

Praesidio

SAFEGUARDING

NEWSLETTER

WELCOME

Welcome to the first Praesidio Safeguarding monthly newsletter! We hope you will find that it is filled with advice, support, tips, events, news and thoughts from interesting partners within the sector. Each month we will engage with a different topic and bring you some of our latest knowledge and experiences.



THEME OF THE MONTH - STRESS

Possibly one of the most synonymous words associated with the pandemic and the last twelve months around the globe. With endless Lockdowns, school closures and the enormous adaptation from our normal way of life, its not surprising that more and more of us have experienced heightened feelings of stress this past year.

But is that anything new? Weren't we always stressed? The endless meetings; the ongoing slog of the 9 to 5 and the almost impossible feat of striking a suitable work-life balance.

So, what is new about it this year?

As adults, we've become accustomed to dealing with feelings of stress and our ability to manage it. Our experience allows us to seek out new ways to combat stress, be it through mindfulness, meditation of stress management training, meaning we've learnt to live with it. What we are not used to, is recognising those same emotional traits on the faces and the behaviours of the younger generation; those whose glory days of feeling care-free and spontaneous have been brought to a short, sharp stop because of the pandemic. The cancellation of crucial exams; the uncertainty of their education and the disruption to their social lives has resulted in a sharp increase in stress and anxiety in our younger generation. But do they hold the same tools to help manage this new-found feeling? Have we prepared them for a world of stress management?

And it's for this reason, for the launch of our first Praesidio Safeguarding newsletter, we've decided to dedicate this edition to stress in young people, in line with National Stress Awareness Month this April.





THE BIG ASK

The Children's Commissioner for England will launch the largest consultation ever held with children in England this month - 'The Big Ask'. It will ask children how the Pandemic has impacted their lives, intending to address shortfalls and focus on problems that have been highlighted by Covid-19. The Commissioner is looking for children to share their opinions on a range of topic. For more details click on the following links -

<https://www.childrenscommissioner.gov.uk/thebigask/>



A staggering 14,268 sexual harassment and assault claims have now been posted on 'Everyone's Invited', prompting an Ofsted review into safeguarding in schools. The NSPCC have also launched a helpline to support victims and to offer advice to young people and their families. To read the full report click here:

<https://www.bbc.co.uk/news/education-56588166>

THOUGHT OF THE MONTH

Stress sometimes means you can feel trapped, as if there is no way out and no solution to your problems. If you feel like this, it is important to get help.

**“Negativity destroys self-esteem.
Surround yourself with those who
bring out the best in you.”**

The National Audit Office has published its research into the impact home schooling has had on children. The research looked particularly at vulnerable children and has given several recommendations for the Department of Education to consider now children are returning to the classroom once more. To read the full report click on the following link -

<https://www.nao.org.uk/report/support-for-childrens-education-during-the-covid-19-pandemic/>



INSTA - SAFE!

Instagram has introduced new safety measures preventing adults contacting young people.

Read the full article here

[https://www.bbc.co.uk/news/technology-56414963:](https://www.bbc.co.uk/news/technology-56414963)

MEET THE TEAM:



Angharad has a passion for safeguarding and has recently joined the team at Praesidio Safeguarding as our Engagement Manager. Here are her thoughts about stress and its impact on young people.

- **Tell us about you?**

I started my teaching career in Wolverhampton before moving to Dubai. Pastoral care is an absolute passion of mine - you cannot teach an unhappy child. Safeguarding is paramount to the development of any child.

- **Why did you join Praesidio Safeguarding?**

I joined Praesidio safeguarding because I want to help parents, carers and professionals to support their children growing up in the diverse world we live in. Safeguarding is the foundation of every child's success. We should never stop learning and developing our safeguarding knowledge.

- **What is your experience with stress particularly for children and teenagers?**

As a teacher, I have witnessed the growing pressures children are faced with every day. Regardless of their upbringing, all children deal with stress - it just presents itself differently.

- **Do we need to be concerned about stress?**

Not all stress is bad, ultimately it is what helps up to get out of bed in the morning. However, when it becomes overwhelming and a constant part of your day-to-day life, taking over your sleep, eating and recreational time, then we need to take action to manage it.

- **When do you think it is right to get help for stress?**

The timing can be different for everyone. Constant fatigue changes in personality, feeling anxious or depressed are all warning signs. Seeking help with stress is very personal. If you think someone needs help to cope with stress it is important to not add to their pressures but to reassure them that you are there for them when they are ready.

- **Why do we need to do more to raise awareness about stress in childhood?**

Stress is difficult at any age but there is a growing amount of pressure on children to conform to societal norms. Stress can impact children's sleep, concentration, and social behaviour, having a knock-on effect on their emotional and physical development. Children are also inexperienced when dealing with stress. Professionals, carers, and parents need to be prepared with tools to offer and model effective coping strategies to the children in their care. That is where Praesidio Safeguarding can help.

Sign posting for help to deal with stress.

The Mix - Offers support to anyone under 25 about anything that's troubling them. Reach them at - <https://www.themix.org.uk>
Phone: 0808 808 9444
Opening times: 4pm - 11pm, seven days a week

Boloh - Supports Black, Asian or Minority Ethnic children adults and children over 11+) who have been affected by Covid-19 is a vast range of languages.
Reach them at - <https://helpline.barnardos.org.uk>
Phone: 0800 151 2605
Opening times: 10am - 8pm, Monday - Friday;
10am - 3pm on Saturdays and Sundays

Gingerbread - Provides support and advice for single parents in England and Wales.
Reach them at - <https://www.gingerbread.org.uk>
Phone: 0808 802 0925
Opening times: 10am - 6pm, Mondays; 10am - 1pm and 5 - 7pm, Wednesdays; 10am - 4pm, Tuesdays, Thursdays and Fridays



Our digital Safeguarding training is a practical 3-hour online course to help parents and carers understand the pressures children face in the online world. Conducted by our team, we offer effective strategies and approaches to support children online.

Intended for: Parents, carers, professionals.

MARCH 2021 AT PRAESIDIO



The team at Praesidio Safeguarding are currently working on a research project in association with the Department of Culture, Media and Sport (DCMS). The focus of our research is to explore the exclusion risks posed to children by a range of different age assurance and age verification technologies online. We will keep you updated when the report is published.



We attended the very first #SafetyTech Expo. It was extremely interesting and full of knowledgeable, thought-provoking individuals who discussed the future of the online world and how we can make it a safer and enjoyable space for children and adults alike.

All the discussions can be found on YouTube : <https://www.youtube.com/channel/UCvL4EwcLAGbAvCwK0zDEpw>



"Praesidio has been hosting a number of Safeguarding, Digital Safeguarding & training sessions online in March - we continue to offer webinar's and training via Zoom, Teams or Hangout".