



SAFEGUARDING NEWSLETTER – MAY 2026

British Values spotlight on:

Individual Liberty

Have you ever chosen a book to read in class?
That is individual liberty in action!

It's a British value that means we get to make choices about things we like, as long as it is safe and does not hurt anyone. In school, we use this liberty by choosing our hobbies in after-school clubs, expressing ourselves in art projects, or even deciding how to play a game during playtime. But remember, with this freedom comes the responsibility to respect the choices of our friends too!



Coercive Control

Coercive control is a form of domestic abuse that can often be overlooked.

Some examples of coercive control are: controlling and isolating behaviours, using threats and coercion, emotional abuse, or economic or financial abuse. Although it is usually mainly adults who are affected, children can also be impacted by this type of abuse.

Some of the impacts may be: parents and carers describing children as quiet, stressed and depressed; behaviour changes including children emotionally and physically abusing parents and siblings; children expressing worries and fears about their parent and carer's coercive and controlling behaviours; some children engaging in self-harm and disruption to children's social and support networks.

NSPCC

Do we have your latest details? Have you informed school you have moved house? Do you have a new contact number? Do we hold the latest information about your child's medical needs?

LOGIN TO YOUR MCAS ACCOUNT AND UPDATE



Staying Home Alone

There is no legal age a child can be left at home alone, but it's against the law to leave a child alone if it puts them at risk. Every child matures differently, and because of this, it would be almost impossible to have a "one size fits all" law. As your child gets older, talk to them about how they feel about being left home alone.

If they're worried, work out what parts of being home alone worry them.

Do they feel safe in the neighbourhood?
Are they afraid of the dark?

Talk about anything that's bothering them and discuss a solution. Understanding why they don't feel comfortable will give you an idea of how to help – or why they might not be ready to be left alone. Don't do it if they are not comfortable.

Click the image below for more information.



The NSPCC have developed a questionnaire that may be useful in deciding whether to leave your child home alone.

[Is my child ready to be home or out alone? | NSPCC](#)



Self-Harm

For some young people, self-harm can be a way of releasing tension and or coping with difficult feelings.

The physical pain of hurting themselves can be a distraction from the emotional pain they are struggling with.

Some difficult experiences or emotions can make self-harm more likely in children: for example, having low self-esteem or feeling like they're not good enough, or grieving or having problems with family relationships.

Signs that children are self-harming can include; covering up, unexplained bruises, becoming withdrawn and spending a lot of time alone in their room.

Supporting a child that self-harms includes helping a child to manage their emotions and looking at the root of the self-harming.

[Understanding Child Self-Harm & Keep Them Safe | NSPCC](#)

NSPCC

Online Well-being

There are lots of positives to being online for children, from staying in touch with friends to learning about the world. There are some challenges, too, and the online world can be tricky for children to navigate. For some it can become overwhelming trying to keep up with friends, and the pressure can mount. Noticing how your child is affected by being online is the first step in helping them manage their wellbeing. You can: manage the content that your children see, ensure the interactions they have are suitable and manage how long they're online, in balance with other activities.



You can access the Online Safety Hub FOR FREE for lots of expert advice and guidance to help you manage your child's safety online.
<https://hamwic.onlinesafetyhub.uk/>

FOR EVERYONE, EVERYWHERE

If you are worried someone is at risk:

Call 01202 123334 during office hours (Monday to Thursday: 8:30 AM - 5:15 PM, Friday: 8:30 AM - 4:45 PM)

Email childrensfirstresponse@bcpcouncil.gov.uk.

Out of hours: 01202 738256 | childrensoohs@bcpcouncil.gov.uk