

Newsletter

No: 1337 | 31st March 2023

HEADMASTER'S WELCOME

I thoroughly enjoyed the second installment of our Spring Concerts on Wednesday (and not only because, unlike last time, I wasn't performing in this one!), which was a riotous journey through musical theatre classics and some less well known songs. It was performed by more than a fifth of the Senior School - 170 pupils on stage for one concert, in bands, groups, ensembles, choirs, orchestras, duets and a mass performance at the end. As I noted at the end of the concert, it was striking for the number of performers, but also for two other things. Firstly, the joy that the pupils clearly get from performing and from music making, and secondly for the wonderful camaraderie on show, the support for each other, the way pupils so generously revel in each other's successes. Many congratulations to our wonderful music department, visiting music teachers, technical staff and PAA colleagues for ensuring that we, the audience, had such an entertaining evening, and thank you to our musicians.

In our end of term assembly yesterday, I tried to give a comprehensive overview of the term. If you're a regular reader of the

newsletter you'll know that this is quite a feat, especially as we also awarded colours and had a mesmerising rendition of The Phantom of the Opera from Ella and Danny. My observations to the pupils included the fact that they should be inspired by each other's achievements and that - if they are not already doing so - they would gain a huge amount by pushing themselves outside their comfort zones and trying something new. It is clear that many are already well and truly embracing this approach, and we are very proud of the pupils' positive attitude to life.

This week's newsletter breaks the news of this year's Yarm Apprentice winner, after a hard fought contest and a typically inventive and

challenging set of tasks. Well done to all involved - each of those taking part will have learned valuable skills and will have gained a range of important insights into themselves along the way. Alongside a book review from Sasha and news from the Econ/Bus society chairs, we also celebrate our chemists, readers, mathematicians, debaters, Phab Club members, dancers and sports stars.

As the Easter break arrives, I hope that all families enjoy some quality time together, that pupils strike that balance between rest and productivity, particularly those in public exam years, and I look forward to welcoming everyone back next term.

Dr Huw Williams



Our second Spring Concert earlier this week

TOP OF THE BENCH CHEMISTRY FINALS

On Saturday 25th March a team of four young chemists from Yarm, accompanied by Mr Baker and Mr Tucker travelled down to The University of East London to compete in the national finals of the Royal Society of Chemistry's "Top of the Bench" competition. The team of Arshia Arora, Isaac Akowuah, Abdelrahmen Ellidir and Harvey Qin won through to the national round after they were crowned Champions of the Teesside section just before Christmas.

An early start was needed to catch the necessary trains to get to the competition on time. Upon arrival the team was quickly put to work in pairs completing a test based on the theme of "Sustainability". All students performed very well and were pleased with their

performance. The team felt well placed going into the afternoon practical challenge.

The practical challenge also revolved around the idea of sustainability as the students were required to use their practical skills to measure the effectiveness of a number of different fuels. Despite some tricky pieces of apparatus the team completed the tasks in the allotted time and all we could do was wait to find out the final results.

Whilst the scores for the 31 teams who were participating were analysed, the students enjoyed a lecture looking at different careers and paths they could take in Chemistry.

Despite a fantastic effort the Team weren't able to break into the Top 6 with Winchester College eventually

crowned the overall champions. However, Arshia, Isaac, Abdelrahmen and Harvey should be extremely proud of their achievements, getting to the National Finals in any competition is a huge achievement.

After a quick bite to eat we returned to the North East proud of our achievements and confident that we had done ourselves justice.

Mr E Baker



OLLIE IS THE YARM APPRENTICE WINNER

After 5 challenges, 5 Board Rooms and 5 Lord Sugars it gives me great pleasure to announce that the winner of YARM APPRENTICE 2023 is Ollie Best.

Having been on the winning team 5 times, project managed twice (both times leading his team to victory) it is a well deserved victory.

The runner up was Harry Rodwell, and it was a closely run battle.

Further peer voted prizes go to the following:

Arhana Pradeep (Outstanding team player)

Harry Rodwell (Outstanding creative spirit)

Ollie Best (Outstanding leader)

Certificates will be awarded after the Easter break and Ollie will join the departmental wall of YA FAME as the 11th winner.

I am, as ever, really proud of our students for their commitment, grateful to my Lord Sugars for giving so generously of their time, and appreciative of the support of Mr Paul Menzies and this year our first student helper, Imy Slack, who serve so fabulously as Tims to my Karren.

