

# PRIMARY SCHOOL

**DIRECTORY OF ONLINE RESOURCES AND TRAINING:  
MENTAL HEALTH, WELLBEING & CYBER SAFETY**

**FOR PARENTS**

**ROSEMARY DUFFY**, PRIMARY SCHOOLS' HEALTH  
PROMOTION OFFICER

**ANNA CUNNINGHAM**, STUDENT HEALTH  
PROMOTION OFFICER





# CONTENTS

04

**BE INTERNET LEGENDS**

05

**WEBWISE PARENTS' HUB**

06

**WEBWISE GUIDES FOR PARENTS**

07

**THE PSYCHOLOGY PRACTICE RESOURCES**

08

**WEAVING WELLBEING FREE PARENT SUPPORT  
BOOKLET**

09

**HEADSTART KERNOW WELLBEING WEBSITE**

10

**PARENT POWER GUIDELINES**

11

**HELPLINES, PARENTING COURSES AND  
ADVICE – GOV.IE**

12

**KEEPING YOU AND YOUR CHILD SAFE – GOV.IE**

13

**MENTAL HEALTH SERVICES FOR  
CHILDREN AND YOUNG PEOPLE IN IRELAND  
– CITIZENS INFORMATION**





# CONTENTS

**14 PARENTING HUB – ISPCC**

**15 SUPPORTING AN ANXIOUS CHILD PROGRAMME – ISPCC**

**16 BARNARDOS ONLINE SAFETY PROGRAMME**

**17 NPC ONLINE INTERNET SAFETY TRAINING**

**18 NPC INTERNET SAFETY TRAINING**

**19 NPC MENTAL HEALTH AND WELLBEING TRAINING**

**20 NPC ONLINE MENTAL HEALTH AND WELLBEING TRAINING**

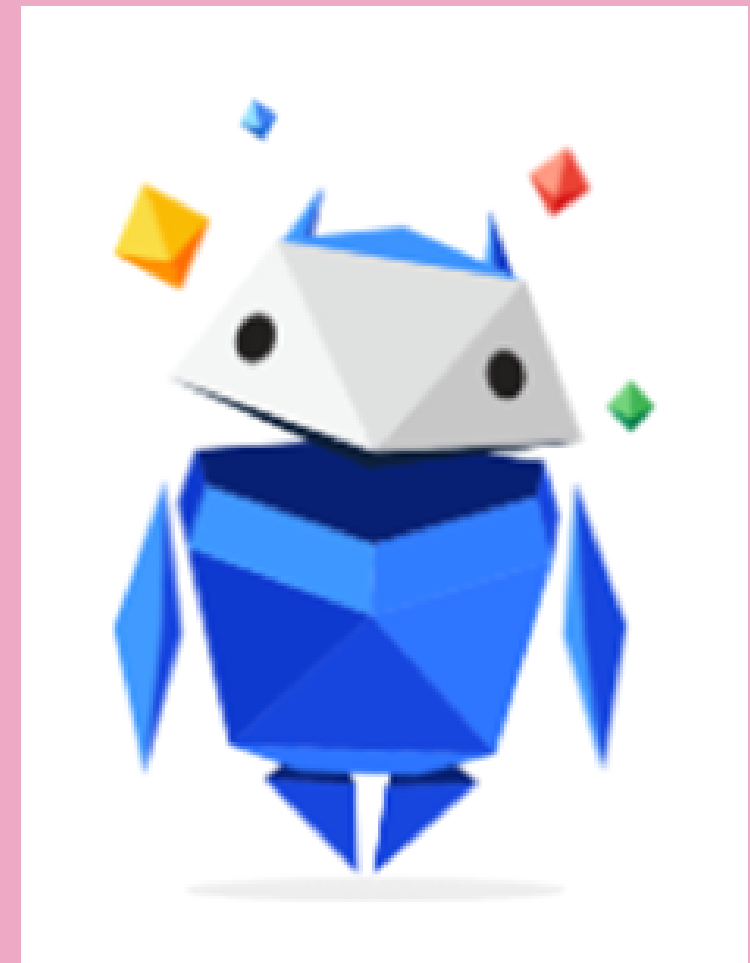
**21 NPC ANTI-BULLYING TRAINING**

**22 NPC TRANSITION TO SECONDARY SCHOOL TRAINING**

# BE INTERNET LEGENDS – FAMILIES

 -BE INTERNET LEGENDS

- Digital safety resources for the home.
- Be Internet Legends Family Guide - gives families the tools and resources to learn about online safety and citizenship at home.



