



Our Kindness Curriculum moves to honesty.

Honesty is the quality of being truthful, sincere, and fair in actions, words, and thoughts and involves not lying, cheating, or deceiving. It builds

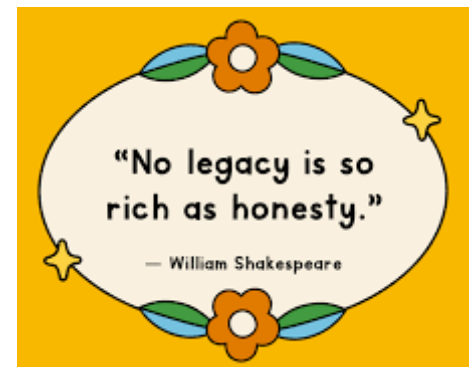
trust, fosters strong relationships, and promotes self-awareness, aligning your actions with your values for greater peace of mind.

Key aspects of honesty:

Truthfulness: Saying what is real and factual, aligning words with reality.

Integrity: Being consistent and trustworthy, acting in accordance with your values, even in private.

Fairness: Treating others justly and with respect.



Sincerity: Being genuine and authentic in your intentions and feelings.

Self-Honesty: Being truthful to yourself about your own feelings, thoughts, and actions, which is vital for confidence and integrity.

Try at least one of these this week:

- Try and be honest if you've made a mistake.
- Take time to say something positive to yourself - eg 'I am in charge of how I feel. Today I feel kind and calm.' Every day.



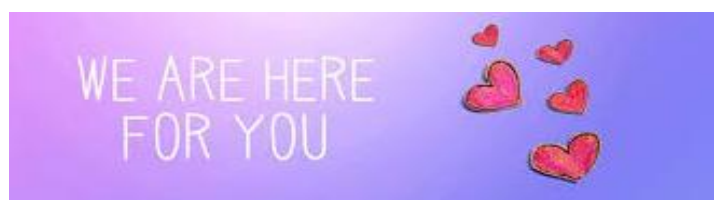
If we are honest and fair, then we are known by that. If we are not, alas, we are known by that as well. What we want to do is do right, but you have to say it, you have to show it, and not stop.

— Maya Angelou —

AZ QUOTES

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Using Social Media Safely

Social media can have real benefits when used safely. It can help us to connect with friends and family, express ourselves creatively and explore new interests.

It can help us to learn new skills through online tutorials, discover communities that share our interests and hobbies, whilst enabling us to find support and feel less alone.

By using social media thoughtfully, we can support our wellbeing and encourage safe, positive experiences online, enabling us to build confidence and share our own content with others.

Understanding risks

Social media is deeply embedded in the lives of many of us, offering spaces to connect, create, and explore. However, these platforms can expose us to experiences that are difficult to manage without support. Understanding the specific risks is essential for helping us to navigate these environments safely and confidently.

Some of us, especially children may encounter people online they don't know, and not all interactions are safe. Unsolicited messages, friend requests, or group invites can lead to uncomfortable or even dangerous situations.

We can be exposed to harmful material through group chats, disappearing messages, and peer pressure. Social media algorithms can also add to this risk by suggesting content based on what users engage with.

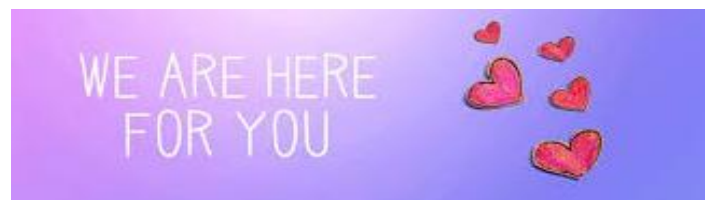
Filters, editing tools, and curated posts often present an idealised version of reality. This can lead us to compare ourselves unfairly, which can affect our self-esteem and body image.

Online engagement – likes, shares, and comments – can feel like a measure of self-worth. Feelings of being defined by our online popularity can lead to anxiety and a need for validation.



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Stay safe online by talking openly about social media and encouraging safe and thoughtful sharing. Some top tips:

1. Use Strong, Unique Passwords & 2 Factor Authentication



- **Create complex passwords:** Mix letters (upper/lower), numbers, and symbols, and avoid personal details.



- **Use different passwords:** Never reuse passwords across different sites.

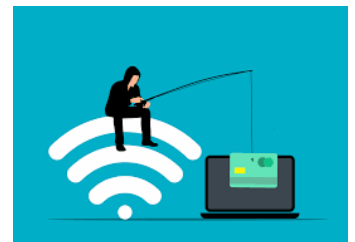
2. Keep Software Updated



- **Install updates:** Regularly update your operating system, browser, and apps to patch security vulnerabilities.

3. Beware of Phishing & Scams

- **Think before you click:** Don't open suspicious attachments or click links in unexpected emails or messages.
- **Verify senders:** Check the sender's email address and look for look-alike domains.
- **Don't overshare:** Be wary of urgent requests for personal info.



4. Manage Privacy Settings & Personal Info

- **Limit sharing:** Don't post sensitive information like your home address, phone number, or relationship status.
- **Adjust settings:** Set social media profiles to private and review app permissions.

5. Practice Safe Browsing & Downloads

- **Check for HTTPS:** Ensure websites use "https://" (not just "http://") for secure connections.
- **Download from trusted sources:** Only download apps from official app stores.
- **Use secure Wi-Fi:** Avoid sensitive activities on public Wi-Fi.

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