MENTAL HEALTH & WELLBEING NEWSLETTER

WEEK 4 FOCUS

Whatever stage your family is at, you don't need all the answers.

You just need somewhere to start.



Welcome to Week 4

Parenting and supporting young people through modern challenges can often feel overwhelming. Between navigating friendships, digital influences, and rapid developmental changes, it is completely normal not to have everything figured out.

This week's theme focuses on **removing pressure**. You don't have to be an expert to guide your family toward better wellbeing and safety—taking the first step toward open communication and knowing where to access shared resources makes all the difference.

1. Open Conversations

Learn strategies for starting low-pressure, supportive dialogue with children and teens around sensitive topics without awkward barriers.

2. Modern Risk Awareness

Stay informed on digital culture, online spaces, peer influence, and practical steps to maintain healthy family boundaries.

Free Support Sessions & Resources

Let's Talk: Safer Families provides free, expert-led online sessions, toolkits, and guidance created specifically to help parents and carers support young people with confidence.

SESSION / RESOURCE	TARGET GROUP	KEY FOCUS AREAS
Let's Talk Primary	**Primary Years** Ages 5–9	Building trust, emotional regulation, managing early friendships, and establishing safe basic online habits.
Let's Talk Pre-Teens	**Middle Years** Ages 9–12	Navigating growing independence, body changes, online influences, and maintaining strong family connections.
Let's Talk Teenagers	**Adolescents** Ages 13–18	Addressing peer pressure, online safety, relationship dynamics, mental wellbeing, and safety planning.
Specialist Webinars	**All Parents & SEND** All Ages	Deep dives into algorithms, online harms, healthy relationship boundaries, neurodiversity, and SEND support.

💡 **Good to Know:** All online webinars are free to attend and run with privacy in mind — no webcam or microphone is required, allowing you to learn comfortably at your own pace.

Simple Steps for This Week

1. **Start Small:** Pick one low-pressure moment this week (such as during a walk or drive) to check in with your child about how they are feeling.
2. **Explore the Toolkits:** Visit the official portal to download free parent toolkits, watch short video guides, and register for upcoming live sessions.
3. **Be Kind to Yourself:** Parenting doesn't come with a manual. Being willing to learn alongside your family is the most powerful starting point.

Let's Talk Safer Families
Free, trusted support for the conversations that don't come easily.

letstalksaferfamilies.org