

Healthy Relationships

Parent Bulletin No. 3: November 2023

 **Mind**
Hammersmith,
Fulham, Ealing
and Hounslow

This month we're talking about healthy relationships and celebrating Anti-Bullying Week 13th-17th November!



The theme of **Anti-Bullying Week 2023** is 'Make A Noise!' to stop the silence around bullying. The week kicks off with **Odd Socks Day** on **13th Nov** to celebrate individuality and open discussions around accepting differences, which is key to ending bullying. Ask your school if it's taking part.

The **Anti-Bullying Alliance** has an excellent resource pack for parents and carers [here](#). It is crammed with information including how to recognise if your child is being bullied, what to do about it (including what to expect from schools), and exercises for your child to reflect on the healthiness of their friendships.

Tips for Healthy Relationships

Communication is Key Open and honest communication lays the foundation for a healthy relationship. Encourage self-expression and attentive listening. Give a space to ask questions and provide clear, mindful answers.

Empathy and Understanding Healthy relationships help teach us and children to be empathetic and understanding towards others' feelings and needs, essential traits for fostering meaningful connections in adulthood.

Positive Role Modelling Children learn from observing their parents and others in their environment. Demonstrating healthy relationships sets a positive example for children to model in their own interactions.

The **Young Minds** website has tips for [friendships](#), [romantic relationships](#) and [family](#). Our [Wellbeing Advisers](#) can work with your child to identify any difficulties they may be dealing with and help find appropriate support.

Join us at our monthly evening webinars!

We support parents, carers and school staff to feel confident when supporting children and young people with their **mental health and emotional wellbeing**.

The last Wednesday of every month

(starting 25th October 2023)

7pm – 8pm

Zoom: Use the QR code or [Click here](#) to register.



Topics will include...

Managing Difficult Emotions	Impact of Prejudice
Healthy Relationships & Communication	Self-harm
Managing Stress & Anxiety	Using Social Media

Let us know your thoughts on mental health in schools.

Use the links or QR codes to access separate surveys for [Parents/Carers](#), [Primary Students](#) and [Secondary/College Students](#) so be sure to use the right one!

Parents & Carers



Primary Students



Secondary & College Students

