

SAFEGUARDING UPDATE

February 2023

MENTAL HEALTH WEEK 2023



Children's Mental Health Week 2023 will take place from 6-12 February 2023. This year's theme is 'Let's Connect'.

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways.

Safer Internet Day 2023

Safer Internet Day 2023 will take place on the 7th of February 2023, with celebrations and learning based around the theme

'Want to talk about it? Making space for conversations about life online'.



Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

In the UK, we are celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.

That is why we are asking parents, carers, teachers, government, policymakers, and the wider online safety industry to take time to listen to children and young people and make positive change together.

This year we are hoping to answer the following questions:

- What issues really matter to children and young people?
- What changes do they want to see?
- How can we all work together to advocate for them moving forward?



With your help, Safer Internet Day 2023 can be a springboard for conversations that shape how we talk about and respond to online issues, not just for one day, but throughout the whole year.

About Safer Internet Day

Over the years, Safer Internet Day has become a landmark event in the online safety calendar. Starting as an initiative of the EU SafeBorders project in 2004 and taken up by the Insafe network as one of its earliest actions in 2005, Safer Internet Day has grown beyond its traditional geographic zone and is now celebrated in approximately 170 countries worldwide. From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns.

Online Bullying

Online bullying (often referred to as cyberbullying) is any form of bullying that is carried out through the use of electronic media devices, such as computers, laptops, smartphones, tablets, or gaming consoles.

What makes online bullying different?

We know there is a strong link between online bullying and face to face bullying. Research has shown that 80% of victims of online bullying were also bullied face to face.



Helplines

- ChildLine: ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there. Call 0800 1111. They have a designated page for bullying issues that includes a new video about building up your confidence after bullying.
- Direct Gov: Information for young people on cyberbullying, bullying on social networks, Internet and email bullying, bullying on mobile phones, bullying at school, what to do about bullying, and information and advice for people who are bullying others and want to stop.
- EACH: EACH has a freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment: 0808 1000 143. It's open Monday to Friday 10am-5pm.
- Victim Support: They offer support to young people affected by crime. Their Children and Young People's (CYP) Service also deals with cases of bullying; offering advice and working with professionals to ensure young people get the support they need. You can call their Support line for free on 08 08 16 89 111.

KEY REMINDERS

- Lanyards must be worn at all times.
- Please ensure you sign in and out of school at all times.
- Do not let visitors follow you into reception behind you as you walk in
- Ensure you lock your computer screen when you walk away from your device

DESIGNATED SAFEGUARDING LEADS

 St Anthony's	 St Charles'	 Endsleigh Holy Child	 St Vincent's	 Our Lady & St Peter's	 St George's	 Trust Safeguarding Lead
 St Mary Queen of Martyrs	 St Thomas More	 St Richard's	 St Peter's	 St John of Beverley	 St Mary's MW	 St Mary & St Joseph

Directors of the Trust with a responsibility for Safeguarding

 Michael Gallagher
 James Sargeant