



# Staying Safe @ Christmas

Mr Hart, Designated Safeguarding Lead

**The magic of Christmas** - the anticipation of the big day...

The presents and everything that goes with the celebration of Christmas - lots of treats, Christmas dinner with all the trimmings ...



**... but not for everyone...**

For some, Christmas is not filled with family, joy, and sparkle.

Sadly, Christmas can also be a time when some people struggle to cope. At this time new pressures emerge and things can go wrong



**... we need to be sure that we look after  
ourselves and those around us**

## What are the new pressures?

**Expectations** - to have a good time - the ideal Christmas family - it's in all the adverts on TV, on social media and everywhere.



**There is a darker side.** Some children do not have a good time - families can be difficult - relationships get fraught at this time leading to arguments between family members.

**... Cost of Living ... money is tight!**

## What can happen at Christmas (or any other holiday)

**Home alone** - being left alone for periods of time. Having to fend for yourself and possibly look after younger siblings.



**Overindulgence** - overeating, lack of sleep, drinking alcohol or taking drugs leads to arguments and sometimes violent behaviour as a result of drink and/or drugs.

**... aggressive behaviour is never right ...**

## **What can happen at Christmas (or any other holiday)**

**Feeling isolated** - being away from friends and teachers at school who you can talk to.

**Expense** - lots of pressure to spend money on gifts and other Christmas items - even if the family does not have much to spare can lead to debt and other changes in behaviour.



**... violence is never right ...**

## What can happen at Christmas (or any other holiday)

**Outside influences** - it is a fact that children are targeted by criminal gangs during school holidays - either for criminal and sexual exploitation.



**Routines** - we are out of our normal routines. The biggest factor here is sleep and a change to normal sleep patterns can cause issues for family members.

**... be vigilant to strangers when out and about ...**

# What if I need help?

Aspire | Commit | Succeed

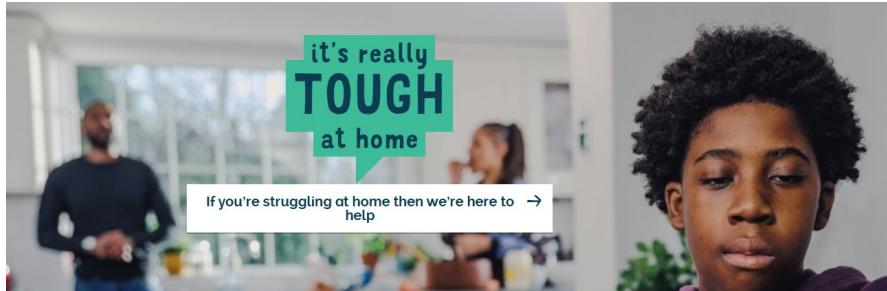


- take a break if your family is starting to annoy or upset you
- remind yourself that every Christmas is different, and yours doesn't have to be the same as other people's
- say how you're feeling on the [message boards](#) or use the [Coping Kit](#)
- talk to a [Childline counsellor](#)

Click Image to visit Childline

# What if I need help?

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A reminder that your teachers are on holiday too! So they cannot guarantee they will read your messages until January.

If you need to speak to someone or let someone know something then you can use Childline. They are very good and someone you can trust.

Click Image to visit Childline

## What can happen at Christmas (or any other holiday)

**Mental Health** - keeping to a routine and ensuring you look after yourself is key. However, many of the pressures mentioned can lead to children suffering from mental health issues such as anxiety, stress or self-harm. **There is help always available on the phone or online during holidays.**



**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



**Tech ... our ever present partner ...**

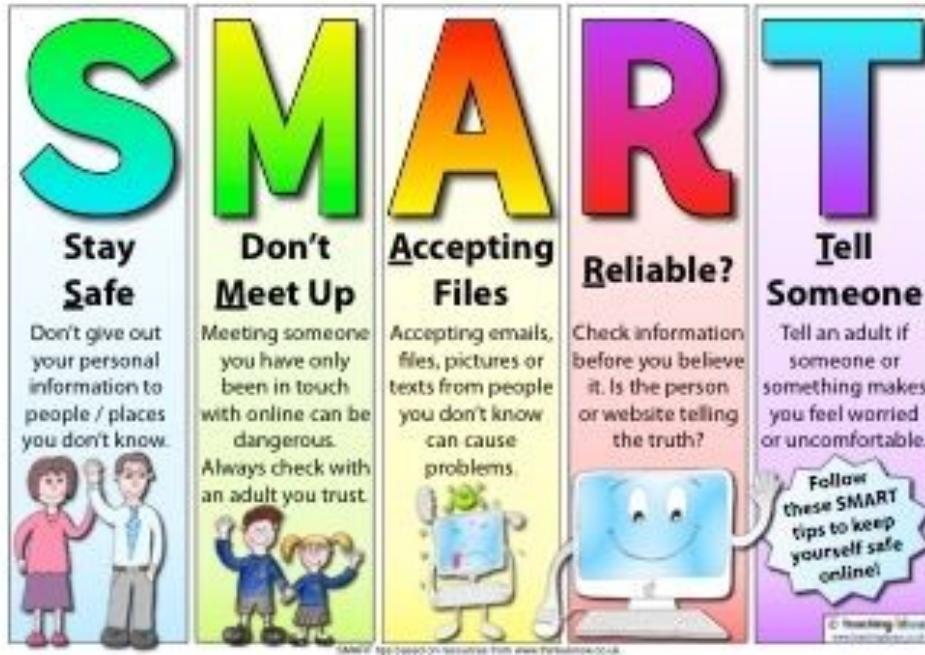
A great way to stay connected with friends and family.

But being online, as you know, brings its own dangers  
- you must be **SMART** using the internet.



**Limit your time online** - do something active - this not only helps keep you fit but is also good for your mental health too!

## How to be SMART online ...



There is lots of advice and information but the best ones are :



## Making sure that you are safe.

This is the responsibility of everyone.

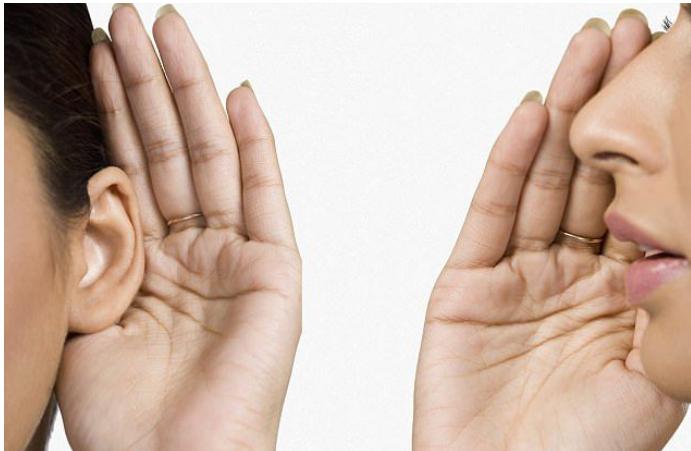
We need to be extra-vigilant and look out for each other.

**All children** have the right to protection from violence, exploitation, abuse and neglect - these are The Rights of a Child. To feel safe and secure wherever they are ...



## Making sure that you are safe.

It is important to tell you that witnessing or being subject to any of the things we have talked about is never your fault.



There is always **someone** **you can talk to** and **they will listen** and **they will help.**



# Who can I talk to?

Aspire | Commit | Succeed

**childline**

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Mental Health support for young people.

Help always available on the phone or the internet.

**YOUNGMiNDS**

Download the app ... emotional and mental health support online



Remember if you feel in danger call **999**



**METROPOLITAN  
POLICE**