Yarm Apprentice will be back next year.....

Miss C E Rhodes

MATHS PRIZE WINNER



Congratulations to Ajay Selvan, Fourth Year, who is a prize winner in the Newcastle University Senior Maths Challenge!

Entrants to the Challenge completed a series of challenging and fun problems that involve investigation and problem solving. There were 855 entries this year, and the standard for prize winning entries was very high.

As one of the best entrants, Ajay has been invited to a prize-giving evening at Newcastle University. Well done!

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DEBATE: THIS HOUSE WOULD LIE TO GET AHEAD

In the presence of the First Year debaters, the senior debating society tackled the motion of "This house would lie to get ahead." Morven, Jodie and Sara formed the judging panel with Josh as chair. After Josh introduced the motion, the debaters were set to present their arguments.

Luke (Team Ultimate Shannerz) opened for the proposition focusing on the day to day experiences of where lying benefits people. He pressed on the idea that everyone tells lies everyday, in big and small situations, emphasising how these moments can go without us even realising but are in our best interest.

Opening for the opposition, Jian (Team Agree to Disagree) captured the audience through a captivating lie, conveying how lying can damage people's relationships and trust with one another. He further explained the political and social issues that lying can cause and the adverse effects of telling lies.

Closing for the proposition, Simmi (Team Vici) talked through moments in history where lying has shaped the positive outcome of the future. Her points ranged from ancient Rome, WW1 and to colloquial experiences like telling your mum her food was nice (or interesting!) when it really was not.

Nathan (Team Arguably the Best) closed for the opposition, explaining how lying becomes an addiction and the guilt and damage that a person has when keeping a lie. He emphasised how immoral lying truly is with huge impacts on mental health such as increased stress and disrupting sleep patterns.

Both sides then faced questions from the judges and audience. The proposition were asked to comment on the issues with the government lying and retaining information as lying. The opposition were asked if a small lie was worth it for survival and if women in the past writing under male names shouldn't have lied to pursue their passion. Both sides replied strongly to the challenging questions.

The judges expressed their difficulties in choosing a winning side for the debate commenting on the energy of the proposition debaters and the strong research of the opposition debaters. However they did conclude on announcing the proposition as the winning side due to the well presented argument they produced.

Simone Sharma, Lower Sixth

SPRING CONCERT PHOTOS



PHAB CLUB FOREST MEETING

Phab club had a great session outdoors in the forest at their last meeting. Members enjoyed toasting marshmallows and exploring in the woods! Thanks to Dr Tulloch who helped to lead the session.

The Yarm Phab club meets fortnightly on a Thursday from 4.45pm to 6pm and is open to new guests. To register an interest please contact Mrs Sophie Lodge by emailing:

Sophie.Lodge@yarmschool.org.



POLITICS BOOK REVIEW: WHAT DOES IT ALL MEAN? BY THOMAS NAGEL

The book, *What Does It All Mean?* by Thomas Nagel is a thought invoking and accessible introduction to philosophy. Nagel introduces the fundamental principles of philosophy in a manner which allows the most novice, budding philosophers, to wrap their heads round the concepts. Nagel himself coins the book 'a short introduction to philosophy' and this provides us an insight into his reasoning behind the structure of the book: split into 10 chapters, one introduction and nine fundamental areas of philosophy.

In each of these chapters Nagel encourages an individual critical analysis of the question at hand. This process, to me, seems to be a crucial part in the study of philosophy; the process of asking questions to questions. Nagel, from the start, poses an onslaught of rhetorical questions, allowing you to develop your own perspective on the question before providing his view.

A chapter of particular interest to me is the second: the questioning of the ability to know anything. The chapter, named 'How Do We Know Anything?' seems to be questioning the very basis of what we know to be true. How can any of our thoughts, actions and theories even matter when the ability to decipher reality is called into question. This

therefore means this chapter appears to me to be at the heart of all philosophy. All of the questions raised, relies on our ability to theorise and know what is real around us. Assumptions are clearly a very real, underlying current to modern society.

Nagel, in this chapter, distinguishes between Rationalism: the belief that knowledge is innate and based on reason alone, and Empiricism, the belief that all knowledge comes from experience. These two views on knowledge are almost entirely contrasting and opposed, and Nagel cleverly creates an argument for both, causing the readers to really question the merits of each and the limitations which drive the debate. Furthermore Nagel considers the problem of Scepticism. This problem dives into our ability to know anything for certain; however he downplays this view on knowledge, providing the argument that a Sceptic undermines their own argument.

