



NEWS

Our last Walking With You session was based on issues surrounding online safety. Jeremy Day, Digital Safeguarding Lead, Family Solutions, Oxford County Council, came along to support the session by presenting and answering questions from our Walking With You parents. Please find the presentation attached to this e-mail. This session was also supported by Buckinghamshire CAMHS.

Education around technology

Jeremy explained that technology alongside social media is a part of our culture. The use of technology and social media can be tricky for our children/young people to navigate. Helping our children/young people to understand how to use technology safely, can be the difference between it having a positive or negative effect, as protection happens within the child's behaviour. Encouraging them to understand when they have had enough time with their technology, and finding a good stopping point, can be very beneficial. Being active on technology all the time can be exhausting for our children/young people, causing digital overload and preventing face to face contact. Suggesting other activities such as sports, arts or crafts, as well as time on technology/social media, can remind them that those things are still all out there.

Jeremy's top five tips!

1) Keep devices out of the bedroom

Helps to manage time spent on tech/social media. Also, contributes to a good sleep hygiene routine.

2) Look out for signs, are they having fun?

Are they enjoying what they are doing? Which apps do they like to use and what games do they like to play? Would they like to show you?

3) Take breaks before responding, they don't need to respond immediately

Try to help them to build up a delay in responding to social messages. This can reduce anxieties around why messages are not responded to immediately. I.e, the person they are messaging may be doing homework or busy with family. Try to dissuade them from spamming their friends, being mindful that social media can amplify difficulties.

4) Are they enjoying what they are doing online? Is it having a positive or negative effect?

Do they seem happy when online? What are they using their phone for?

Referral?

CAMHS is contactable through SPA (Single Point Access). You can simply fill in an online parent/carer referral via the CAMHS website or you can call SPA to complete the referral or get some advice over the phone.

email: oxfordhealth.bucksCAMHSSPA@nhs.net

Tel: 01865 901951

Seed Wellness –

seedwellness.co.uk

Is a network of therapists and teachers in Beaconsfield and Marlow.

5) Have a detox day away from social media/tech

Putting the technology down for a day can be freeing for a child/young person. They could let their friends know in advance if they are planning to take a break.

Have a signed family agreement in place. Agree between you when and how long tech is used. This can help them to feel safe and in control. Custodial apps can be intrusive and take away privacy especially in older young people.

Please note:

Supporting groups included in this newsletter are not endorsed by CAMHS.

Next meeting:

Friday 24th June 10-11.30,

Topic: The Impact of mental health difficulties on the family.