

# Pwy all fy helpu?



Childline - Advice line  
08001111

**AREA43**

Area 43  
www.area43.co.uk



School staff



The Samaritans 116 123



Family members



NSPCC - advice line  
08088005000

# How to keep safe, happy and healthy.



## Information for Children

This leaflet gives you information about what to do when something is worrying you or what to do when you want to talk to someone.

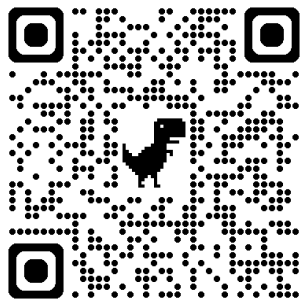
# Mae gen ti hawliau.....

Mae gan blant a phobl ifanc 42 hawl dan Gonfensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn.

Mae'r 42 hawl yma yn cynnwys y pethau mae angen ar blant i dyfu yn hapus, yn iach a diogel.

Mi fydd hawl y mis yn cael ei drafod yn gwasanaethau yn wythnosol er mwyn deall eich hawliau.

Defnyddiwch y cod QR er mwyn darganfod mwy.



**CONVENTION ON THE RIGHTS OF THE CHILD**

1. DEFINITION OF A CHILD	2. NO DISCRIMINATION	3. BEST INTERESTS OF THE CHILD	4. MAKING RIGHTS REAL	5. FAMILY GUIDANCE AS CHILDREN DEVELOP	6. LIFE, SURVIVAL AND DEVELOPMENT	7. NAME AND NATIONALITY
8. IDENTITY	9. KEEPING FAMILIES TOGETHER	10. CONTACT WITH PARENTS ACROSS COUNTRIES	11. PROTECTION FROM KIDNAPPING	12. RESPECT FOR CHILDREN'S VIEWS	13. SHARING THOUGHTS FREELY	14. FREEDOM OF THOUGHT AND RELIGION
15. SETTING UP OR JOINING GROUPS	16. PROTECTION OF PRIVACY	17. ACCESS TO INFORMATION	18. RESPONSIBILITY OF PARENTS	19. PROTECTION FROM VIOLENCE	20. CHILDREN WITHOUT FAMILIES	21. CHILDREN WHO ARE ADOPTED
22. REFUGEE CHILDREN	23. CHILDREN WITH DISABILITIES	24. HEALTH, WATER, FOOD, ENVIRONMENT	25. REVIEW OF A CHILD'S PLACEMENT	26. SOCIAL AND ECONOMIC HELP	27. FOOD, CLOTHING, A SAFE HOME	28. ACCESS TO EDUCATION
29. AIMS OF EDUCATION	30. MINORITY CULTURE, LANGUAGE AND RELIGION	31. REST, PLAY, CULTURE, ARTS	32. PROTECTION FROM HARMFUL WORK	33. PROTECTION FROM HARMFUL DRUGS	34. PROTECTION FROM SEXUAL ABUSE	35. PREVENTION OF SALE AND TRAFFICKING
36. PROTECTION FROM EXPLOITATION	37. CHILDREN IN DETENTION	38. PROTECTION IN WAR	39. RECOVERY AND REINTEGRATION	40. CHILDREN WHO BREAK THE LAW	41. BEST LAW FOR CHILDREN APPLIES	42. EVERYONE MUST KNOW CHILDREN'S RIGHTS
43-54. HOW THE CONVENTION WORKS						

# Healthy mind healthy body

**Eatwell Guide**

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains	Energy 1048kJ/250kcal	Fat 3.0g	Saturated fat 1.3g	Sugars 34g	Salt 0.9g
of an adult's reference intake	13%	4%	7%	38%	15%
Typical values (as sold) per 100g: 697kJ/167kcal					

Choose foods lower in fat, salt and sugars

**Fruit and vegetables**  
Eat at least 5 portions of a variety of fruit and vegetables every day

**Starchy carbohydrates**  
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

**Protein**  
Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

**Dairy and alternatives**  
Choose lower fat and lower sugar options

**Oil & spreads**  
Choose unsaturated oils and use in small amounts

**Drinks**  
6-8 a day  
Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# Mental health and wellbeing

## Self-Care & Mental Health for Kids

Share your own feelings to **encourage** self-awareness.

Find social groups that help them feel like they **belong**.

Set aside time for **low-stress** or solo activities.

Practice **self-care** for yourself to set the standard.

Focus on articulating **feelings**.  
"I am angry."  
"I am sad."

Encourage **journaling** and diaries.

Encourage your child to focus on the **moment**.

Establish a **self-care** routine.

Recognize **toxic stress** events.

Cultivate interests and **hobbies**.

BlessingManifesting

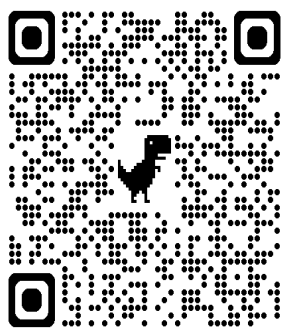
Growing Up is Exciting!  
Sometimes life can be hard, but help is always available.  
Talk to a friend, teacher, or adult if you are worried.  
Your voice matters, and speaking up will help you feel better!

### Good mental health habits to teach kids

- Sleep well
- Screen-free time
- Be active
- Manage stress
- Be present

# Internet Safety

Hwb Online Safety Website



Here you will find support and resources to help keep you safe online.

**S** is for **SAFE**  
Keep personal information **SAFE**!

**M** is for **MEET**  
Don't **MEET** up! with someone you only know online

**A** is for **ACCEPTING**  
Think carefully before you **ACCEPT** things online.

Be **SMART** with a ❤️

**R** is for **RELIABLE**  
Not everything online is **RELIABLE**

**T** is for **TELL**  
If anything online worries, upsets or confuses you... **TELL** someone

- Ask permission before posting a photo online.
- Only share pictures that are showing you in a positive way.
- Never share pictures of your private parts.
- Tell a trusted adult if anyone asks you to share a personal photo.
- Never share anything online that might hurt or upset another.
- Check with a parent or carer before you share something online.
- Talk to a trusted adult if someone sends you something upsetting.
- Never share personal info online like your mobile number.
- Only share things you wouldn't mind a trusted adult seeing.
- Have your privacy settings friends only. So you control who sees what you share.

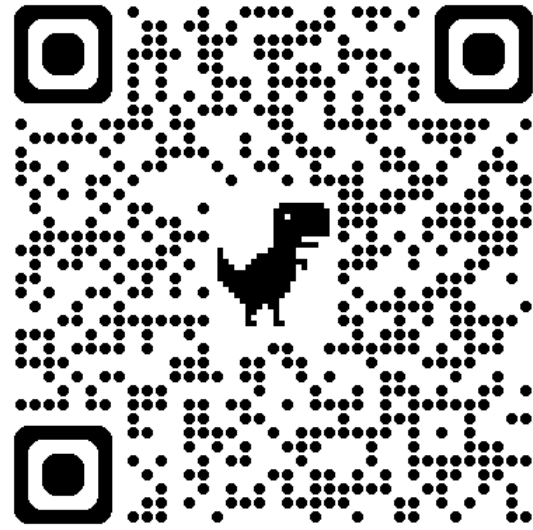


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# Share your thoughts and worries

Learn to recognise your Feelings

If you feel special or uncomfortable, tell an adult you trust.

- ⇒ Remember, there is always someone there to listen.
- ⇒ Remember to speak up.
- ⇒ Remember your rights.
- ⇒ Remember to ask for help.
- ⇒ Remember to talk if there is a problem.

Childline

