

# SEVENOAKS PCN

*Newsletter for Parents*



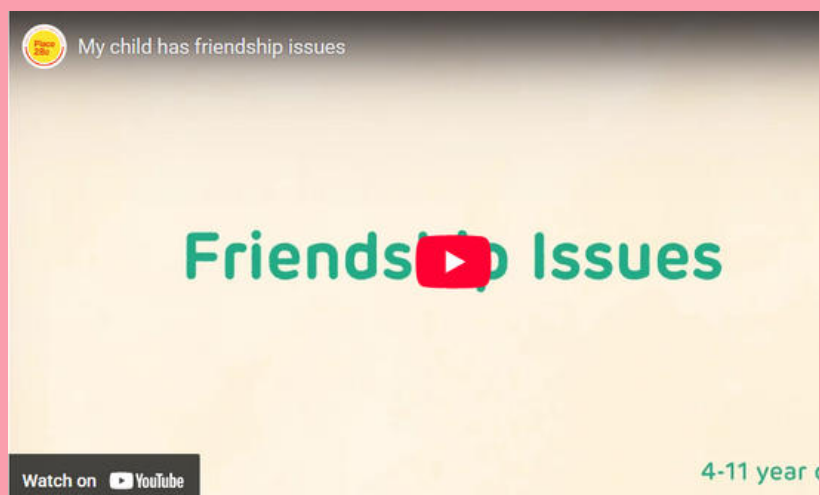
## Theme: Relationships

### How to support your child's relationships

- Encourage playdates
- Role playing
- Read books about friendship
- Role playing
- Create opportunities for social interaction
- Model positive behaviour
- Teach empathy
- Encourage group activities (sports team, clubs)
- Discuss relationship qualities
- Provide positive feedback
- Help with conflict resolution

**Click on the icons below to direct you to helpful resources**

**Parentkind**



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## Theme: Relationships

**Click below for more information for parents and teens on relationships**

- **Are they really your friend? 15 signs that suggest otherwise.** [Ditchthelabel.org](https://ditchthelabel.org)
- **How to feel confident saying no when you're feeling pressured:** <https://moodspark.org.uk/peer-pressure/>
- **Friendship guide for young people:**  
[https://www.childrenssociety.org.uk/sites/default/files/2020-10/friendship-guide-for-young-people\\_0...](https://www.childrenssociety.org.uk/sites/default/files/2020-10/friendship-guide-for-young-people_0...)
- **Mood Spark:** <https://moodspark.org.uk/relationships/>

## Welcome to MoodSpark

A space created by young people for young people to help navigate and learn about emotions.

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## Services in Kent

[Click on the headings below for more information](#)

- **Peer Mentoring, SALUS:** 1-2-1 service for children aged 9+
- **Healthy Empowering Relationship Advisory Service (HERA) SALUS:** Support and empowering young women and gender diverse individuals aged 10-18.
- **Mentoring Referrals, The Young Lives Foundation:** For young people who are identified as vulnerable e.g. mental health, low level behavioural issues, adverse childhood experiences.

### Directory of services available

<https://map.bettertogethercommunity.org.uk/directory>

<https://www.kent.gov.uk/leisure-and-community/libraries/clubs-and-activities-in-libraries/clubs-and...>

### House in the Basement, Youth Café in Sevenoaks for 11-17 year olds

info@houseinthebasement.co.uk  
01732 466 593

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Video Games  
Free WiFi  
Info & Support  
Chess & Board Games  
Chill out zone  
3 in 1 Games Table (pool, Air hockey & Table tennis) & Darts  
Internet Cafe & Gaming PCs  
Food & Drink £3 Meal Deal