

Newsletter, 22.05.2024

This week is all about **Feeling Safe**. Safety for children means considering a whole range of needs and situations that arise as they move through their lives.

Parents think about the physical safety of their children all the time, from reminding them to be careful on the stairs to helping them cross the road! Take some time to read and share our [advice](#) on water safety and drowning prevention. As the warm months set in and more of us want to cool off in water, this information could be crucial.

We also want our children to stay safe online. Unsurprisingly, staying healthy and secure in the digital world are some of the most common concerns that parents bring to Tooled Up. Start with this [webinar](#) on Raising A Digital Detective: you'll find links there to a wealth of other Tooled Up resources.

This new [video](#) from Dr Kathy Weston on Raising Boys in the Digital Space contains our most up-to-date advice about smartphones, online safety and more. **We want to share this information with *all* parents due to the increased prevalence of “sexortion” amongst boys.** And look out for our upcoming resource on raising girls in the digital space, coming soon!

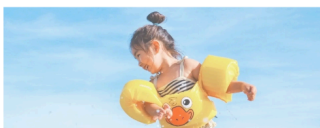
For younger children, learning to stay safe means learning about how to interact safely with others: where to draw boundaries with friends and adults alike, and how to react when those boundaries are crossed. Try this helpful [article](#) on the difference between “secrets” and “surprises”: when should children agree to keep a secret with an adult, and when is it better to tell another trusted person? This [video](#) suggests ways to introduce the idea of body boundaries to young children, and this [activity](#) helps equip children to say no to unwanted touch.

We want to support teenagers to have healthy, respectful and safe relationships. This [article](#) on healthy and unhealthy behaviour in teen relationships gives a great overview of a difficult subject. This [talk](#) by Dr Emily Setty stems from her research into teenage relationships and gender attitudes, and is from our recent conference on Keeping Children And Young People Safe.

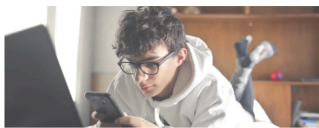
Finally, all young people benefit from knowing where support is available. Our activity [Who Is There For Me?](#) encourages older children to think about where they can go for help, and who the trusted people are that they can talk to. Younger children can be encouraged to identify their support network with our [Helping Hand activity](#).

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





Water Safety



Raising A Digital Detective



Raising Boys in the Digital Space



Surprises and Secrets



Teaching About Body Boundaries



Saying No To Unwanted Touch



Healthy and Unhealthy Behaviour in Teen Relationships



Re-Framing and Reducing Harmful Sexual Behaviour



Who Is There For Me?



Helping Hand Activity

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