

NEWSLETTER

FRIDAY 23RD MAY 2025



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WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

MRS PUGH'S TEA PARTY!

It was time for the fifth of Mrs Pugh's special Afternoon Tea Parties this week, with a child from each class being chosen to attend.

Each child had been chosen by their class teacher for having a fantastic half term. There were lots of reasons why the children were invited such as for making great behaviour choices, perseverance and effort during lessons and for being amazing role models to others.

Mrs Pugh is looking forward to her final Afternoon Tea Party of the year at the end of the Summer term!



PE IN ACTION

At Swain House Primary school we believe that Physical Education is essential for children to achieve good health, developing both physically and mentally.

Through an inclusive curriculum, we intend to provide learning opportunities which inspire all children to succeed in Physical Education both in school, and throughout their lives.



At Swain House, we are passionate about inspiring a love of learning sport. In addition to weekly PE lessons, the children in all year groups also complete a unit of dance. Working with Yorkshire Academy of Creative Arts & Dance, the children learn different styles of dance and a full class routine. We then have an amazing performance where we show off our routines to the rest of the school.

In our weekly PE lessons, KS1 and Early Years begin by focusing on fundamental movement skills (like their co-ordination, agility, balance and flexibility) in their lessons through multiskills, ball games, gymnastics and exploring their outdoor provision. These skills are then progressed and put into practice in KS2 where the children play invasion and team games. We learn a wide range of sports in our PE lessons to give the children an understanding and the opportunity to sample many sports. We learn: ultimate frisbee, golf, gymnastics, tag rugby, netball, football, cricket, rounders, hockey, athletics and orienteering.



We have had a range of exciting extra-curricular sports clubs this year at Swain House Primary School. This year, the children have had the opportunity to participate in clubs such as: ultimate frisbee, multi-skills, football, swimming, cheerleading and dance.

We have the opportunity to apply the skills we have learnt in our PE lessons when competing in inter-school sports competitions. This year, we have proudly represented the school at ultimate frisbee, cricket, football, netball, multiskills, golf and many other sporting competitions.



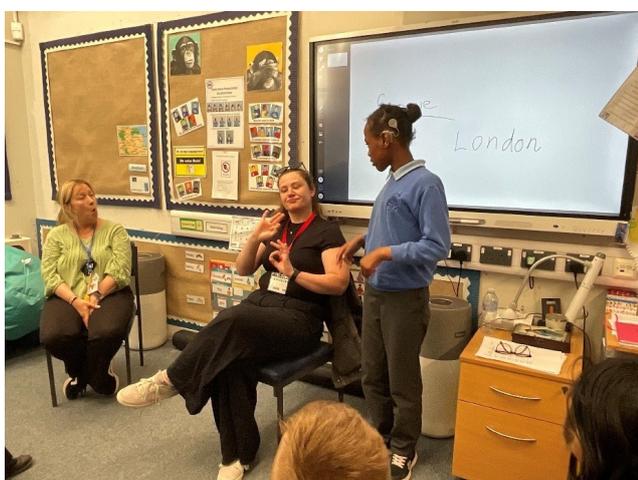
This year, we had the amazing opportunity to welcome a swimming pool onto our playground during Spring Term. Children in Year 4 had daily swimming lessons!

SPECIAL SPEAKER IN OUR RESOURCED PROVISION

Miss Paul shared her inspiring childhood journey through various schools, starting at Thorn Park when she was just 2 years old, then moving on to Swain House Primary, Hanson, and finally Mary Hare School. Her experiences gave us a fascinating insight into Deaf education and the different schools that support Deaf pupils.

Our class had a fantastic time learning more about Deaf culture and the unique experiences of Deaf students. Pupils especially enjoyed discovering new British Sign Language (BSL) regional signs—some they'd never seen before! The session sparked lots of brilliant questions, showing just how engaged and curious everyone was.

We're so proud of how much our pupils learned and how enthusiastic they were about using their new signs. A big thank you to Miss Paul for such an eye-opening and fun session!



