



# The Wellbeing Hub Content Lineup

## - Spring Term 2023 -

### January - Screens

Week 1: Blog: The Rise of 'TikTots' - younger children using the platform by Kate Edgcumbe-Rendle, Founder of ID YOU, an organisation delivering discussion based workshops for young people.

Week 2: Blog on cyberbullying for parents and young people by Alicia Drummond, Therapist & Founder of The Wellbeing Hub.

Week 3: Blog on peer pressure and social media by Kate Edgcumbe-Rendle, Founder of ID YOU.

Week 4: Webinar: Online Safety: The Latest Risks & Opportunities with Karl Hopwood, an Independent Online Safety Expert,

### February - Street Safety

Week 1: Podcast on personal safety threats faced by young people today with Andy Privett, Founder of Be.Streetwise, an organisation that designs personal safety & de-escalation programmes for schools and parents.

Week 2: Podcast on peer-on-peer abuse and coercion with Adele Eastman, Senior Counsel in Farrer & Co's Safeguarding Unit & A Board Member for the Centre for Social Justice.

Week 3: Webinar on Personal Safety: Navigating The Teenage Years with Andy Privett, Founder of Be.Streetwise, an organisation that designs personal safety & de-escalation programmes for schools and parents.

Week 4: A webinar series for parents and carers on personal safety donated by Andy Privett, Be.Streetwise.

### Q&A

These webinars are in addition to the monthly Q&A sessions run by our in-house experts on the first Tuesday of every month at 6pm, and the weekly resources.

### March - Sibling Relationships

Week 1: Blog on sibling rivalry by Alicia Drummond, Therapist & Founder of The Wellbeing Hub.

Week 2: Podcast on sibling bereavement with Alicia Drummond & Child Bereavement UK, a charity that supports families and educates professionals when a child sadly dies, or when a child is facing bereavement.

Week 3: Webinar on navigating the complicated world of sibling relationships with Dr Tamara Scully, Clinical Psychologist & Expert in The Wellbeing Hub.

Week 4: Top tips for managing sibling relationships with Dr Tamara Scully, Clinical Psychologist & Expert in The Wellbeing Hub.

Week 5: Practical advice for professionals on sibling bereavement in the school community donated by Child Bereavement UK.



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## April - Diversity & Inclusion

Week 1: Blog on the power of kindness by Alicia Drummond, Therapist & Founder of The Wellbeing Hub.

Week 2: Live event for schools on ethnicity and cultural values with Cliff Faulder, a diversity and inclusion trainer and the CEO of About Face, an organisation tackling racial inequality.

Week 3: Webinar on changing the way we talk about disability with Amy Oulton, and Disability Inclusion Speaker (most recent feature on TEDx).

Week 4: Blog on supporting our children to celebrate diversity by Dr Tamara Scully, Clinical Psychologist & Expert in The Wellbeing Hub.

Bonus Webinar: Autism & Girls - Why the presentation is so different with Tessa Morton, Co-Founder of ActforAutism.

### Q&A

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## May - Managing Challenging Behaviour

Week 1: Video: Why children resort to challenging behaviour & how to set boundaries by Alicia Drummond.

Week 2: Blog: From Punishment To Problem-Solving by Julia Philpott, Parenting Coach & Expert in The Wellbeing Hub.

Week 3: Webinar on managing anger and other difficult emotions with James Hawes, an experienced psychotherapist and an accredited member of the British Association for Counsellors and Psychotherapists.

Week 4: Managing risk taking behaviours by Alicia Drummond

Bonus Content: Podcast on emotional fitness with boys with James Hawes.