Overall, I found *What Does It All Mean?* to be an incredibly inspiring book. The book has provided the basis for a subject I wish to understand more about. I would recommend it as a book for anyone attempting to introduce themselves to the subject.

Sasha Heer, Lower Sixth

A YEAR AS ECON BUS SOC CHAIRS

We have thoroughly enjoyed our roles over the past year and are looking forward to choosing some of the L6th to take over as chairs. It has been a year of many memorable talks, most notably Jasmine's small fudge business where we got to taste some of the end product and a virtual talk on google meets given by Harry and Ollie demonstrating the costs and benefits of a future working from home.

It has given us invaluable experience in a plethora of areas including organisation and communication and has helped us gain a better understanding of the world around us which we can relate to our economics and business lessons.

We've also been very proud of the attendance this year, especially with the L6th stepping up to do talks.

Lastly, many thanks again to Miss Rhodes who has helped guide us throughout the process, given up her time and for her unwavering enthusiasm.

Laura Hull and Ben Cordwell-Smith,
Upper Sixth

Ben and Laura will have one final farewell EconBus Soc as Chairs after Easter - details will be on the Google Classrooms and we encourage all those interested in filling their shoes to apply over the Easter break.

Miss C E Rhodes

A TASTE OF REMOTE WORKING AT ECON BUS SOC

This week in EconBus Soc, Ollie and Harry gave the audience a taste of remote working by giving their presentation (on the topic of "Remote Working") from down the corridor. Examining how conducting business in this way is possible and reflecting on ways in which this has occurred, they arrived in human form in time to spark a discussion. We reflected collectively on our experiences of online learning, and weighed up the benefits of no commute, lunch in your own kitchen and comfy clothing, with the lack of social interaction, the

challenges of engaging in effective teamwork and the limits of learning from others. Only one member of the audience expressed a desire to work entirely from home, some would hope to secure a hybrid when they enter the workforce and others

would definitely prefer to be office based.

Thank you to Ollie and Harry for giving us all much food for thought.

Miss C E Rhodes



THANK YOU FROM MISS RHODES

Thank you to the Econ and Bus students and their friends who have so happily given up lunchtimes for Cluster Club, YA, Peer Support Clinic, EconBus Soc and Working Lunches.

Due to impending exams the focus next term will be a little more on Revision based activities, but details of clinics and other sessions will be shared through the classrooms (And I will need to appoint new Chairs).

Special thanks to Michael Bashford and Zach Shears for their commitment to the Peer Support Clinic.

And to my fabulous EconBus Soc Chairs Laura Hull and Ben

Cordwell-Smith for all their support with the Society, and for putting up with so so many emails.

And to Imy Slack for being my right-hand woman in YA - she has been supportive, enthusiastic, utterly dependable and a force to be reckoned with in the Boardroom (she makes Karren Brady seem gentle!) - I am really appreciative of her commitment as our first ever YA student aid.

Thank you again to those who presented in EconBus Soc this term (Jasmine, Adhi, Arhana, Beau, Jian, Tom, Arhana again, Molly, Laura, Ella, Izzi, Maddie, Ben, Laura, Harry and

Ollie).

And thank you to everyone who has supported all these initiatives and made all the time put into them so worthwhile, I'm very grateful to all the students who keep our department so vibrant!!

And hope to see lots of Sixth Form signing up for CER's new Tuesday activity next term... FAME.... No need for lycra and legwarmers... this is for those with an interest in Finance and / or Accounting and / or Management and / or Economics... A chance to spread the word and mentor amongst other things...

Miss C Rhodes

NORTHERN SCHOOLS DANCE COMPETITION SUCCESS

Yarm School KS2,3 & 4 dancers entered into this years virtual Northern School Dance Competition. The pupils trained really hard in their dance lessons for the filming that took place in the PAA in the spring term.

We had the largest dance groups out of all the school that entered with an amazing 72 pupils taking part in the competition. KS4 missed out on first place by one point. All dancers should be extremely proud of themselves!

Here are the results and the judges comments:

KS2 Category - 'How Will I Know' - Runners Up

"Girls worked well together... I enjoyed the choreography"

KS3 Category - 'Scream' - 3rd Position

"For a large group everyone worked well together. Good strong attack from everyone in the group. Interesting choreography and good ending. Well done everyone"

KS4 category - 'One More Time' - Runners Up

"Everyone worked well together, good lines and patterns, enjoyed the choreography, for a large group everyone gelled well together".

