



## Reading School – Safeguarding Newsletter

### ***How Covid-19 is Affecting the Mental Health of Young People in the BAME Community (Kooth)***

Children and young people from black, Asian and minority ethnic (BAME) backgrounds are showing greater increases in depression, anxiety, self harm and suicidal thoughts than white peers during COVID-19 pandemic.

A data insight report from young people's mental health & wellbeing platform, Kooth, found that the mental health concerns of their BAME users have seen a greater increase than those of their white peers. (The timeframe of this report does not include the more recent focus on Black Lives Matter; this will be a focus of future reports.)

### ***Government guidance for parents - online harms***

The government has produced a useful webpage listing sources of advice and support for keeping their children safe. The guide includes information about:

- Protect children from domestic abuse
- Teenage relationship abuse
- Child sexual abuse and exploitation
- Sexual assault referral centres
- Crime, Criminal Exploitation and County Lines, violence and gangs
- Protect children from radicalisation
- Prevent
- Online child safety

### ***Infographic - COVID-19 and Gender-based Violence including FGM (National FGM Centre)***

The National FGM centre has published a new infographic highlighting the link between COVID-19 and gender based violence including domestic abuse; and restricted access to services.

***Jump Back July*** The well-being charity, Action for Happiness, have published their latest Action Calendar. Try setting small targets with your children each day.

### ***Useful Websites for parents:***

[Young Minds](#) A fantastic resource for all sorts of advice including: survival guide, A-Z support, coronavirus support, starting conversations with children, parent forums.

### ***Tackling loneliness***

The House of Commons Library has published a briefing on loneliness looking at the Loneliness Strategy for England and outlining the situation in Wales, Scotland and Northern Ireland. The briefing includes information relating to the impact of loneliness on young people and care leavers and the impact of the coronavirus pandemic on loneliness.

### ***Coercive control***

The Association of Child Protection Professionals (AoCPP) has released a podcast in which Dr Emma Katz discusses her research on coercive control in the context of domestic abuse. [Protecting children from domestic abuse](#)

### ***Social isolation and the risk of child abuse during and after the coronavirus pandemic***

NSPCC Learning has published a briefing looking at social isolation and the risk of child abuse during and after the coronavirus pandemic. Key findings from a review of research evidence and data collected by the NSPCC helpline and Childline include: that coronavirus has increased stressors on caregivers; conditions caused by the coronavirus pandemic have heightened the vulnerability of children and young people to certain types of abuse, for example online abuse, abuse within the home, criminal exploitation and child sexual exploitation; and the 'normal' safeguards to protect children and young people have been reduced during the pandemic.

### ***Coronavirus social-contact curbs 'put adolescents at risk'***

The BBC reports on a Lancet Child and Adolescent Health article discussing the potential effects of physical distancing measures during the coronavirus crisis on adolescent development and mental health and the potential mitigating impact of interaction through social media.

[The effects of social deprivation on adolescent development and mental health](#)

### ***Useful Websites for parents:***

[TVP Domestic Abuse Support](#)  
[MentalHealth.org](#)  
[NSPCC Support For Parents](#)  
[ActionForChildren](#)  
[TheMix.Org](#)