Safeguarding Information

What is Safeguarding?

The Children Act 1989, defines a child as someone who has not yet reached their 18th Birthday, even if they are living independently, are a member of the armed forces, or in hospital.

‘Safeguarding and promoting the welfare of chidlren is everyone’s responsbility. Everyone who comes into contact with children and their families and carers has a role to play in safeguarding children. In order to fulfill this responsibility effectivley, all professionals should make sure their approach is chidl-centred. This means that they should consider, at all times, what is in the best interest of the child’

**Department of Education, Keeping Children Safe 2018**

**Schools, Educational Settings and EYFS Settings should:**

* Create a safe environment for children and young people through robust safeguarding practices
* Ensure that adults who work in schools, educational settings and EYFS Settings, including volunteers, don’t pose a risk to children
* Make sure staff are trained, know how to respond to concerns and keep up to date with the policies and practices
* Teach children and young people about staying safe on the internet and at school, an educational setting or EYFS setting

**The 4 Rs of Safeguarding Children**

*Safeguarding children is everyone’s responsibility.*

The 4 Rs of safeguarding children is a professional practice of how you can recognise, record, report and refer in the situation of any safeguarding concern.

**Recognising –**

To being the process of following the 4 Rs, you must first be able to recognise signs of a Safeguarding Concern. This may be physical, emotional, or sexual abuse.

**Recording –**

This is the crucial part. Ask yourself, ‘why did it happen? When did it happen? Who said it? What was going on? What was happening at the time? Who was around? Why that time?’ Making sure not to ask too many questions. Make sure you listen to the child as, if you ask too many questions, they may back away from the only chance you had of understanding their issue.

**Reporting –**

Do you have to share this information? Does it have to be done immediately? You may only know this by talking to the Designated Safeguarding Lead. The DSL will know how to handle the situation and will advice you on what to do next.

**Refer –**

Is there an immediate risk of harm to the child or children? Our staff will follow the Safeguarding Policies and Procedure of Escalation of Safeguarding Concerns.

So remember …

**Recognise** it. **Record** it. **Report** it. **Refer** it.

If you have any issues or concerns, please contact the Designated Safeguarding Lead or the Deputy DSL where the DSL is not present.

**Designated Safeguarding Lead:**

Alice McPherson

**Deputy Designated Safeguarding Lead:**

Joshua Morgan

**Safeguarding Support And Advice**

**Domestic Abuse Support –**

***Rising Sun*** –

Rising Sun Domestic Violence and Abuse Service supports women and children affected by domestic abuse in Canterbury and East Kent.

They support users through every step of removing abuse from their lives and improving their safety.

If you need support, help advice or are concerned about somebody else, contact; 01227 452852 or email; [admin@risingsunkent.com](mailto:admin@risingsunkent.com) .

Open hours: 24 hours a day, 7 days a week.

In an emergency, call 999.

If you are a child and are unhappy or scared of what you are seeing or hearing at home, Rising Sun can provide you with help. Services for children include counselling and online support and telephone support through Box Up Crime.

Call: 0800 1456410

Or Email: [info@boxupcrime.org](mailto:info@boxupcrime.org)

Opening Hours: Monday – Friday 9am to 5pm excluding bank holidays.

Free your Mind

Children are also provided with help through Free Your Mind, a child domestic violence and trauma support, awareness, and support service.

Children and young people may receive:

* Telephone support sessions
* Online sessions using facetime and skype, as well as their live chat service
* Home-based development support:

Free Your Mind’s mission is to support individuals that have experience childhood domestic violence and mental illness as a result, by providing trauma-informed therapeutic sessions, which enable them to talk through their experiences with a trusted professional, helping them to work through any issues of trauma and feel safe again.

**Fearful of Your Children –**

If you are a parent who is being abused or living in fear of being abused by your teenage or grown-up children, Rising Sun can provide help, support, counselling and guidance.

**Struggling to Cope With Your Own Behaviour –**

Rising Sun also provides advice and support for adults who are struggling to cope with their own behaviour, which may be causing a family member to be harmed or afraid.

These individuals will also be offered online support programmes which are designed to help abusers understand their behaviour and stop abuse from happening at home.

Further information on domestic abuse and partner organisations can be found by clicking [here](http://www.risingsunkent.com/).

**CORONAVIRUS (COVID-19) –**

If you are worried or stressed about coronavirus, here are some things that you can do.

**Talk to someone about how you are feeling:**

While it is normal to feel worried, if you are starting to feel overwhelmed, it is important to acknowledge your feelings and speak to someone you trust, whether that be a family member or friend or even a helpline.

**Arm Yourself with the Facts:**

There is a lot of information about the virus out there and false reports can fuel anxiety. Stay on top of what’s happening by using the Government website; it is the most up-to-date and reliable source of information. The NHS coronavirus page can also be useful if you are worried about symptoms or family members. You might see stories and/or posts on social media that makes you feel anxious. It can be very hard to know whether they are real or not, so try not to rely on updates from social media.

**Know what you can do:**

If you are feeling scared or panicked by coronavirus, remind yourself that there are practical things you can do. There is lots of advice about this on the NHS website. You might feel anxious about this advice because it might trigger compulsive thoughts and unhelpful behaviours to do with washing and hygiene. If this happens to you, please talk to someone you trust about it. You could ask them to help you and let people around you know what you find helpful and what you don't. It can also help to have a few gentle and regular reminders up your sleeve if you start to feel anxious about washing or hygiene. Remember this advice is about caring for yourself and others, but there is a limit to what you can do – so whatever happens, try to be kind to yourself.

**Don’t overexpose yourself to the news:**

Staying informed can make you feel in control but the constant news reports could also become overwhelming. Try to get your information from reputable websites (like those we’ve mentioned above). If you do want to read or watch the news, try to limit the amount of time you spend and stick to regular intervals in the days. If you are finding it hard not to think about the news, try to plan some activities that you enjoy and which will take your mind off things, whether that's texting or facetiming a friend, watching a film, reading a book or going for a walk. You can find the latest government guidance on leaving your home here. Do take a break from social media if you feel like the updates are getting too much. Remember you are in control of what you see on your feed. Take breaks when you do feel like things are getting too much or mute and unfollow accounts that make you feel more worried. For more advice and tips on looking after your mental health on social media, check out our #OwnYourFeed campaign. Find things that help you feel calm Like at any other time, it’s important that you are not only looking after your physical health, but your mental health too. Think about some activities that can help when you are feeling overwhelmed, like breathing techniques, writing down how you feel, playing music or talking to a friend. For some ideas, have a look at how you can make a self-soothe box, or these coping techniques. Often things that distract you will help ease feelings of anxiety but try to avoid turning to stimulants like cigarettes or alcohol which can leave you feeling worse.