Well done everyone!

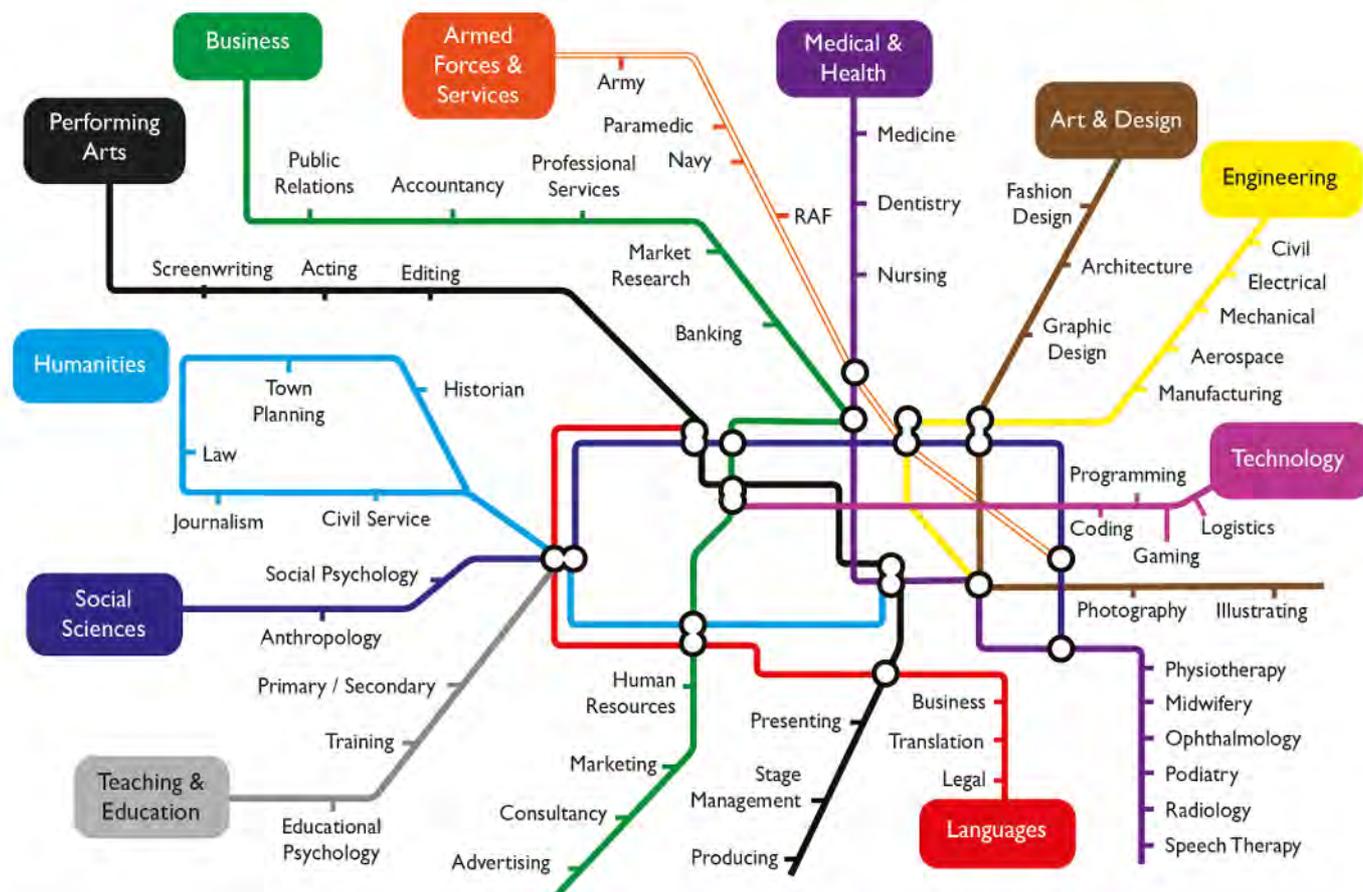
Mrs J Dunkley





Yarm School CAREER CONVENTION

Thursday 27th April, 6.30pm



CAREER CONVENTION TIMINGS

with optional talk

— 6.30pm - Arrival

— 7.00pm - Choosing a University: A Guide for Parents Talk

— 8.30pm - Close of Convention

YARM SCHOOL CAREER CONVENTION

OPEN TO ALL PUPILS AGED 14-18

Parking on the Senior and at the Prep School sites (Prep School a short walk away)