# PARENTS' HUB



- Keep up to date with the latest apps and social networks your children are using.
- Advice and support for parents on key issues such as making friends online and sharing personal information.





# GUIDES FOR PARENTS



## About the contents of "Play and learn: Being online"

Each page of the book is rated with one, two or three ★ according to the level of difficulty and to cater to the broadly varying needs of 4 - 8 year-olds

★ = easy / ages 4-5   ★★ = moderate 6-7   ★★★ = difficult +8

Themes	Pages	ICT facets	Exercises	eSkills/Objectives
Back to school	p.6*, p.7	Possession of IT-devices	Matching pairs, comparing and spotting differences	Visual discrimination, status symbols and bullying
Families and friends	p.8, p.9*	Profiles and privacy online	Matching profiles, creating your own profile	My profile data: understanding public/private. Encouraging critical thinking about choice of information you spread
Healthy living	p.10*, p.11*	Finding balance in your daily activities	Time slots and activity stickers, storytelling	Reflecting on/ordering activities, critical thinking on time spent on study, gaming, chatting, hygiene,...
Actions and capabilities	p.12, p.13	Multi-functional devices, convergence	Matching appliances with qualities and capabilities	Understanding that different devices can perform a same action and one device can often perform many actions
Show and tell	p.14, p.15	Manipulating data	Investigation: how it happened	Encouraging critical thinking, making the distinction between what is real and what is virtual
Sharing	p.16*, p.17	Privacy – protecting data	Giving away and keeping safe	Learning about tangible and intangible, real and virtual; critical thinking about protecting information and/or objects
Learning	p.18	Online and offline skills	Measuring and identifying skills and capabilities	Self knowledge, metacognition (reflecting on own actions)
Technology today	p.19*	Evolution in technology	What did my parents and grandparents use?	Talking about past and future, evolution in technology
Values	p.20*	Cost of technology	Ordering and counting, discovering the values	The value of IT devices, critical thinking about cost of these devices, which children often taken for granted
Language	p.21	Computing symbols	Matching countries and objects	Understanding cultural differences
Keeping things safe	p.22, p.23, p.28, p.30	Protection of your computer	Constructing passwords, matching objects with their key, word and "find it" games	Problem solving, learning about new symbols, decoding
Keeping me safe	p.24*, p.29*	Help functions and Location Based Services (LBS)	Safety crossword puzzle, maze	Language development, metaphors; understanding anonymity and LBS
Emotions/responsibility (action/reaction)	p.25, p.26	Online communication	Matching emoticons to incidents, responding to messages	Dealing with bullying online, learning to express/show (your) emotions and empathy
Bullying	p.27*	Online and offline communication	Story telling	Distinction between real and virtual, asking for help, talking about problems

\* Exercises with extra level. Complementary explanation for parents and teachers to work with their children is available at [www.safoninternet.org](http://www.safoninternet.org)

- Internet safety guides and resources to help parents get to grips with their children's internet use
- Explore the issue of internet safety with children.
- *May be useful for teachers also.*

## HOW TO DEAL WITH CYBER-BULLYING

### webwise.ie CHECKLIST

You can take control by not putting up with offensive content and by reporting it when you come across it. Here are some ways you can respond to unwanted messages.



**DON'T REPLY** to messages that harass or annoy you. Even though you may really want to, this is exactly what the sender wants. They want to know that they've got you worried and upset. They are trying to mess with your head, don't give them that satisfaction.



**KEEP THE MESSAGE.** You don't have to read it, but keep it. Keep a record that outlines, where possible, the details, dates and times of any form of bullying that you experience. This would be useful in the event that an investigation is carried out by your school, youth organisation, or even the Gardaí. Collect and keep the evidence.



**TELL SOMEONE YOU TRUST.** Talking to your parents, friends, a teacher, youth leader or someone you trust is usually the first step. If you need to speak to someone in confidence straight away you can call Childline on 1800 66 66 66, or get help through their online services at [childline.ie](http://childline.ie).



**BLOCK THE SENDER.** Don't put up with it – block it! It may be possible to restrict unwanted communications (check the mobile device manual or seek adult help). Most social networks and messaging apps allow you to block other users. In serious cases of bullying it is a good idea to change your phone number.



**REPORT PROBLEMS** to the people who can do something about it. Responsible websites, social networks, messaging apps and mobile phone operators provide ways for their users to report things such as pornography, bullying content, abuse or other offensive material.

