

In the accompanying worksheet for students, your child has been thinking about:

- ⇒ Challenges of spending more time at home with family or the people we live with, how this might impact on relationships, and some suggestions to manage any conflict
- ⇒ Relationships with friends and others: how these may be different to usual as a result of social distancing and spending more time in contact online
- ⇒ Mental health, in relation to feeling lonely, having to be distanced from friends and others, and trying to maintain and nurture relationships
- ⇒ Considerate online behaviour: thinking about what we're posting and remembering there is a real person at the other end, blurring of boundaries, digital footprint, reporting inappropriate content, advice and sources of support around cyberbullying
- ⇒ Some questions for your child to consider:
 - ◇ *Have your relationships with others changed as a result of the lockdown and social distancing? In what ways?*
 - ◇ *Has your response to the people in your life changed at all? Do you feel there have been any positives to take away from this experience in terms of your social and personal relationships?*

If you would like to discuss any of these issues with your child, you might find the following conversation-starters useful:

- ◇ What do you think have been the pros and cons of spending more time with family or the people you live with? What about your friendships—have they changed at all as a result of you not being able to see each other as much?
- ◇ What's *good internet behaviour* to you—what does that look like? Would you feel confident speaking up if you saw something hurtful or inappropriate?

You may also find the following websites useful for more info or ideas:

[The Conversation: 'Teens are Wired to resent being stuck at home'](#)

[Catch 22— Encouraging Positive Online Behaviour](#)

[Childnet International—Supporting Young People online](#)

[NSPCC: Arguments and family tension during covid 19](#)

[Internet Matters—talking to children about online behaviour](#)

[National Bullying Helpline—Cyberbullying](#)