Yarm School, The Friarage, Yarm, TS15 9EJ

01642 786023

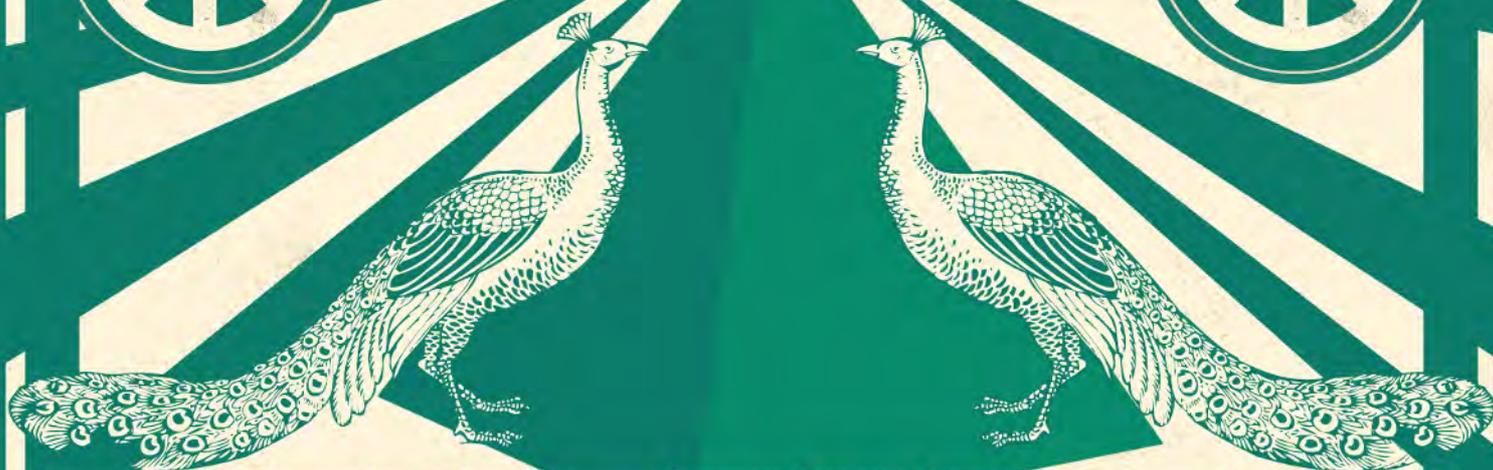
www.yarmschool.org



Find out more: www.yarmschool.org/careers23



YARM SCHOOL ASSOCIATION PRESENTS



G L A S T Y A R M B U R Y **Y**

SATURDAY 17TH JUNE 2023

BUY TICKETS ONLINE £75

WWW.YARMSCHOOLASSOCIATION.ORG

**SUMMER BALL MEETS FESTIVAL
LIVE MUSIC FESTIVAL FEEL DELICIOUS FOOD
IN THE PAA, ATRIUM, AND TERRACE**

FESTIVAL BALL 1970-2020

RUGBY 7S

Another very successful and promising 7s season, with big numbers of boys across the age groups all training hard and all involved in the various tournaments; this is great for the development of both the players and the teams.

Across the ages, there have been wins against the likes of; Sedbergh, RGS Newcastle, Woodhouse Grove, Barnard Castle, Durham, Ampleforth, Bradford Grammar, Leicester Grammar and many more both in the region and also nationally at the Rosslyn Park National Schools' 7s.

Highlights**U13**

- County Cup Winners
- Won the plate (3rd overall) at the prestigious Terrington Hall event
- Cup runners up at the Durham School Invitational event

U14

- Won the plate (3rd overall) at the Durham Invitational beating Sedbergh in the final

U15

- Won the bowl at the Durham School invitational event

Representative Honours

We continue to have a good number of boys at the U14 & U15 age groups involved in the England Rugby Developing Player programme as well as Harry Wildridge and Jacob Rutter in the Newcastle Falcons Academy.