# THE PSYCHOLOGY PRACTICE RESOURCES LINKTREE

 **-THE PSYCHOLOGY PRACTICE**



The Psychology Practice  
dr\_rebecca\_quin

## EMOTION REGULATION PLAN

WRITE DOWN 2 OR 3 STRATEGIES IN EACH AREA

OUTSIDE THE MOMENT	IN THE MOMENT

THE BASICS

Please print & use me!

- A range of resources for school-age children who are experiencing low level emotional and behavioural difficulties.
- Including resources and tips for school and home.



**MELTDOWN**

ADD YOUR TRIGGERS INTO THE BOXES ABOVE

# WEAVING WELLBEING FREE PARENT SUPPORT BOOKLET

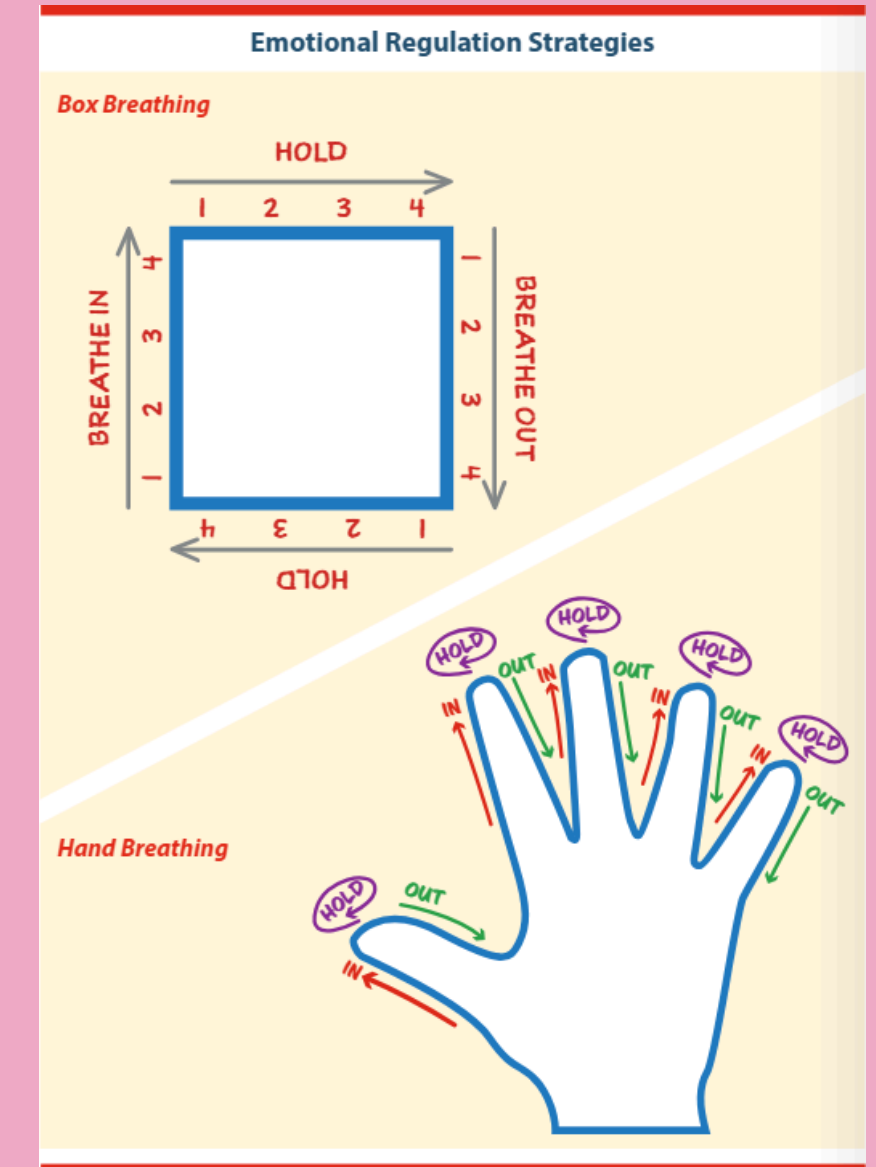
 **-OUTSIDETHEBOX**

## Supporting Your Child's Emotional Well-Being



Fiona Forman, M.Sc. Applied Positive Psychology

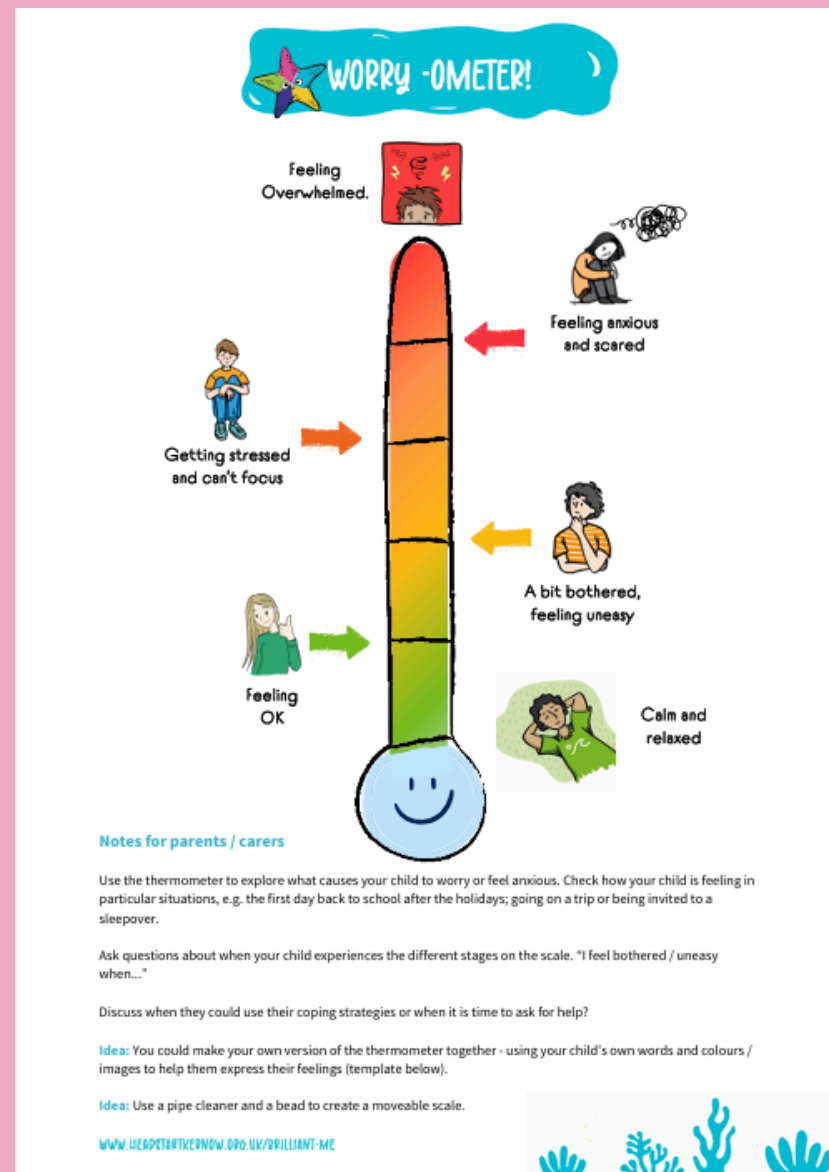
- Free download for parents to support your child's emotional wellbeing.
- Including a 'Wheel of Emotions', 'Worry Decision Tree' and 'Mood Boosters'.
- Suitable for printing.





# HEADSTART KERNOW WELLBEING WEBSITE

 **HEADSTART KERNOW**



- Designed to help 8-11 year olds explore simple ways to explore and nurture their wellbeing.
- Worksheets and resources to help your child: Become more aware of their emotions and become better able to manage uncomfortable feelings with simple self-soothing strategies.



# PARENT POWER

 **-PLANET YOUTH**



- Information from the Planet Youth survey for parents of children in national school.
- Guidance on key topics such as bedtimes, hobbies and screen time.
- *Guidelines for Parents booklet available in English, **Gaeilge**, Arabic, Russian, Lithuanian, Slovak, Polish and Portuguese.*

# HELPLINES, PARENTING COURSES AND ADVICE



- A selection of resources for parents including links to Parentline, Family Resource Centres, Children in Hospital Ireland etc.
- Published by the Department of Children, Equality, Disability, Integration and Youth .



# KEEPING YOU AND YOUR CHILD SAFE



- Links to supports for Child Safety, Domestic, Sexual and Gender Based Violence Services, Online Safety, Mental Health, Wellbeing and Healthy Eating.
- Published by the Department of Children, Equality, Disability, Integration and Youth.





