



Sybil's WOW

Word of the Week

Definition

A growing social trend where young people make exaggerated comments about their emotional issues to get sympathy from others.

Examples

This is also sometimes called attention seeking.

This is also sometimes called attention seeking. This vulnerability can lead to young people being groomed online by offering predatory social media users an opportunity to gain trust by showing sympathy.

Sadfishing (Noun)

Support

Talk to a trusted adult if you are going through a difficult period.
Talk to the pastoral team so that they can support you.
If you are worried about a friend talk to your Head of Year.
Drop in to see the school nurse.
Talk to your parents.

Useful Contacts

Samaritans – 116123
SANEline 030030470000
CALM - 0800585858

We are kind

We have courage

We take responsibility