



**Want to talk
about it?**

Making space for conversations
about life online

Children's Mental Health Week & Internet Safety Week

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect. The theme aims to encourage children (and adults) to consider how we create meaningful connections that support our mental health.

The theme of 'Let's Connect' for 2023 has been chosen because human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways. To find out more about Place2Be, visit:

<https://www.childrensmentalhealthweek.org.uk/about>

This year, we have decided to combine mental health week with internet safety week, as we know that making connections with others online plays an increasingly important part in children's and young people's lives, whether that is on social media, a mobile phone or when playing video games. Safer Internet Day is a global campaign to promote the safe and responsible use of technology. The theme this year is, 'Want to talk about it? - Making space for conversations about life online'. Throughout the week, we will be exploring positive online relationships and will be encouraging pupils to consider how they can stay safe online, but also exploring the differences between online and in person connections.

For more information and guidance on supporting your child with online safety, visit:

<https://www.childnet.com/parents-and-carers>

Best wishes

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