



# Safeguarding Update

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You might assume that Christmas is the happiest time of year for every child, but for children whose families are in

crisis or who are victims of abuse or neglect, Christmas can be one of the most upsetting times of the year.

Unfortunately, there are thousands of children in the United Kingdom today who are victims of abuse, and perhaps thousands more who cannot be accounted for. While their friends are getting lots of new toys from Santa on Christmas morning, some children might not even get the chance to smile.

If you have concerns about a child please contact Surrey Safeguarding Children Partnership:  
**Phone: 0300 470 9100 (Monday – Friday 9am – 5pm)**  
**Out of hours phone: 01483 517898 to speak to our emergency duty team.**  
[cspa@surreycc.gov.uk](mailto:cspa@surreycc.gov.uk)



As we approach the Christmas break, Mindworks Surrey has issued a reminder of the

support available to schools, families and young people if they are struggling with their emotional wellbeing and mental health:

- 24/7 crisis line for young people and families (0800 915 4644)
- Out-of-hours advice line for families struggling with neurodevelopmental need, such as autism or ADHD (0300 222 5755) 5pm until 11pm, 365 days a year
- Plenty of helpful information, advice and signposting at Mindworks Surrey ([www.mindworks-surrey.org.uk](http://www.mindworks-surrey.org.uk))
- The CYP Havens are open for drop-in advice and support. Find out more at CYP Haven ([www.cyphaven.net](http://www.cyphaven.net))

internet  
matters.org

How can I help my child have a safer digital Christmas?

A message from Karl

Hopwood (Independent online safety expert)

Many of us will give or receive gifts which are “connected” for Christmas this year. From a digital camera that immediately streams to YouTube, TikTok or Instagram, to the latest smartphone, online game or Oculus headset, a lot of us will spend time on Christmas day figuring out how to get our latest gadget online and connected to the world wide web.

And perhaps that’s the way it should be, over these past few difficult months technology has indeed provided us with a lifeline – a way to keep in touch with family and friends as well as to keep learning and running our businesses and going to work. There are a few simple tips that can be helpful when using tech and trying to get a good balance over the festive period.

It’s a good idea to agree on some tech-free times for everyone (adults included!) mealtimes are a good place to start. Equally, not having technology in the bedroom overnight is a good strategy and will help to ensure that everyone has a better nights sleep without the distraction of a device that is constantly pinging with group messages and notifications throughout the night.

Take some time to look into the tools that are available on smartphones, tablets and other devices and ideally set up parental controls by agreeing with your child on what is a sensible approach to content that they can access and time that they can spend.

For further information from online safety experts please visit:

<https://www.internetmatters.org/hub/question/how-can-i-help-my-child-have-a-safer-digital-christmas/>