Mr C Webb



U13 County Cup Winners



U16 RPNS 7s



U14 RPNS 7s



U14 RPNS 7s



U16 RPNS 7s



U16 RPNS 7s



YARM SCHOOL RUGBY TEAM OF THE SEASON

2022/23

 Theo Kunonga 1st XV	 Oliver Dunkin U13	 Samuel Page U16	 Harry Wildridge 1st XV	 Sam Arnold U15
 Tom Burchall U15	 Jack Smith U12	 Alex Bromiley U16		
 Matthew McCullagh 1st XV	 Oliver Blake U14	 Cameron Morrison U15		
 Luke Elliot U13		 Olly Carr U14	 Sam Lane U13	 Luke Palmer U12
 Ayrton Cant U12	 Jacob Rutter 1st XV	 Daniel Rubal-Garcia U14		

YARM SCHOOL RUGBY MOST IMPROVED TEAM OF THE SEASON

2022/23

 Alex Carter U15	 Austin Elliott U12	 Harry Rodwell 1st XV	 Matthew Anthony 1st XV	 Charlie Leggett U15
 Oscar Trouten U14	 Mustafa El-Sherif U14	 Harvey Qin U16		
 JJ Jenney U13	 Ollie Gray U12	 Jack Van Niekerk U16		
 Zac Casson U13	 George Howlett U12	 Nick Clements U15	 Mohammed Mohammed 1st XV	
 Archer Campbell U13	 Will Bromiley U15	 Alex Berbari U14		

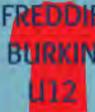
YARM SCHOOL BOYS HOCKEY TEAM OF THE SEASON

SEASON 2022 to 2023

 JUDE CRACK U14	 OLLY CARR U14		
 OLIVER DUNKIN U13	 JAKE LEADER U15	 ATSUSHI YAMAGUCHI U13	
 OLLIE GRAY U12	 WILL FERGUSON U16	 TIMMY FOLEY U16	 RORKE ANDERSON U12
 DHRUV WADHERA U15	 DAN WALTERS U18	 MAX MOWBRAY U16	 MYLES BROWN U18
 SAM ARNOLD U15	 JOE ROBERTS U18	 ALFIE ARNOLD U13	 OSCAR THOMAS U16
 OLIVER MANSFIELD U13		 JAMES MUIR U16	

YARM SCHOOL BOYS HOCKEY MOST IMPROVED TEAM OF THE SEASON

SEASON 2022 to 2023

 WILF WHITE U12	 WILLIAM FOSTER U12		
 HARRY BROTHWOOD U13	 BEN BARDGETT U14	 ROB QIN U15	
 SHOLA AFOLABI U15	 JAKE DAVIDSON U12		
 SAM MATTHEWS U13	 MATTHEW WHITE U16	 FREDDIE BURKIN U12	 FINN DAVIE U16
 DHRUV WADHERA U16	 GEORGE HOWLETT U12	 MAX MILLINGTON U14	
 KIT FOSTER U12		 HARRY CARTER U15	

NETBALL MATCH REPORTS

U12C vs Ian Ramsey

Today, March 23, the under 12 C team played against Ian Ramsey CofE academy to see who would come out champions of the league. It was a brilliant game resulting in an 11-4 win to Yarm. Yarm played exceptionally with Rosie Cook as our player of the match. We all enjoyed this very much.

Neev Sahoo, First Year

against Conyers. In the first half Yarm made many great interceptions and got the ball down the court quickly.

Our C, WA and GA were great at moving into space which allowed the shooters to score many times throughout the game.

In the second half we kept this up and managed to win 10-4, crowning us league champions.

Well done to everyone who played on the day and throughout the season!

POM- Emma White.

U13C vs Conyers

On Thursday 23rd March the U13C team played the league final match

U13B vs Eggescliffe

The U13B played a league final match against Eggescliffe school on 23rd of March. Yarm made good interceptions in the first half, but Eggescliffe had possession of the ball more. By the end of the first half it was 9-1 to Eggescliffe. However, in the second half we still made great interceptions and took a moment before passing so we had more possession of the ball throughout. We made great progress and by the end of the match, the score was 15-3 to Eggescliffe. Overall, it was a good match and we learned a lot along the way.

**YARM SCHOOL
NETBALL
TEAM OF THE WEEK**
20th - 26th March 2023

Libby Scott U12	Hannah Dawson U12		
Rosie Cook U12	Harriet Jackson 2nd VII	Belle Woodhead 2nd VII	Neev Sahoo U12C
Emma White U13C	Yasmin Shawgi U13B		
Elizabeth Adams U12A	Scarlett Smith 1st VII	Eleanor Wild U12B	Izzie Speight 1st VII
Zara Worthington U12C	Bea Connor-Tunley U12C		

**SPORT WEEK AHEAD**

The weeks ahead are now available online.