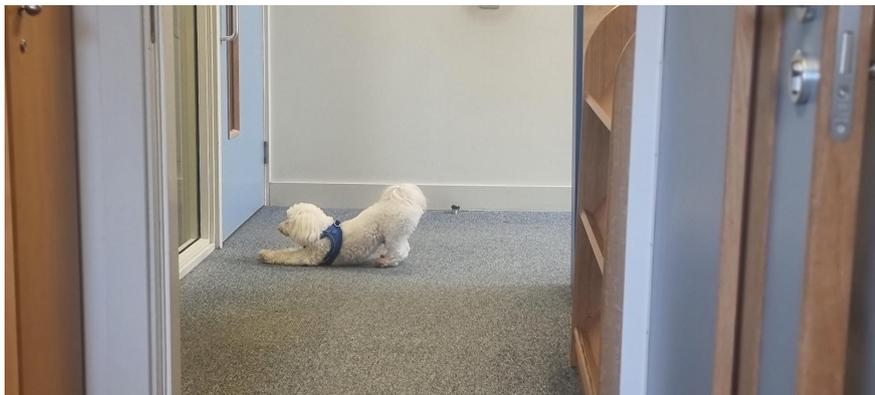
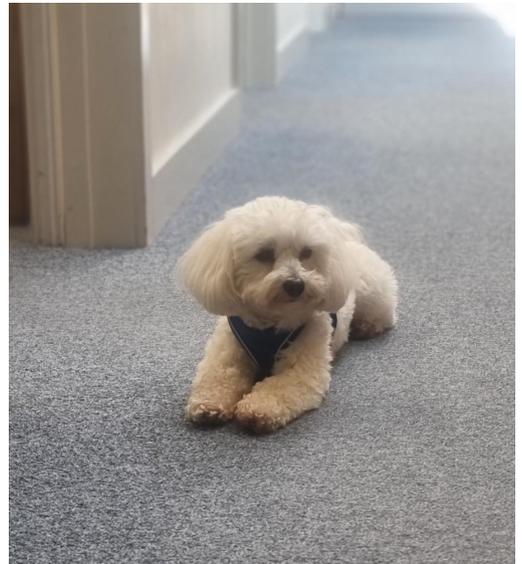
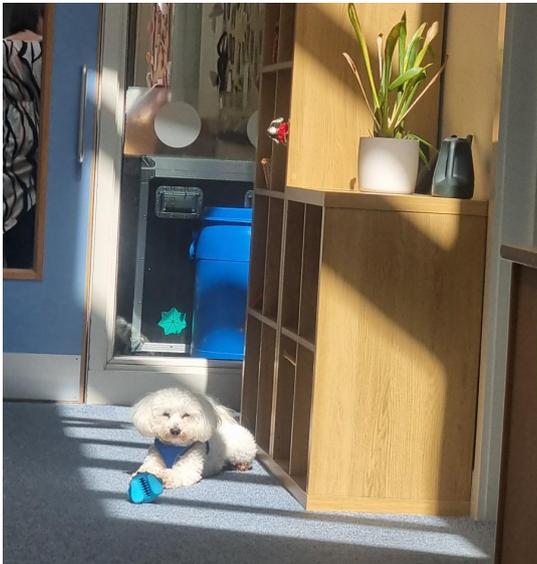
YEAR 1 MULTI-SKILLS FESTIVAL

This week, eight children represented Swain House at a multi skills festival. Each child lived by the Swain House values and gave it their best. Well done to our year 1 children!



LEO OUR FURRY FRIEND!

Leo has had a hard week in school sleeping and sunbathing! He is looking forward to seeing all the staff and children after the holidays



RECEPTION VISIT TO THE LIBRARY

Reception class enjoyed their visit to the library this week. They walked sensibly all the way there. We listened to a story that the librarian read to us and then we went on a book hunt around the library with our checklists.

The children are very excited to sign up to the library to get their own library card. Please complete the form that was sent home and return it to Eccleshill library for your FREE library card. Did you know, you can borrow up to 20 books at a time!



SPRING 2 ATTENDANCE TREAT!

Children in school who had 100% attendance for Spring 2 term had their treat this week , they received a special certificate and had snacks in the hall.



SPOTLIGHT ON SEND

(SPECIAL EDUCATIONAL NEEDS AND DISABILITIES)

Each half-term, we write a section on our school newsletter to keep parents and carers of pupils on the SEND register 'in the loop' about all things SEND related. We highlight support available in school and also resources and workshops available in the local area.

Mr George
and Miss
Broomfield

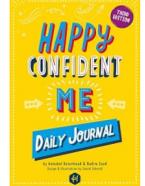
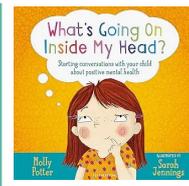
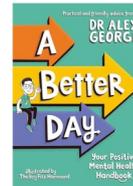
Keep updated with all things SEND at Swain House. Click [here](#) or scan the QR code.