# MENTAL HEALTH SERVICES FOR CHILDREN AND YOUNG PEOPLE IN IRELAND

 **-CITIZENS INFORMATION**



- Signposting service for parents looking for help regarding their children's mental health.
- Ranging from supports for mild mental health challenges to more severe challenges.

# PARENTING HUB



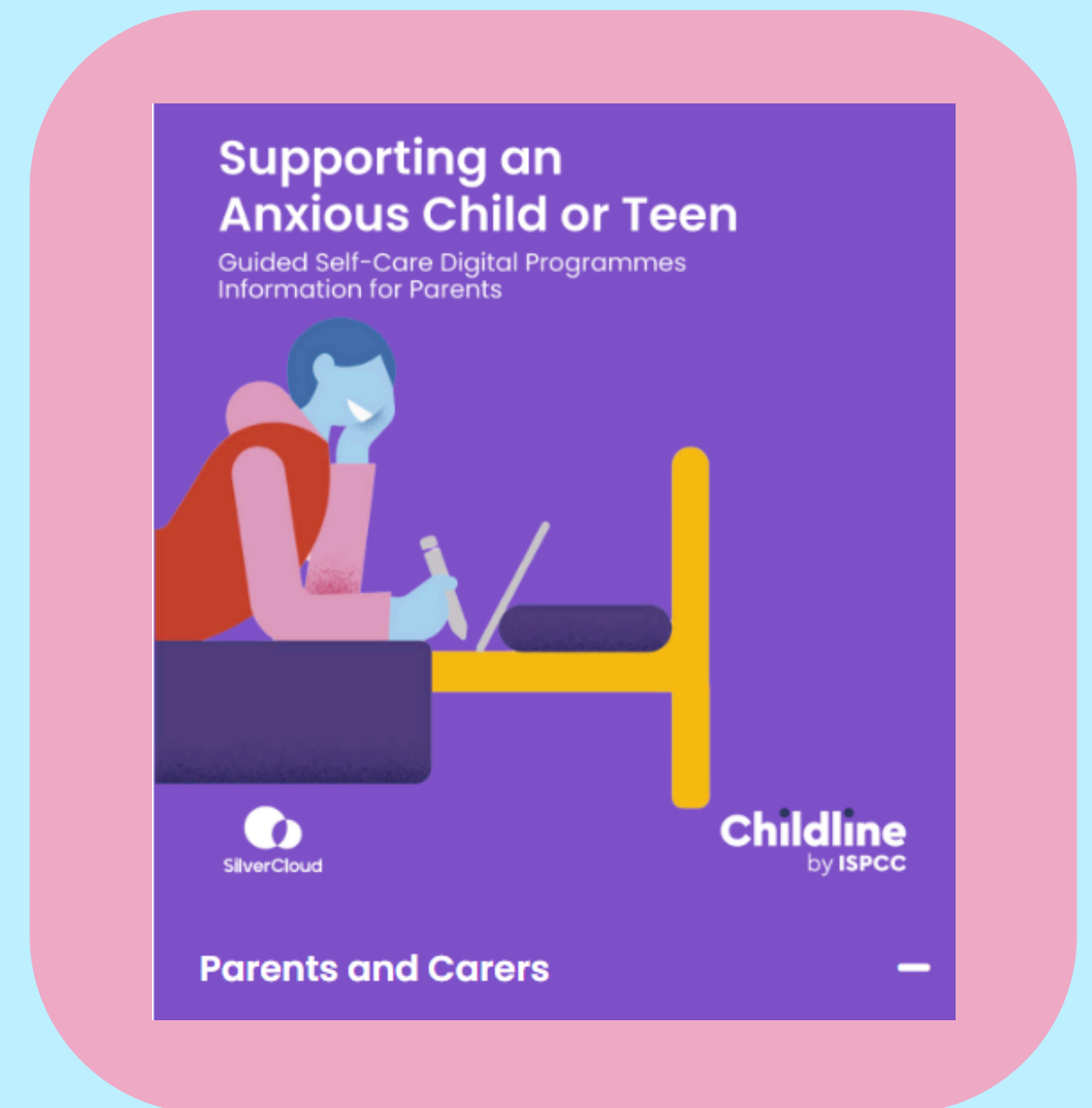
- A series of free webinars for parents.
- Topics include resilience, anxiety, ADHD, parent separation etc.



