

# Essex Child and Family Wellbeing Service Newsletter



An important Healthy Schools message from Essex  
Child & Family Wellbeing Service

**Subject:** Sexual Health & Healthy Relationships  
**Date:** June 2021  
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Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on healthy relationships and sexual health!



# Healthy Schools

ESSEX

# Family Wellbeing

- Starting Primary school can sometimes be nerve-wracking for children and their parents and carers. We have created a video that you might find useful to support your family at this time. Watch it [here](#).
- It can be daunting making new friends. [Childline](#) have some great advice and tips for children and young people who might be struggling.
- Having [conversations about difficult subjects](#) like sex and relationships with your children can feel very daunting, but the NSPCC have some great tips to support you!
- Talking [PANTS](#) and explaining the underwear rule helps children understand that their body belongs to them and they should speak to a trusted adult if anything makes them feel upset or worried. You can find all the resources from the NSPCC [here](#).
- The NSPCC has some great advice for parents to help you understand the risks and support your child if they've been [sending, sharing or receiving nude images](#).
- [The Zipit App](#) has been designed to support young people online who may be pressured into sending something they are not comfortable with. It is free to download & full of funny GIF's that are ready to send.
- The [Internet Watch Foundation](#) (IWF) is an organisation in the UK which has the ability to remove child sexual abuse images or videos that are hosted online in the UK. If you are aware of a picture or video that has been shared online, they will review it and if possible take it down. They also work directly with [Childline](#) through their helpline 0800 1111.
- The Children's Society have created an "[Emoji Dictionary](#)" to help understand when emoji's that are being used might be a cause for concern.
- [@EssexBrook](#) have a great Facebook page running regular webinars, live q&a's for parents and sharing resources all around healthy relationships and sexual health.

***Don't forget you can always contact your Healthy Family team for support on;***

**Mid Essex Tel: 0300 247 0014**

**North Essex Tel: 0300 247 0015**

**South Essex Tel: 0300 247 0013**

**West Essex Tel: 0300 247 0122**

To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to [Essex.Communications@virginicare.co.uk](mailto:Essex.Communications@virginicare.co.uk)