Daily Reading

Studies have shown that reading for just a few minutes a day reduces anxiety and can improve sleep quality.

Below is a selection of books that you might enjoy sharing with your family.



Bradford PHAB Club

The aim of Bradford PHAB is to promote and encourage people of all abilities to come together to achieve inclusion within the wider community. They promote and encourage self-confidence and independence of young people of all abilities through a range of diverse activities and projects.

The participants are transported to and from the club each week. They also provide supervision and support to the children and offer a break from everyday life with a chance to mix with and make new friends.

Bradford PHAB Club runs every Wednesday Evening during School Term Time although we organise many events/trips during the Summer months. They are based in West Bowling in Bradford at the MAPPA Centre, Coates Street, BD5 7DL



SEND one minute guides

Quick, simple and easy info on one page



Includes:

- ✓ Annuals reviews
- ✓ EHC assessments
- ✓ Personal Budgets
- ✓ Masking in school
- ✓ Exclusions
- ✓ Early Years specialist provision
- ✓ Special schools



localoffer.bradford.gov.uk

Bradford Early Advice Team (BEAT)



BEAT is a project run by AWARE, a local parent-run

support group for families in the Bradford area whose child(ren) may have autistic traits – no diagnosis required.

They are funded by the NHS to offer support to families in our area with children who have been on the waiting lists for an assessment for neurodiversity.

They get together in person once a month in central Bradford for BEAT meet ups, where they choose a topic (e.g. education, sleep or eating) and have visitors from local services come and talk to our members.

They are offering 'BEAT Introduction to Neurodiversity' four week courses on Zoom; they offer the same courses in Urdu, face to face in central Bradford twice a year.

For BEAT - please email beat@aware-uk.org or call 01535



Speech and Language

We are aware of the waiting lists for speech and language sessions via the NHS.

Please [click here](#) to access NHS resources to support your child at home.

If you are concerned about your child's communication skills, you can refer them for support using this link - [Click here](#)

50 THINGS TO DO BEFORE YOU'RE FIVE

This weeks activity is #39 Talking Signs. Please have a go at completing the activity and send any photos to 50things@swainhouse.bradford.sch.uk then we will share them in our weekly newsletter!

This week's activity is...

Try **#39 Talking Signs** on your poster, app or local website...

Find out more...

Children's **communication** begins with the signs!

#39 Talking Signs

www.50thingstodo.org

50
things to do

Click [here](#) to access the 50 Things website to find out more about the activity or scan the QR code below



How to do it

There are lots of websites that show Makaton signs, and Mr Tumble on CBeebies shows us how to sign.

What you will need

Take careful notice of your baby or toddler's body language, though it's important not to immediately respond to pointing, also giving them the words to ask for what they want.

50 THINGS TO DO BEFORE YOU'RE FIVE

This week in our '50 things to do before you're five' club, we completed the activity # Yummy Picnic. We made our own sandwiches and chose what filling we wanted. We then took our teddies outside and had a fantastic picnic in the sunshine!



SHARING YOUR NEWS!

Harry in Year 2 received a football medal and a trophy as he is part of a football team and they had won the match. He proudly brought it to class to show his friends and we're all very proud of him.



If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!

CLICK THE ICON TO SEE REGULAR UPDATES ON OUR FACEBOOK PAGE!



JOIN FRIENDS OF SWAIN HOUSE!



FRIENDS OF SWAIN HOUSE RECRUITING NOW

Friends of Swain House is a parent run group that organises various events and activities to benefit our children

Email the school office or message us on FACEBOOK to register your interest!



penyusutan kawasan pe-
nadi ketinggian 3000 meter
menemukan hasil (andipil)
XVII / Cenderawasih
Aldi menjelaskan,
berja
alternatif jalur
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MYHAPPYMIND

OUR CONVERSATION CARD OF THE WEEK



Enjoy a conversation!

Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



MYHAPPYMIND APP

The myHappyMind app has been updated and now includes some new features—kids zone, myHappyMind games and mini master classes for parents .



Download your FREE myHappyMind Parent App

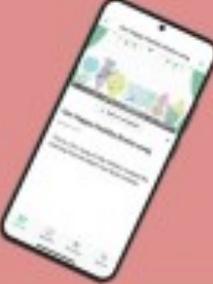


...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220

WEEKLY UPDATES

ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **23/05/25**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	89.2%	1
Willow	91.7%	1
Kandinsky	92.2%	3
Matisse	90.6%	1
Lowry	99.0%	5
Van Gogh	88.9%	3

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	93.5%	1
Roald Dahl	89.3%	2
JK Rowling	90.6%	1
Michael Morpurgo	94.3%	3
Elgar	95.3%	0
Mozart	97.7%	2
Beethoven	94.0%	3
Vivaldi	95.4%	0

Congratulations to **Lowry Class and Mozart Class** for having the best attendance this week!

