



# Safeguarding Update

February 2022

Issue 38



This week is Children's Mental Health Week (7-13 February 2022). This year's theme is Growing Together.

We're encouraging children (and adults) to consider how

they have grown and how they can help others to grow. **Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck' Click on the link below to access some free resources:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Young Minds is an online resource with materials designed to support young people's mental health.



**How Family Can Help** You might feel like they won't understand, but family can surprise you. You would probably want to help people you love if they were struggling, so why wouldn't they feel the same about you? Some of the ways they can help:

- Spend time with you. Just being around others is a simple way to feel more connected.
- Talking things through. If you are stressed or feeling low, they can provide emotional support.
- Notice changes in your mood. People who know you well will probably recognise when you are not feeling your best.
- Join in with CBT. Cognitive behavioural therapy sometimes introduces coping strategies. Your family can help you to come up with strategy ideas and support you with therapy homework.

## **Five tips for talking things through:**

1. Pick a good time.
2. Choose somewhere quiet.
3. Explain how you are feeling.
4. Ask for support.
5. Be clear.



It's not always easy to know what's safe online and what's not. There are lots of fun and

interesting things you can do on the internet; and it can be a great way to stay in touch with friends and family. But it's important to understand how to stay safe online. Educating yourself, keeping up to date on security and staying away of privacy issues can help you keep clear of abuse or bullying.

Some of the risky things you may come across online are:

- Bullying by people you might consider 'friends'
- Seeing inappropriate or harmful content (e.g posting rude or sexual pictures)
- Posting personal information that can identify and locate you offline
- Being persuaded to do illegal or inappropriate things through contact with strangers
- Seeing information and talking with others line who encourage self-harm
- Seeing racist or hateful material
- Being encouraged to leave or run away from home by someone you met online

If you are concerned you can contact Childline or <https://www.thinkuknow.co.uk/>

If you're concerned about a child please contact the school Designated Safeguarding Leads (DSL).



Alternatively please call the Surrey Safeguarding Children's Partnership on 0300 470 9100 or email [cspa@surreycc.gov.uk](mailto:cspa@surreycc.gov.uk)