

A HOLIDAY SAFEGUARDING BRIEFING

What to look out for over the school holidays

We have created this briefing full of useful tips and advice for Safeguarding Leads to share with parents and carers during the holidays.

USEFUL CONTACTS

Samaritans - 116 123

Childline - 0800 1111

NSPCC - 0800 800 5000

Mind - 0300 123 3393

Age UK - 0800 055 6112

Text SHOUT to 85285 for
24/7 support

SUPPORT AND DONATIONS

Concern World-Wide Gifts

Barnardo's Christmas Appeal

The Toy Project

Find a Food Bank - The Trussell Trust

Feeding Britain

EMOTIONAL AND MENTAL HEALTH

- One in six young people aged between 6-16 will experience mental health issues including depression¹

In 2020/21, there was a 47% increase in counselling

- sessions with children aged 11 and under who were affected by loneliness.²

Debt, loneliness and stress are the 3 biggest factors

- leading to mental health problems during school holidays³

EMOTIONAL HEALTH DURING THE HOLIDAYS

School holidays can be a challenging time for many children and young people for different reasons:-



Poverty

may lead to embarrassment, shame or envy at this time of year



Difficulties at Home

caused by alcohol or drug abuse, relationship issues and mental health in the family



Parental Absence

due to work, military service, imprisonment or other commitments over the holiday period leading to isolation



Young Carers

who look after adults or other children during the holidays and do not get a break themselves



Bereavements

can have a powerful emotional impact at this time of year, even if the death occurred some time ago

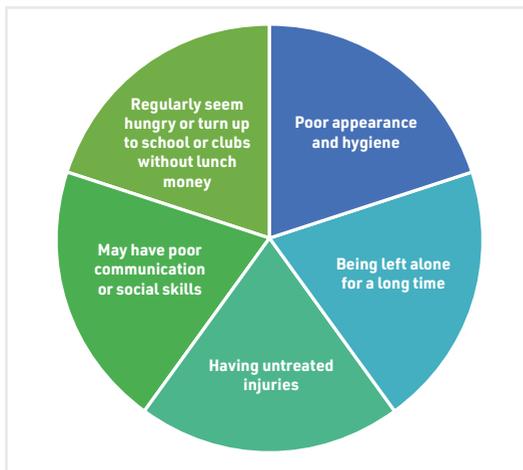


“The problem of child abuse comes into sharp relief during school holidays when many children can feel both isolated and vulnerable – abuse doesn’t take a break over the holidays”

Mike Glanville, Director of Safeguarding Services

USEFUL INFORMATION AND STATISTICS

SIGNS OF NEGLECT



Between 2018 and 2020 NSPCC recorded a 53% increase in the number of child cruelty and child neglect offences³

Neglect is the most common form of abuse and 1 in 10 children in the UK have been neglected⁴

NSPCC

ONLINE SAFETY DURING HOLIDAYS

“When we buy our children their first bike we know we have to teach them to ride it. It’s the same with technology. Make sure they have the best possible experience using it by teaching them how to use it safely”.

Vicki Shotbolt, Executive Board
Member of the UK Council for Child Internet Safety



KEEPING CHILDREN SAFE ONLINE

Tips for adults and carers

Explain	Explain how children can use privacy settings	Check	Check tagging settings so child’s identity not revealed when sharing posts/photos
Disable	Disable location services on mobile devices to avoid being tracked	Encourage	Encourage children to talk if they see anything that upsets them
Show	Show them how to report offensive comments or block people if necessary	Ask	Ask them to show you which social media apps they use

3 <https://www.nspcc.org.uk/about-us/news-opinion/2020/number-of-recorded-child-cruelty-and-neglect-offences-up-by-53-over-3-years/>

4 <https://learning.nspcc.org.uk/media/2621/statistics-briefing-neglect.pdf>

Poverty and Safeguarding

- Research shows strong association between family poverty and child abuse or neglect
- Poverty increases the risk of poor mental health and likewise, poor mental health increases the likelihood of poverty
- Parental substance misuse and poverty is more likely to lead to contact with child protection services

Poverty during holidays

- The Trussell Trust's food bank network provided 936,000 emergency food parcels to people in crisis between April and September 2021.⁵
- Almost 100,000 households in England were homeless at the beginning of 2021, a 7% increase since the end of 2019.⁶
- Cold Hungry and Stressed, a report released by The Childhood Trust found that 25,726 households with children suffered from fuel poverty in October 2021.⁷

DOMESTIC ABUSE TO BE AWARE OF DURING HOLIDAYS



An estimated 2.3 million adults experienced domestic abuse in the last year, two-thirds of whom are women⁸



In 35% of adult female homicide cases, the suspect was a partner or ex-partner⁹

27% In 27% of child homicide cases, the suspect was a parent or step-parent¹⁰

In 2020/21, there were over 24,800 child abuse offences recorded by the police in England and Wales¹¹

24,800

Don't forget you can still report your safeguarding concerns to your safeguarding lead over the holiday period

5 <https://www.trusselltrust.org/news-and-blog/latest-stats/>

6 <https://metro.co.uk/2021/04/22/almost-100000-families-were-homeless-at-the-beginning-of-2021-14456393/>

7 <https://view.publitas.com/the-childhood-trust/cold-hungry-and-stressed-the-impact-of-child-poverty-this-winter-the-childhood-trust-2021-report/page/4-5>

8 <https://www.gov.uk/government/publications/domestic-abuse-bill-2020-factsheets/domestic-abuse-bill-2020-overarching-factsheet>

9 <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/articles/homicideinenglandandwales/yearendingmarch2020>

10 <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/articles/homicideinenglandandwales/yearendingmarch2020>

11 <https://www.statista.com/statistics/303514/child-cruelty-abuse-in-england-and-wales-uk-y-on-y/#statisticContainer>