Well done to **Elgar Class and Vivaldi Class** for having no lates!

Our whole school attendance this week:

93.0%

COMMUNICATION SINCE THE LAST NEWSLETTER

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'Violent Content Online'.
LETTERS:	
MESSAGES VIA PARENTAPPS:	23.05.25 - Year 5 Homework

COMMUNITY NEWS

RAVENSCLIFFE YOUTH CENTRE

GIRLS & YOUNG WOMENS GROUP

- Pampering
- Hair & Beauty
- Friendships
- Body Image
- Sexual Health
- Peer Pressure
- Puberty
- Healthy Living

TUESDAYS
6:30-8:30PM
AGES 13-19

FOR MORE INFORMATION PLEASE
CONTACT YOUR LOCAL YOUTH WORKER
NICKY - 07582102432

Made with PosterMyWall.com

01/04/2025
06/05/2025
03/06/2025



RAVENSCLIFFE YOUTH CENTRE

TUESDAYS | 6:30 - 8:30PM | AGES 13-19

BOYS & YOUNG MENS GROUP

RELATIONSHIPS + CONSENT
SEXUAL HEALTH + PUBERTY
MALE EXPECTATIONS

8/04/2025 · **13/05/2025**
10/06/2025

FOR MORE INFORMATION PLEASE CONTACT
YOUR LOCAL YOUTH WORKER
NICKY - 07582102432




BRADFORD LITERATURE FESTIVAL

FREE FAMILY FUN DAYS

28 & 29 JUNE
5 & 6 JULY

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BRADFORD LITERATURE FESTIVAL

27 JUNE - 6 JULY 2025

500+ EVENTS | 10 DAYS | 4 FREE FAMILY FUN DAYS

SIGN UP FOR EVENT ALERTS [BRADFORDLITFEST.CO.UK](https://www.bradfordlitfest.co.uk)




COMMUNITY NEWS



LET'S LEARN BY SONGDRAWING!



Come and join us for our Songdrawing sessions where we will be singing, moving, drawing, dancing and playing together

Age 2-5

Tuesdays @ 10am

10th, 17th, 24th June, 1st July 2025

Eccleshill Library

Bolton Road

BD2 4SR

FREE to book - call: [01274 431544](tel:01274431544)

COMING UP THIS TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Tuesday	10.06.25	2.30pm	Anne Fine Class Assembly
Tuesday	17.06.25	2.30pm	Elgar Class Eid Assembly
Thursday	12.06.25	2.30pm	Mozart Class Assembly
Thursday	19.06.25	2.30pm	Elm Class Assembly
Thursday	26.06.25	2.30pm	Matisse Class Assembly
Thursday	03.07.25	2.30pm	Willow Class Assembly
Thursday	17.07.25	1.45pm	Year 6 Leavers Presentation Assembly

REMINDERS

BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.40 each per day or at 7.45am at the cost of £1.90 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

AFTER SCHOOL CLUB

Our After School Club is available until 4pm at a cost of £2.50 each per day.

If you would like to book your child into After School Club, please use ParentPay.

EXTRA CLUB

We also offer an Extra Club service that runs until 6pm at a cost of £4.50 per day.

If you would like to book your child into Extra Club, please use ParentPay.

Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.

If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.

COMING UP THIS TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Monday	02.06.25		School Reopens
Wednesday	04.06.25		Reception Trip Thornton Hall
Thursday	19.06.25		Year 1 Yorkshire Wildlife Trip
Thursday	03.07.25		Year 3 Whitby Trip
Friday	04.07.25		Year 2 Tropical Butterfly
Thursday	10.07.25		Year 6 Summer Trip Lazerzone

MENU 02/06/25

Homemade bread, selection of seasonal vegetables or fresh salad served daily

Swain House Primary School

Wk 1 - 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul, 1st Sep, 22nd Sep, 13th Oct
 Wk 2 - 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul, 8th Sep, 29th Sep, 20th Oct
 Wk 3 - 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul, 15th Sep, 6th Oct, 27th Oct



