

From: [CCN College Life](#)
To: [City College Norwich All Students Mailing list](#)
Subject: Student Safety and Wellbeing email
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Welcome to your Student Safety and Wellbeing email

Introduction

Positive Winter Moods

1. Keep active and get outside

We all know the advice of keeping active help keeps our moods up and helps us through tough times. Making a deliberate effort to go outdoors in natural daylight as much as possible, especially at midday and on brighter days can make a big difference. Think carefully and plan ahead, when can you exercise or get outdoors during the day? Don't forget to make time for the activities, sports or interests you usually enjoy.

2. Keep warm

Whether you love or hate the winter season, keeping warm is important to your wellbeing.

Taking a few seconds to appreciate moments of warmth can boost our moods on cold grey days: Warming your hands on a hot drink, a hot meal, wrapping up in a warm hoody or scarf, a planned Hygge activity (pronounced "hoo-gah" - see below) , the blast of warmth from a heater or fire-place. Take a second to notice how the warmth affects your whole body.

3. Eat healthily

New diet plan? Bored of chocolate or still loving munching through the Christmas goodies? Whichever is most applicable to you, we know a healthy diet will boost your mood and give you more energy. Our "gut brain" is the focus of a lot of research at the moment but one thing we know is that eating well has a big impact on our physical and mental health.

4. See your friends and family

Spending time with people we care about and who care about us is an essential part of maintaining positive mental health. This could be a quiet 1:1 chat or a big group gathering, you will know what works for you so plan it in, be proactive and don't be afraid ask.

5. Talk it through

When times get tough finding a trusted someone to talk with is priceless. whether that's a close friend or family member or a trusted supportive professional, having a conversation where you are not judged and can explore your thoughts and feelings will help you through.

Online Safety

We all have an online presence, from social media to online shopping, the internet can make all kinds of things quicker and more convenient. But there are also potential dangers online and it's important to be aware of them. This page will explore some of those dangers and how to avoid them, but if you have any worries or concerns, you can [talk to our Safeguarding officers](#).

When Things Go Wrong Online

The online world can be a positive space where you can keep in touch with friends and make new ones. But the internet can also be negatively used by people to

target and hurt others. If you are ever worried about the way someone is communicating with you online or about online sexual abuse, there are steps you can take and lots of people that can help.

- **Tell someone.** The most important thing to do is tell someone you trust what has happened. Speak to a parent, carer, teacher or other trusted adult. They will understand and be able to help you. Take a look at our tips for [having a difficult conversation with an adult](#).
- **Report to CEOP.** If you are worried about online abuse or the way someone has been communicating online, [report it to CEOP](#) and they can support you.
- **Contact a support service.** If you don't feel like you can speak to an adult you know and trust, there are plenty of [support services](#) that offer free and confidential advice, like [Childline](#) and [The Mix](#).
- **Remember it's not your fault.** If someone has pressured, forced or tricked you into sharing naked photos or videos of yourself or anyone else or doing anything you didn't want to do, this is [sexual abuse](#), and it's **never** your fault.
- **Block the person who is contacting you.** If you are receiving hurtful messages from someone online, you can [block or report](#) them to stop them contacting you.

Sending Nudes

Being pressured to send a nude is never okay. Everyone has the right to say 'no' if someone asks them to do something they're not comfortable with.

If you've shared a picture of yourself (with the [consent](#) of the person you sent it to), you are never to blame for anything that happens after this.

If you are worried about a nude you've already sent, there are steps you can take to help the situation.

Has someone asked you to send a nude?

Things to consider:

- **You don't have to**

No one should ever make you feel that you owe them a nude picture. Even if you're comfortable with sexual chat or photos, it doesn't mean you have to send a naked picture. You don't have to do anything you're uncomfortable with.

- **There are other ways to show that you care**

You don't have to send someone a nude to 'prove' you like someone. If someone says you need to do it to prove your commitment, they're wrong. It's a form of abuse for someone to put you under pressure to send a nude image.

- **It could be shared with people who you wouldn't want to see it**

When images are stored on devices, like a phone, there's a chance other people could end up seeing the images unintentionally or they could be kept for longer than you intended.

Ways to say no

Someone who respects and cares about you should never make you feel bad for saying no.

Here are some suggestions for what you could say in different situations:

- **Someone you're in a relationship with.** Let them know you're not comfortable. If they respect and care about you, they should understand.
- **Someone you know and like, but are not in a relationship with.** It might feel easier to say no in a funny way, like sending a GIF or meme.
- **Someone you don't know.** Ignore, [block and report](#) them, so they can't continue to contact you.

What if I've already sent a nude?

- **Ask the person to delete it.** If you have shared something but now the

thought of someone having it makes you feel uncomfortable, have an honest conversation with them and ask them to delete it.

- **Speak to a trusted adult.** If you feel worried about a picture you've sent, talk to someone about what's happened. We know this can feel embarrassing, but an adult will be able to help. If you feel as though there isn't anyone you can tell, you can speak to a counsellor at [Childline](#) confidentially by calling 0800 1111.
- **Get help to take it down.** If the picture has been posted online, and whoever posted it won't delete it, report it and the social networking site should take it down. Social networks don't allow naked images of people under 18. If you are under 18 and worried a sexual image or video of you may have been shared online, you can also use the [Report Remove tool](#).
- **Get help from CEOP.** If someone pressured you to send a picture, or is now threatening you, it is never too late to get help. This is a crime and you can [report it to CEOP](#) using an online form. Do not feel embarrassed, CEOP deal with lots of cases like this every day and they will know how to help you.
- **Remember - the law is there to protect young people.** Naked images of under 18s are illegal, but you will not be in trouble with the police if someone has made you share an image of yourself. The law was created to protect young people, not get them into trouble.

For more help with what to consider, what to do if you're in trouble and how to say no go to [Sending nudes \(thinkuknow.co.uk\)](#)

Hygge – What is the Hygge life?

Hygge (pronounced "Hoo-gah") is about taking time away from the daily rush to be together with people you care about – or even by yourself – to relax and enjoy life's quieter pleasures!

What are the benefits?

- It helps develop a sense of comfort and security
- Lowers anxiety, stress and nervousness
- Provides a special place to embrace calmness
- Induces creativity, kindness and self-awareness
- Reduces external chaos, mental noise and physical burnout

5 Ways you can try Hygge this January!

1. Clear the clutter and love your space more! Filling your space with things you love is Hygge!
2. Let the sunshine in! Open those blinds, open windows and fill your space with light and air – see how much it benefits your mental health!
3. Reach out to a friend you haven't heard from for a while! It could be just what you both need!
4. Add houseplants to your space for uplifting greenery and an air-cleansing oxygen boost!
5. Make yourself a "Hygge-krog" - a cosy, comfortable place to sit and relax with your favourite warm drink!