



Safeguarding Update

November 2019

Issue 20

Anti-Bullying Week 2019:

Change Starts With Us

This year's Anti-Bullying Week has the theme Change Starts With Us and is happening from Monday 11th November - Friday 15th November 2019.



We have worked with over 1,000 children and young people to decide the theme for this year. The theme aims are as follows: **Small change. Big difference.**

Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with work together.

Change starts here.

Change starts now.

Change starts with us.

This year the goal is to inform schools and settings, children and young people, parents and carers to know that it takes a collective responsibility to stop bullying. We are excited for this campaign as we want to create empowering, positive messages addressing the fact that when it comes to bullying CHANGE STARTS WITH US!

<https://www.anti-bullyingalliance.org.uk>

Childline
0800 11 11

Surrey Safeguarding Children Partnership

Call us on
01372 833330

internet matters.org



Get Age-specific advice Whatever their age, find simple, practical advice to keep children safe online.

What is mental health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.



We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

1. **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
4. **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
6. **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
7. **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
8. **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
9. **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
10. **Some ways to start a conversation about feelings might be:**

"How are you feeling at the moment?"

"You don't seem your usual self. Do you want to talk about it?"

"I'm happy to listen if you need a chat."

The animation and resources are freely downloadable www.annafreud.org