	MON	TUES	WED	THUR	FRI
WEEK 1	<ul style="list-style-type: none"> 🍷 Cheese Flan (Served with Paprika Potatoes, Seasonal Vegetables or Salad) 🍷 Fajita Pasta Bake (Served with Crusty Bread, Salad or Seasonal Vegetables) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Apple Cake (Baked Vanilla Sponge with Blended Apples & topped with Icing Sugar) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Chicken Tikka Masala (Served with Rice & Salad) 🍷 Halal Chicken Korma (Served with Naan Bread & Salad) 🍷 Vegetarian Mince Lasagne (Served with Garlic Bread & Salad) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Flapjack 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Veggie Mince Shepherds Pie (Served with Yorkshire Pudding & Seasonal Vegetables) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Cornflake Tart (Served with Custard) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Cheese & Tomato Pizza (Served with Jacket Wedges & Beans or Salad) 🍷 Mini Meatless Ball Pizza (Served with Jacket Wedges, Baked Beans or Salad) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Marble Sponge (Served with Chocolate Sauce) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> Southern Fried Chicken Goujons (Served with Chips, Salad or Seasonal Vegetables) MSC Battered Fish (Served with Chips, Salad or Vegetables) 🍷 Vegetable Dippers (Served with Ketchup, Chips, Salad or Seasonal Vegetables) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Ice Cream Tubs 🍷 Freshly Prepared Fruit
WEEK 2	<ul style="list-style-type: none"> 🍷 Homemade Cheese & Onion Pasta (Served with Seasoned Potatoes, Salad or Seasonal Vegetables) 🍷 Bombay Veg Biryani (Curried Vegetables & Rice served with Naan Bread & Salad) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Chocolate Crispy Crunch 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> Spaghetti Bolognese (Spaghetti Bolognese, served with Garlic Bread & Salad) 🍷 Halal Spaghetti Bolognese (Spaghetti Bolognese served with Garlic Bread & Salad) 🍷 Arrabiata Pasta (Served with Crusty Bread & Salad) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Volcano Buns (A Sponge-like Biscuit with a Jam / Lemon filling) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Savoury Veggie Mince & Tatties (Soya Mince & Vegetables served in a Yorkshire Pudding) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Old School Sponge Cake (Served with Custard) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Cheese & Tomato Pizza (Served with Chips & Beans or Salad) 🍷 Savoury Rolls (Served with Chips & Salad or Beans) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Chocolate Sponge (Served with Chocolate Sauce) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> All Day Brunch (Traditional Breakfast items: Sausage, Egg, Toast & Beans) MSC Fish Fingers (Served with Jacket Wedges & Salad or Seasonal Vegetables) 🍷 All Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips & Bread and Butter) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Oat Cookie 🍷 Freshly Prepared Fruit
WEEK 3	<ul style="list-style-type: none"> 🍷 Mac & Cheese (Served with Crusty / Garlic Bread & Salad) 🍷 Veg Jambalaya (Seasoned Vegetables & Rice, served with Crusty Bread & Salad) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Jam Sponge (Served with Custard) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> Chicken Pie (Served with Seasoned Potatoes & Seasonal Vegetables) 🍷 Halal Keema & Peas (Served with Pilau Rice & Salad) 🍷 Cheese Roll (Served with Seasoned Potatoes & Seasonal Vegetables) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Fruity Flapjack 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> 🍷 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) 🍷 Quorn Roast (Served with Yorkshire Pudding & Seasonal Vegetables) Assorted Jacket Potatoes 🍷 Hot Sub Roll 🍷 Fruit Jelly (Fruit Jelly topped with Cream) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> Cheesy Beef Taco Pasta (Served with a side Salad) 🍷 Cheese & Tomato Pizza (Served with Chips & Beans or Salad) 🍷 Loaded Vegetable Pizza (Served with Chips & Salad) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Chocolate Sponge (Served with Chocolate Sauce) 🍷 Freshly Prepared Fruit 	<ul style="list-style-type: none"> MSC Fish Fingers (Served with Creamed Potatoes & Seasonal Vegetables) MSC Salmon & Sweet Potato Fishcake (Served with Creamed Potatoes & Seasonal Vegetables) 🍷 Breaded Cheese & Vegetable Grill (Served in a Bun with Salad & Optional Coleslaw) Assorted Jacket Potatoes Selection of Sandwiches 🍷 Vanilla Cookie 🍷 Freshly Prepared Fruit



NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Violent Content Online'.

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



#WakeUpWednesday

The National College