



# SAFEGUARDING NEWSLETTER FOR FAMILIES & CARERS

## Safeguarding Newsletter for Parents and Carers

Safeguarding children and young people is a shared responsibility between families, schools, and the wider community. This newsletter provides important information about how we keep children safe, how parents can support safeguarding at home, and where to find help if you are worried about a child.

### What is Safeguarding?

Safeguarding means protecting children and young people from harm, abuse, neglect, and exploitation. It also means making sure they grow up in a safe environment where they feel supported and able to speak to trusted adults.

Schools and education providers follow safeguarding guidance such as Keeping Children Safe in Education, which sets out the responsibilities of staff and organisations to protect children.

Safeguarding includes protecting children from:

- Physical abuse
- Emotional abuse
- Neglect
- Sexual abuse
- Online exploitation
- Bullying and peer-on-peer abuse
- Radicalisation and extremism

### Signs a child may need support:

Every child is different, but some behaviours may indicate that they need additional support or help. These may include:

- Sudden changes in behaviour or mood
- Withdrawal from friends or activities
- Reluctance to attend school
- Unusual secrecy about online activity
- Signs of distress or anxiety

If you notice changes that concern you, it is important to talk with your child and seek support from the school or a professional.



### Online Safety at Home

Many safeguarding concerns now relate to the internet, gaming platforms, and social media. Children may encounter inappropriate content or be contacted by people they do not know.

Parents can help keep children safe online by:

- Keeping computers or devices in shared family spaces
- Talking regularly with children about what they do online
- Setting parental controls and privacy settings
- Encouraging children to tell you if something online makes them uncomfortable

Useful guidance for families can be found through NSPCC, which provides advice on keeping children safe online.

### Useful Safeguarding Websites:

- NSPCC – <https://www.nspcc.org.uk>
- Child Exploitation and Online Protection Command (Thinkuknow) – <https://www.thinkuknow.co.uk>
- UK Safer Internet Centre – <https://saferinternet.org.uk>
- Internet Matters – <https://www.internetmatters.org>
- Parent Zone (Parent Info) – <https://parentinfo.org>
- National Crime Agency – CEOP Safety Centre (report online abuse) – <https://www.ceop.police.uk>
- Oxfordshire Safeguarding Children Partnership – Many safeguarding concerns now relate to the internet, gaming platforms, and social media. Children may encounter inappropriate content or be contacted by people they do not know.
- Parents can help keep children safe online by:
- Keeping computers or devices in shared family spaces
- Talking regularly with children about what they do online
- Setting parental controls and privacy settings
- Encouraging children to tell you if something online makes them uncomfortable
- Useful guidance for families can be found through NSPCC, which provides advice on keeping children safe online.

If you have concerns about a young person  
contact our DSL-  
[emily@hitchcoxgroup.co.uk](mailto:emily@hitchcoxgroup.co.uk)

