



MARCH  
2026



## Welcome

We hope you had a restful half term break. As signs of spring are popping up everywhere – we hope this finds you in good form and in good health.

## Mental Health Week



Following on from **Mental Health Week** in February **THRIVE** have published **Top tips** for fostering a culture of emotional safety, belonging and mattering in schools. There are also resources available for Primary, Secondary and Special Schools.



**The Northern Ireland Commissioner for Children and Young People (NICCY)** has published a periodic review that shines a spotlight on the deep-rooted challenges and barriers facing children and young people's mental health services, calling for immediate and meaningful action. The Commissioner has outlined that "no child's mental health service should be making front-page headlines for the wrong reasons. The fact that it keeps happening is alarming, and it exposes serious system failings that must be confronted now". Full report is accessible [here](#).



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**NSPCC** has reported that **Childline** has launched a campaign to help children and young people look after their mental health when using social media. **The 'Race to a Milli' campaign** video shows TikTok stars compete to achieve one million 'likes' whilst tackling issues such as peer pressure, hateful comments and rage bait.

The campaign provides talking points for professionals to use with young people in their schools, clubs and organisations. Supporting **Childline data** shows that between April 2024 and March 2025, 82,882 counselling sessions were delivered to young people about their mental well-being.



**The Royal College of Paediatrics and Child Health (RCPCH)** has published a new web page on screen time and online harms bringing together **key resources** to help inform conversations with families and guide practice. The resources include screen guidelines for children under five as well as guidance for parents on online harms.



Dr Tony McGinn  
Dr Admire Chereni  
Dr Emma McGinnis

**FEBRUARY 2026**

**Ulster University** has published new research examining the factors that place children at greater risk of technology assisted child sexual abuse, and the barriers and facilitators that influence whether they report abuse experienced online. Commissioned by the Safeguarding Board for Northern Ireland (SBNI) under the NI Executive's Online Safety Strategy, the report is based on desk research, including a systematic review of international evidence. The research was led by Dr Tony McGinn.

**[Report accessible here.](#)**



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**Secure schools** have produced **resources** to help schools build a strong awareness of cybersecurity.



## NSPCC 'Learning'

NSPCC have published a summary of **risk factors and learning from case reviews**, for improved practice around domestic abuse. A number of key themes emerged from the case reviews, including focusing on the child's experience, understanding family dynamics and being professionally curious when there are concerns about domestic abuse.

The learning from these reviews highlights that professionals should:

- speak to children alone where appropriate.
- gain an understanding of how different communities and cultures may perceive domestic abuse.
- explore denial or minimisation of abuse and consider where any barriers to reporting may come from.



**UN WOMAN OK** have published a campaign called **Same Side (you will need to register to access resources)** – a campaign using sport and real role models to show young men and boys that there are many ways to be a man, and that gender equality isn't something they lose from. Currently, powerful online voices are promoting a narrow idea of masculinity – telling boys that equality is a loss, empathy is weakness, and women's rights have gone too far. **The Same Side Conversation Guide** is a practical tool for parents and caregivers to start informed, supportive conversations about what young men are seeing online (and how to challenge harmful ideas before they take hold).



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# Reminder

***If you have any changes to your safeguarding team, can you please advise us, so we can ensure our records are up to date and accurate.***

**As always the CPSS Helpline 02895 985590 is operational Monday to Friday (09:00 am until 4:30 pm) (except the statutory holidays).**

We trust you will find these resources helpful.

Thank you once again for your continued commitment to ensuring that your school remains a safe and supportive environment. We look forward to continuing to work with you in this term.

**Kind regards  
The Child Protection Support Service**

