



Safeguarding Update

April 2018

Issue 4

Young Carers

“Young carers are children or young people under the age of 18 who provide regular and on-going care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.”

Young carers look after family members or friends, living in the same house or elsewhere. They may be providing a variety of help, ranging from practical assistance with cooking or cleaning to personal care such as helping with washing, dressing and lifting, and emotional and supervisory support - amongst other things.

One in twelve children and teenagers are looking after someone - but many are too embarrassed or afraid to come forward to ask for help, or, having been a carer for so long, they haven't recognised what they do. Half of all young carers provide up to 10 hours of care a week, while many others are caring for more than 50 hours a week. It's not surprising that young carers often struggle to fit in other activities like school work, playing sport or meeting up with friends. Surrey Young Carers supports young carers aged under 18 by:

- Giving you information, advice and guidance - in person, online, and in print
- Giving you someone to talk to
- Talking to others on your behalf, to support you as a carer
- Providing activities for 'downtime', fun, and a chance to talk to others and make new friends

Supporting you with problems at school or college, or in making plans for the future

educate.against. hate

Educate Against Hate provides practical advice and information on protecting children and young people from extremism and radicalisation for teachers, school leaders and parent/carers.

Childline
0800 11 11



NO TECH 4 BRECK

The Breck Foundation has been set up to help young people enjoy and explore their online world safely. Through education and awareness we share simple rules to empower and protect children, supporting them to make wiser choices about their interaction with others online.

No Tech 4 Breck is the perfect opportunity to engage with real life activities and relationships, reminding us of the difference between our real life friends and the people we meet online, who may not always be who they say they are. Put the technology away for the day, raise awareness, funds, and enjoy Cyber Balance! Participate as a family, a team at work or even just yourselves! Choose a day to put your technology away for a whole 24 hours! We hope you will enjoy your tech-free challenge and that it will remind you to always follow the rules to stay safe.

Surrey Safeguarding Children's Board

Call us on
01372 833330

Supporting children with mental health issues

The “How safe are our children? 2017” report revealed that mental/emotional health was the most common concern for young people in Childline counselling sessions.

School staff spend a lot of time with children and get to know them well, so can play a vital role in spotting the early signs of mental health issues and can help children get the support they need.

Some children can be more vulnerable than others to issues such as depression, anxiety, self-harm or eating disorders. If there are children in school who have experienced abuse, bullying, bereavement, have learning difficulties or are in care for example, school staff may need to be vigilant to potential emotional and behavioural problems.

The PSHE (LFL) curriculum can be used to explore and discuss topics around mental health and build confidence; self-esteem, resilience and help children develop problem solving skills.

The PHSE Association has produced resources and guidance on preparing to teach about mental health and emotional wellbeing.

Circle time for younger children can be a good way of discussing worries and looking at problem solving strategies