



# Safeguarding Update

November 2020

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## **NSPCC** Helping you support children during the COVID-19 pandemic **Learning**

Safeguarding and child protection are as important now as they ever have been. But with many children spending less time in schools and social distancing measures in place across the UK, we all need to think about the way we keep children safe during the coronavirus pandemic (COVID-19).

The NSPCC have put together a list of services and resources to support you during this challenging period.

### **Talking to a child worried about coronavirus (COVID-19)**

If your child is anxious or worried about coronavirus (COVID-19), there are things you can do to help. There's a lot of uncertainty in the world at the moment. And there won't always be answers to the questions your children are asking. But we can help you have these conversations in a safe and open way.

Talk about feelings and worries

- If your child wants to talk about coronavirus, encourage them to. Try to keep information simple, factual and communicate in a way that your child will understand. It's also important that all the adults in the child's life use the same message - it'll help build their confidence and reduce anxiety. Focus attention on positive stories about people working to keep everyone as safe as possible.
- Actively listen to your child about what they're feeling or thinking about coronavirus. Using phrases like "I can hear you sound a bit anxious about that" helps them know you're listening and taking them seriously. Listening and praising them for sharing their worries can also help reduce anxiety.

Keep in touch with family and friends

- Technology can be a great way for children to keep in touch with friends and family and can help with feelings of isolation and anxiety. It can also help take pressure off you as the main carer when you're trying to work. You could:

- set aside regular time for video calling to create a virtual classroom or playground
- schedule a reading hour where a family member or friend listens to or reads with your children
- have younger children draw what they've done each day and share their weekly diary on a video call.

Balance screen-time

- Try to create structure and routine
- Help give children a sense of control
- It's important to talk to your children about keeping safe online and set up parental controls

### **Surrey Safeguarding Children's Board**

Call us on  
01372 833330

### **Anti-Bullying Week 2020: United Against Bullying**

The theme for Anti-Bullying Week 2020 is: United Against Bullying.

Anti-Bullying Week will happen from Monday 16th

- Friday 20th November. Last year 75% of schools in the country took part, reaching well over 7 million young people.

Our Anti-Bullying Week 2020 manifesto for change:

*"This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge. Anti-Bullying Week is no different. Bullying has a long-lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference. We're all a piece in the puzzle, and together, we're united against bullying."*



**Childline**  
**0800 11 11**