

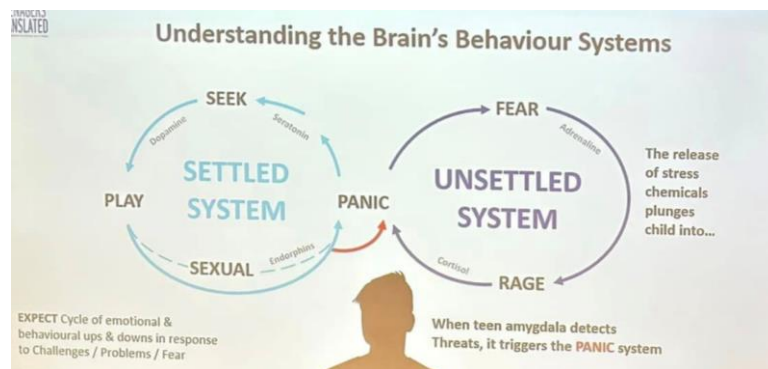


Safeguarding Update Term 2.2 2024

Teenagers Translated

We have been fortunate to give parents and carers the opportunity from The Circle Trust to attend talks from 'Teenagers Translated' over the last few months. Janey Downshire and Naella Grew ran sessions looking on different key stages of child development.

The main focus of both sessions was looking at how teenager's behaviour systems work and looking at ways to help development in adolescence. We learnt about the settled and unsettled system (image below) and how to support our children when they are unsettled.



KS3 (Janey Downshire 18th November 2023)

Janey discussed how at this stage in development children have a 'dial' on how they behave when dysregulated. Some are insular, some explode. Their main message was to try and help children develop their own healthy coping mechanism and to try and step back from being their child's regulator. We were challenged to reflect on our own 'dials' and how our behaviour as parents, carers and teachers can affect children.

KS4 (Naella Grew 9th March 2024)

Naella talked about how children at this age are seeking independence and beginning to learn about adulthood. This increases their risk taking and need for relationships outside of the family. She advised changing the dynamic from parent to child communication to more adult to adult.

A common strategy across both talks was talking to our children about the negative affects of some behaviours and creating boundaries. Naella noted that many unhealthy behaviours (such as smoking and drinking) are stopped by our bodies when we consume too much, but this doesn't happen with gaming and social media. She discussed setting time limits and modelling positive behaviours.

Healthy coping mechanisms

Healthy Diet
Exercise
Sleep
Moderate risk
Social life
Family life
Interests and Hobbies

Unhealthy coping mechanisms

Gambling
Online pornography
Self harm
Drugs and legal highs
Alcohol, vaping and smoking
Gaming
Social media

Their book is called 'Teenagers Translated: A Parents Survival Guide' if you would like a more in depth look at how children develop and how parents can support behaviours. ISBN: 0091954738

If you would like any more information about any of the issues covered in this bulletin, or have any other queries related to safeguarding, please email safeguarding@emmbrook.wokingham.sch.uk.