

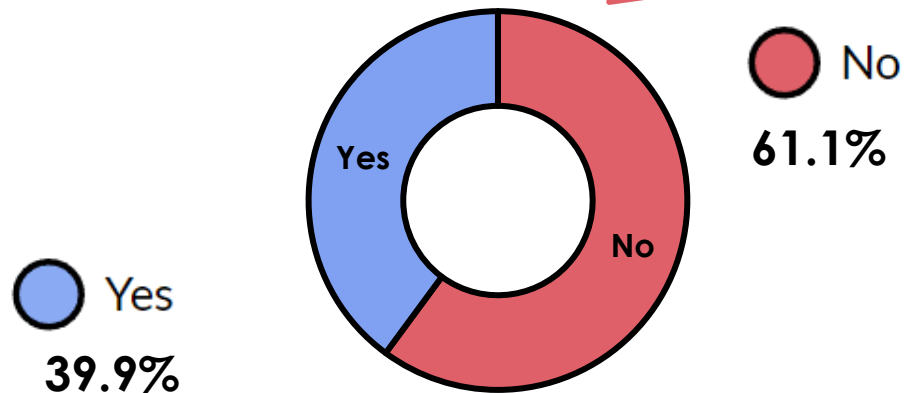


# Primary Parents Update:

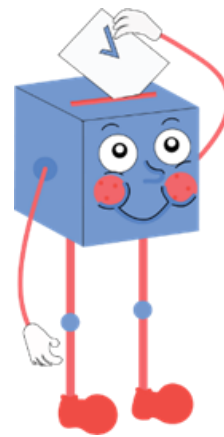
For UK Parliament Week 2020, we asked pupils to put themselves in a politician's shoes to see how they think they would fare and to consider what a day in the life of a leader is really like. Here's what they thought of this question...

## Would you want to be a politician right now?

"I am really shy to talk to dozens of people so I don't want to have that job."



"I would like to be a politician to make the world a better place. I would make rules to help keep people healthy and safe."



# Upcoming VoteTopic:

From one national conversation to another: this week is Anti-Bullying Week! To tie in with the this year's theme of "United Against Bullying", we are asking pupils to think more carefully about bullying and consider the question:

## Is it important to fit in at school?



### Discussion points:

- How might the world be different if we were all the same?
- Do you know any well-known people who were bullied at school? How might their story help others?
- If you saw someone being bullied, what do you think you would do?
- The slogan for Anti-Bullying Week is "United Against Bullying". What would your school slogan be?
- Ask someone at home: what was done to tackle bullying when you were at school?

### Please Note:

If you would like some guidance on tackling bullying, see the next slide.



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# Top tips on who to talk to

Below are some links to organisations working to highlight the importance of speaking up, standing out and clamping down on bullying. If you're viewing this on a computer, click the icons for more info. Otherwise, look them up using the search terms!

## Parents & Teachers



**Partnership for Children** promote **good mental health** for children and young people around the world through their **programmes**.

Search Term: Partnership for Children

**tootoot**'s mission is simple: **giving a voice to children and young people**. It is a **safeguarding app** used across the UK.

Search Term: tootoot



Running from **16<sup>th</sup>-20<sup>th</sup> November** is the **#PowerofYouth festival**, which is part of **#iwill Week**. This seeks to **encourage young people** to **Learn, Challenge & Lead!** Click the images to find out more about the **festival** and what **#iwill** are all about.

Search Term: #iwill Campaign

## Pupils



As well as **having resources for Anti-Bullying Week**, the **Anti-Bullying Alliance** also has a list of places to visit for **help & support**.

Search Term: Anti-Bullying Alliance Help & Support

If you or someone you know is being **bullied**, call the **National Bullying Helpline** on **0300 323 0169**, 9AM-5PM Monday-Friday.

Search Term: National Bullying Helpline





# Top tips for managing your emotions

Now many of us are in lockdown again, it's likely you are feeling a bit sad, worried or uncertain about the next few weeks. Here are a few suggestions for how to keep your spirits up during this tricky time:

## Stay connected

Possibly the most important advice of all is to **keep in touch with friends and family**, whether they are near or far, online or offline!

## Talk it through

An important part of staying in touch is **making space to discuss how you're feeling**, and to do the same for anyone else who might need to talk.

## Be supportive

Even if you are feeling fine, **supporting is important for them and for you**; asking someone how they are can make a big difference.

## One step at a time

Don't feel like you have to do everything at once: **make sure the things you want to do are realistic**, and try to take life one day at once.

## Focus on "now"

Ever heard of "mindfulness"? **Concentrating on the moment you are in right now** can make things easier. Give it a go!

## Look for silver linings

It can be hard to find the positive sometimes, but just **writing down or taking a picture of something you're grateful for** might help brighten your day.

## Make sure you relax

Even though lockdown can feel lonely, it's good to **make time each day to do the things you find relaxing or comforting**. A little TLC goes a long way!

## Have faith in you!

**You have got this far, and you just have to keep going**: this is an important thing to remember. **You can do this**, and things will get better.

If you are finding things really tricky, you are not alone. Call Samaritans anytime on **116 123**, or email them at [jo@samaritans.org](mailto:jo@samaritans.org). Alternatively, you can text YM to **85258** if you need **urgent help** from YoungMinds.

