

Safeguarding News

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Why Christmas can be unhappy - Domestic Abuse



The happy scenes of Christmas we see in the movies often don't reflect what's going on at home. Many families get really stressed out at Christmas:

- In the run-up to Christmas, adults are often really busy at work. They have to balance this with getting all their food and present shopping. It can leave them short of money and short-tempered.
- Many families don't spend much time together throughout the year and they find it hard to cope when they're all thrown together at Christmas.
- Relatives you see rarely and have little in common with often turn up at Christmas, which can lead to bad feeling in the house.
- Adults often drink more than usual at Christmas. This and all the other stresses can lead to arguments and even violence.
- Many children's parents are separated and they have to split Christmas between two homes. Their parents' relationships are often not good, which can be really upsetting.



Children and young people can experience domestic abuse by: seeing the abuse, hearing it from another room, seeing a parent's injuries or distress afterwards, being hurt by being nearby or trying to stop the abuse.

Support – For many of our students, school is a safe place where they are able to talk to someone about what is going on for them and therefore Christmas holidays can be overwhelming. Please remind students that there is support available over this period:

