively raise the topic with their children in confidence.

They'll be launching the course sometime next week but parents/carers and staff can register for free online:

<https://confirmsubscription.com/h/j/697873F692EA0A51>