# SUPPORTING AN ANXIOUS CHILD PROGRAMME



- FREE online programme.
- For parents/carers of children aged 5-11.
- To help parents/carers explore anxiety and better support their child or young person.
- \*Supporting an Anxious Teen programme also available – for parents/carers of children and young people aged 12-18.



# ONLINE SAFETY PROGRAMME FOR PARENTS



- Register for a free online safety webinar with a short Q&A after.
- 45-minutes duration.
- Two webinars per month.
- Short video lessons also available for parents. Each under 5 minutes long, including the topics: Parental Controls, Screen time and Critical Thinking Online.





# NATIONAL PARENTS COUNCIL ONLINE INTERNET SAFETY TRAINING



- Online session can be taken at any time that suits you.
- Parents will be introduced to strategies to help their children be responsible, effective and safer internet users.
- This session also looks at cyber bullying.



# NATIONAL PARENTS COUNCIL INTERNET SAFETY TRAINING



- This programme looks at how children use the internet.
- Strategies to help children be responsible, effective and safer Internet users.
- The topic of cyber bullying will be covered also.
- In your school or remotely.
- A fee applies (€50/€75).



# SUPPORTING PARENTS TO SUPPORT THEIR CHILDREN'S MENTAL HEALTH AND WELLBEING – TRAINING



- Training programme by the National Parents Council in conjunction with St. Patrick's Mental Health services which can be run in your local school.
- Explore the factors that influence mental health and wellbeing in your child and learn how to nurture resilience within your child.
- A fee applies (€50/€75).



# NATIONAL PARENTS COUNCIL MENTAL HEALTH AND WELLBEING ONLINE TRAINING

 **-NPC.IE**



- Online session by the National Parents' Council in conjunction with St. Patrick's Mental Health Services.
- Can be viewed at any time.
- Supports parents to encourage and promote positive mental health and wellbeing in their children and build resilience.





# NATIONAL PARENTS COUNCIL ANTI-BULLYING TRAINING FOR PARENTS



- Support your child regarding the issue of bullying.
- Inform you about the Anti-Bullying Procedures for Primary and Post Primary Schools.
- Each session runs for one and a half hours and is provided FREE of charge.



# NATIONAL PARENTS COUNCIL TRANSITION TO SECONDARY SCHOOL TRAINING



- A one and a half hour session exploring:
  1. Choosing a school for your child
  2. Preparing your child for post-primary school
  3. Subject choice
  4. People you might meet in post-primary school, etc.
- A fee applies (€50/€75)





MAYO

**Mental Health  
Association**

## Support

**Mayo Mental Health Association**

**Tel:** 094 903 8148 **Email:** admin@mayomha.ie

**Mayo University Hospital A&E**

**Tel:** 094 902 1733

**MindSpace** Young people aged 12-25

**Tel:** 094 906 7001 **Email:** info@MindSpacemayo.ie

**Text 50808** – Free text **“Hello”** to **50808**

24hr service text50808.ie

**Pieta House:** 1800 247 247

**The Samaritans: Free Phone:** 116 123

24 hr support Samaritans.org

**Childline: Free Phone:** 1800 666 666, **Free Text:** 50101,

Live Message childline.ie, 24 Hr support

**IACP:** 01 230 3536 – Irish Association of Counselling and

Psychotherapy

**Bealach Nua**

**Tel:** 086 045 0835 / 087 974 9288

**Castlebar Office:** Mayo Mental Health Association,

2 New Antrim Street, Castlebar, Co Mayo, F23 KN20

**Office Hours:** Mon - Thurs 10 - 4pm, Fri 10 - 3pm

**Ballina Office:** Mayo Mental Health Association,

Bohernasup, Ballina, Co. Mayo, F26 Y4E0

**Office Hours:** Mon - Wed 9.30 - 4pm

**Charity No:** CHY7866



Mayo



mayomha.ie





**MAYO**

# **Mental Health Association**



Follow us on  
[mayomha.ie](http://mayomha.ie)



**Rosemary Duffy**

Primary Schools' Health Promotion Officer

[rosemary@mayomha.ie](mailto:rosemary@mayomha.ie)

**Information  
Centre**

**Schools  
Education  
Programme**

**Social  
Housing**

**Health  
Promotion  
(Community)**

**Bohernasup, Ballina, F26 Y4E0**

**T: 096 71492 E: [admin@mayomha.ie](mailto:admin@mayomha.ie)**

**2 New Antrim Street, Castlebar, F23 KN20**

**T: 094 90 38148 E: [admin@mayomha.ie](mailto:admin@mayomha.ie)**