

Safeguarding Newsletter

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WELCOME

I hope the resources in this newsletter will provide some useful support.

The UK Safer Internet Centre have released their free educational resources ready for Safer Internet Day 2022 which this year is **Tues 9th Feb**. The resources cover the age ranges 3-18 as well as resources for parents/carers. You can find resources for all age groups [here](#).

If you'd like to discuss anything you read here or any other safeguarding issue you can contact me here [Tapton School](#)

Kath Tabani

UK CHILD POVERTY IN 2022

The Joseph Rowntree Foundation has published a report looking at trends in poverty in the UK. The report finds that: child poverty continues to rise with 4,300,000 (31%) of children in the UK living in poverty; nearly half of children in lone-parent families live in poverty, compared with 1 in 4 of those in couple families; and the child poverty rate for children in families with 3 or more children is almost twice as high as the rate for children in 1- or 2-child families (47% compared with 24%).

Read the report: [UK Poverty 2022: the essential guide to understanding poverty in the UK](#)

POSITIVE NEWS IS GOOD FOR US

Research has shown that consuming positive news can lead to increased acceptance of others, a feeling of community and motivation to contribute to social change.

Positive psychology researcher Jodie Jackson, who conducted a study at the University of East London, said: "Participants expressed that an excess of negative news led them to see the negative in other people, and feel isolated from society. However, the opposite was experienced when participants read positive news, which created a sense of admiration for other people and 'restored [their] faith in humanity'."

Following decades of alternative media such as [Positive News](#) beating the drum for a more solutions-oriented journalism, high profile mainstream outlets, including the [Guardian](#) and [BBC](#) in the UK, and Spiegel Online in Germany, are among those embracing constructive journalism principles. Constructive journalism is a new approach in the media, which is about rigorous and relevant journalism that is focused on progress, possibility, and solutions.

There are also several sources of good news stories online such as [The Good News Network](#), Good News from the [Huffington Post](#), and Instagram accounts [@thehappynewspaper](#), [@goodnews_movement](#) and [@the_happy_broadcast](#) to name a few.

SUPPORT FOR YOUNG PEOPLE WHO SELF HARM

Self-harm is when someone hurts themselves on purpose to relieve feelings of distress. Young people sometimes self-harm when life feels hard to cope with.

Why do young people self-harm?

The reasons young people can self-harm are often complicated and will be different for every child or young person. Sometimes a child or teenager may not know the reasons they self-harm. For many young people, self-harm can feel like a way to cope with difficult feelings or to release tension. The physical pain of hurting themselves can feel like a distraction from the emotional pain they're struggling with.

Finding out that a child has been hurting themselves can be really hard to accept and it's natural to feel anxious or upset. Some parents often blame themselves or feel powerless to help. But we can help, it's really important to try and stay calm and remember there are things you can do to support young people. Often self-harm only brings temporary relief. This means that later, when things start to build up again, they might feel like they have to harm again. It can be really hard to break out of this cycle, and it can be upsetting to think that this is our only way to cope. But there are things people can do to stop self-harming and get better.

HELP AND SUPPORT

- Focus on showing them that you're there whenever they choose to talk. If they do feel ready to talk, try to just listen and not ask too many questions about why they've been self-harming, so it doesn't seem like you're judging them.
- Let them know that you care about them and that you want to help them find healthier ways to cope with difficult or upsetting feelings they're having. But that's it's okay for them to be honest with you about what they're going through.
- Remember self-harm is often caused by an underlying problem, like depression or anxiety, or being bullied. It can be more helpful to focus on helping them with what's causing their feelings rather than on the self-harm itself.
- Sometimes hiding or taking away something a child is using to self-harm can lead to them finding other ways to hurt themselves. You could try asking your child what would be most helpful for them and ask them to tell you when they feel they want to hurt themselves.
- Sometimes, it might be possible to come to an agreement where your child tells you when they've hurt themselves. It's important to make sure any injuries or cuts are cleaned and properly taken care of. Any serious injuries should be treated right away in a hospital.

ENCOURAGE THEM TO FIND HEALTHY WAYS TO COPE

Instead of simply asking a child to stop self-harming, it can be helpful to suggest something they could do instead to cope with difficult feelings.

Some things young people who've spoken to us have found helpful are:

- paint, draw or scribble in red ink
- hold an ice cube in your hand until it melts
- write down your negative feelings then rip the paper up
- wear an elastic band on your wrist and snap it every time you feel the urge to self-harm
- listen to music
- punching or screaming into a pillow
- talk to friends or family
- take a bath or shower
- exercise
- watch your favourite film

HELP THEM TO BUILD THEIR CONFIDENCE

- Many children who self-harm suffer from low self-esteem or confidence. You can help by reminding them about the things they do well or help them to learn something new together, like playing guitar or making crafts.
- You could write a list of all the things that make you proud of your child and that make them special, and giving it to them. Try to focus on things about their personality rather than things like their academic achievements.
- [Childline also has advice for children and young people on building their confidence and self-esteem.](#)