You can

[view them here.](#)

YARM SCHOOL TEAM OF THE SEASON

2022 - 2023

Isla Close U12
 Emma Scott U12
 Sophie Hall U15
 Amelle Sawyer U13
 Mara Morrison U14
 Scarlett Carton 1st XI
 Izzy Blackburn 2nd XI
 Zoe Wild U13
 Sabie Anderson U14
 Pippa Ferguson U15
 Yuhe Tian U12
 Aisling Timmons U12
 Katie Melvin U14
 Alice Ward U15
 Lucy Mitchell U13

YARM SCHOOL MOST IMPROVED TEAM OF THE SEASON

2022 - 2023

Rosie Ferguson U12
 Ella Fitzgerald U12
 Sophia Rudd U15
 Anna Grimbley U13
 Jemima Fleming U14
 Rose Korsen 1st XI
 Nicole Lambert 2nd XI
 Emma White U13
 Matilda Pallent-Home U14
 Izzie Brown U15
 Jessica Flannery U12
 Edie Redhead-Sweeney U12
 Amelia Hudson U14
 Cody Staggs U15
 Gillian Teoh U13



YARM SCHOOL NETBALL TEAM OF THE SEASON

2022 - 2023



Libby Scott U12
 Ella Fitzgerald U12
 Lucy Mitchell U13
 Yasmin Shawgi U13
 Ava Holmes U13
 Ellie Melvin U14
 Amelia Hudson U14
 Lola Vasiliou U15
 Sophia Rudd U15
 Izzie Speight Senior
 Scarlett Smith Senior
 Amelia Leader Senior
 Charlotte Fenwick U12
 Rosie Ferguson U12



YARM SCHOOL NETBALL MOST IMPROVED TEAM OF THE SEASON



Demi Scott U12
 Annabelle Kyle U12
 Amelie Sawyer U13
 Olivia Wildridge U13
 Ivy Addison U14
 Kitty Illingsworth U14
 Lucy De La Motte U15
 Pippa Ferguson U15
 Millie Haswell Senior
 Harriet Jackson Senior
 Brooke Younge Senior
 Indeya Hewison Senior
 Namitha Naveen U12
 Sanjana Murali U12

ROB LAMBERTI – PRESENTS PERFECTLY GEORGE

No other tribute artist captures George's musical talent, charisma and passion as closely as Rob Lamberti. With some of George Michael's personal musicians proudly joining Rob's band, his performances are guaranteed to hypnotise your senses and do justice to one of the greatest singer-songwriters of our time. With each tour the attention grows from the media and audience alike, with rave reviews attracting sell-out crowds at venues over 2000+capacity.

Saturday 6th May 2023, 7:30pm

[Book Online Here](#)



NT LIVE: BEST OF ENEMIES

David Harewood (Homeland) and Zachary Quinto (Star Trek) play feuding political rivals in James Graham's (Sherwood) multiple award-winning new drama.

In 1968 America, as two men fight to become the next president, all eyes are on the battle between two others: the cunningly conservative William F. Buckley Jr., and the unruly liberal Gore Vidal.

PLEASE NOTE THIS IS A LIVE STREAMED PRODUCTION AND IS NOT PERFORMED LIVE AT THE PAA.



Thursday 18th May 2023, 7:00pm

[Book Online Here](#)

DO YOU BELIEVE IN GHOSTS?

An experiential ghost story, unlike anything you have ever experienced before. Welcome to a haunting night at the theatre.

Are you feeling brave?

If you are, join us, and we will tell you all the secrets of what goes on when the theatre goes dark,

when the only thing to guide you is the Ghost Light.

We will raise the hairs on your arms and send chills down the back of your neck. . .



Thursday 1st June 2023, 7:30pm

[Book Online Here](#)

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory; creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time - it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text - but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people - both in digital and 'real' life - and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem; it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common - while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how - and why - content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into - especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away - so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger - raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky - and may depend on the child's age - but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device - and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications - often by considering some of the more hidden aspects of the various mediums.



National Online Safety

#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020>



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/NationalOnlineSafety



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@national_online_safety