

Online Support:

If you find that you don't have any immediate support or feel you need additional help then there is good general support online that deal with a variety of specific issues such as:

- www.youngminds.org.uk
- Charlie Waller Memorial Trust
- www.thinkuknow.co.uk
- Childline—Free confidential support & advice 24 hours a day Tel: 08001111
- www.childline.org.uk/talk
- Childline's YouTube channel: <http://bit.ly/2rgFj4O>
- www.talktofrank.com (drugs)
- www.brook.org.uk (sexual health & well-being for young people)
- selfharm.co.uk—Tel: 116 123
- samaritans.org.uk



Support Network - Who Can Help & Who Knows

It's good to talk -It's important that you identify someone who you feel comfortable talking to about issues or concerns you may already have or experience during the holidays. This might be a friend, carer or family member. Having someone you can turn to who has some understanding of what you are going through is a good source of support .

when you feel like giving up,
look back at how far you've come.



be strong. stay on your path.
never stop going.

Internet Safety

Internet Safety

ZIP IT	BLOCK IT	FLAG IT
Keep your personal stuff private and think about what you say and do online.	Block people who send nasty messages and don't open unknown links and attachments.	Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

The Clere School



Preparing For The Holidays



Earlstone Common, Burghclere,
Newbury, Berkshire, RG20 9HP

Tel: 01635 278372

Introduction



Getting ready for the 'Holidays' can seem a little daunting. The holidays can feel a long time without seeing familiar faces or having normality. Spending a long period of time away from friends, teachers and support staff can often make young people feel vulnerable, anxious and worried. Changes in your daily activities can be stressful particularly if you are going to be travelling on holiday, taking part in new activities, spending long periods of time alone or attending unfamiliar events. Here are some hints and tips that could help you prepare:

Create a Wellbeing Toolbox

Put ideas and suggestions into your own Wellbeing Toolbox. Either create an actual box or write yourself a list. Think about the following:

- What are your healthy coping mechanisms?
- Your wellbeing toolbox is for you to go through when you're feeling down.
- Think about 'What Makes You Feel Happy'.
- What Stops You From Feeling Angry or Anxious.

- What Helps You Calm Down or Relax.
- What Have Other People Suggested You Try to Calm Down
- **Things you could do to keep yourself motivated and to relieve stress or anxiety**
- Go for a walk/run
- Arrange to go out with friends
- Have a sleep over
- Create a fitness program
- Have a Cook/Bakeathon
- Create a an upbeat positive 'Playlist' that you can listen to
- Get stuck in to a good book
- Chose a selection of feel good 'Films' that you could watch
- Create a time capsule with friends
- Get singing and dancing

Get Creative

Tune in to your creative side and consider the following:

- Become a doodler - use a doodle book or create your own
- Mindfulness coloring books are great
- Get snappy - take photos of landscapes, days out, friends/family and create a collage or memory book

Managing Peer Pressure

Peer pressure can mean you are being pressured into doing things you don't want to do. Things such as: smoking, drinking, drug taking, stealing, having sex or taking pictures and posting them online. **REMEMBER** you have a voice. You don't have to do anything you don't want to just because other people are doing it. Just say **NO**.



DON'T JUST BE GOOD TO OTHERS.
- BE GOOD TO YOURSELF TOO.