



# Safeguarding Update

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## Sign up for Brake's Kids Walk To raise awareness of road safety in your community

On Wednesday 26 June, thousands of children across the country will put their best feet forward to take

part in Brake's Kids Walk, this year joined by Shaun the Sheep! The walk, co-ordinated by Brake, the road safety charity and sponsored by the Ocado Foundation, promotes road safety and the health and planet-saving benefits of walking whilst getting the children to raise awareness of important road safety messages in their community:

1. Foot paths
2. Cycle Paths
3. Safe places to cross the road
4. Slow traffic
5. Clean air

For more information visit [brakezebras/kidswalk](http://brakezebras/kidswalk) or email [kidswalk@brake.org.uk](mailto:kidswalk@brake.org.uk)

## Surrey Safeguarding Children's Board

Call us on  
01372 833330

Our vision is of a society in which single parents are valued, and where they - as well as their children - are treated equally and fairly. There are two million single parents in Britain - one in four families with children. Financial insecurity, stigma and social isolation are issues faced by many single parents today, and our work focuses on reducing these challenges.

## Gingerbread

Single parents, equal families

We support single parent families in lots of different ways, so we measure our impact across the range of services we provide. We understand just how diverse single parents are, and our support takes account of their differences as well as their common experiences.

Impact evaluation of our work demonstrates that, after joining Gingerbread:

- 74% of single parents knew where to get help
- 67% felt more able to deal with problems
- 58% felt they had someone to talk to
- 60% felt more positive or optimistic

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## Childline

0800 11 11

## Grandparent's Guide to Bullying and Digital Safety



Grandparents have a crucial role in the lives of children and young people. As a grandparent you may be wondering what is going on in the world with the media reports of cyberbullying and we want to make sure that grandparents feel equipped to support a child going through a situation.

### The digital world

Your grandchild may spend quite a bit of their time on their mobile phone, tablet or other electronic device/ devices. This is typical behaviour and there are positives about the digital world. Here are our tips for keeping your grandchild stay safe online:

- *Be interested in what your grandchild is doing online;* ask them to show how it works, the games they are playing and who they are talking to. If the people seem much older, the games/films scary, or your grandchild seems to be sharing private details – gently say so. Trust your instinct.
- *Negotiate boundaries:* agree how long they should spend doing different activities both on and offline, and check that any games and apps are age appropriate.. Encourage them to switch off before bedtime and find other ways to wind down.
- *Let them know you are there for them.* If anything they read, see or hear online worries or scares them you may not know the tech but you have a lot of life experience.
- *Try using apps and social media yourself* – ask your grandchild to show you how!
- *Look out for signs that your grandchild is unusually sad or withdrawn,* or seem anxious or upset after using their phones, tablets or devices. It may be that they are experiencing cyberbullying or are being harassed or exploited in other ways.
- *Help them report bullying or offensive content to the social network provider.* It's important that your grandchild doesn't retaliate, and that they consider blocking or muting the person that is causing them harm. Explore whether they want to take a screenshot/save the evidence so they have the option of sharing with the school.
- *Support them with keeping a perspective on events.* Being on the receiving end of offensive or harmful comments online can feel terrible but conversations online tend to move along quickly – particularly if you don't respond
- *Encourage your grandchild to be a good digital citizen.* This means not sharing or liking harmful, or offensive content and doing what they can to support others and share positive content online.