**E-News and Parish Bulletin – December 2024**

**Safeguarding at Christmas**

While Christmas is often a time of joy and family togetherness, it can be a challenging period for vulnerable individuals. The pressure to meet expectations of a "perfect" holiday can create anxiety, particularly for those experiencing domestic abuse, mental health struggles, or a lack of family support. Children and young people, who spend more time online during the holidays, are also at risk of cyberbullying and exposure to inappropriate content. As we celebrate, let's remember that safeguarding isn’t just about protecting against harm; it’s about creating safe, supportive spaces where everyone feels valued. Even small acts of kindness can make a big difference to those who are vulnerable within our communities.

For further enquiries: Integrity and Safeguarding Department, PH: 8210 8150 or via email at ccasafeoperations@adelaide.catholic.org.au