



January
2025

Learn. To Change.



Safeguarding Newsletter



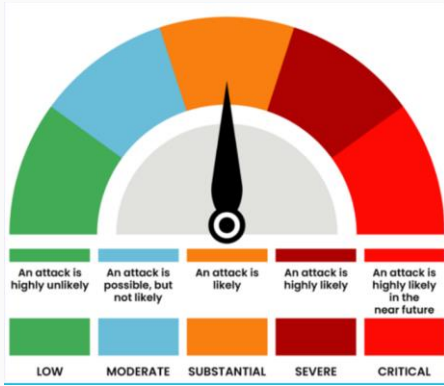
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Prevent



National threat level

The threat to the UK (England, Wales, Scotland and Northern Ireland) from terrorism remains substantial which means an attack is considered likely.

Working Together to Stay Safe

Prevent is a crucial part of safeguarding, aimed at protecting individuals from the risk of radicalisation. As we begin the new year, it is essential to remind ourselves of the vital role we all play in creating a safe environment.

Key Points for January:

- **Recognise:** Be aware of the signs of vulnerability, including isolation, sudden changes in behaviour, or exposure to extremist materials.
- **Respond:** If you have concerns about an individual, follow your organisation's safeguarding procedures. Early intervention can make a significant difference.
- **Report:** Share your concerns with your designated safeguarding lead (DSL) or local Prevent officer.

For further information and to learn more [ACT Early | Prevent radicalisation](#)

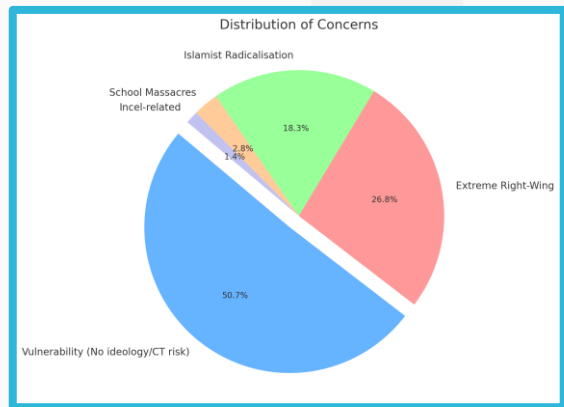
According to the [Home Office news team](#),



Posted on: 5 December 2024 -

Of all the Prevent referrals in 2023/2024:

To learn more, click [here](#)



Here you can watch a short video related to a real story of how someone who was diverted away from a pathway towards extremism

[ACT Early | Prevent radicalisation](#)

Share a concern

Call the ACT Early Support Line on 0800 011 3764, in confidence, to share your concerns with our specially trained officers. The Support Line is open 9:00am – 5:00pm every day.

[Share a concern](#)

Talking point, what are your thoughts around the statistics for prevent referrals, too low, to high?



British Values

According to the DfE, 'fundamental British values' comprise of:

•Democracy •The rule of law •Individual liberty •Mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith.

British Values are fundamental to creating a supportive and understanding society. They underpin safeguarding principles and help foster an inclusive environment where everyone feels valued.

Practical Tips for January:

- Integrate British Values into everyday activities and discussions.
- Encourage debates, classroom discussions, or workplace forums on current events to help build critical thinking skills.
- Use real-life examples to demonstrate the importance of these values in action.

Let's commit to embedding these values into our daily lives to foster unity and respect.

British Values	Talking points, discussions to consider
<p>Democracy</p> <p>Encourage active participation and ensure everyone's voice is heard</p>	<p>If your role involves teamwork or collaborative decision-making, you can discuss how you contribute to fair and inclusive processes, perhaps by inviting input from all team members, listening to diverse perspectives, and encouraging a culture where everyone feels comfortable speaking up.</p>
<p>Rule of Law</p> <p>Promote understanding and respect for the laws that protect us all.</p>	<p>Mention any ways in which you help uphold rules, regulations, or standards in your workplace. You might also discuss times when you've helped others understand the importance of these rules, such as health and safety protocols or ethical guidelines such as :</p> <ul style="list-style-type: none"> • Data protection • Computer misuse • Cyberbullying
<p>Individual Liberty</p> <p>Empower individuals to make informed choices while staying safe</p>	<p>Talk about how you encourage autonomy and choice in your role. If your work involves interacting with others, such as clients or students, discuss how you respect their rights to make their own choices. You could mention any specific ways you create a supportive environment where people feel empowered.</p>
<p>Mutual Respect and Tolerance of Different Faiths and Beliefs</p> <p>Celebrate diversity and challenge discrimination in all forms</p>	<p>Relate this to any initiatives you've supported that promote inclusivity or diversity. Share personal examples where you actively encouraged understanding of different backgrounds or showed respect for others' views, especially if they differed from your own such as:</p> <ul style="list-style-type: none"> • Good working relationships and customer service • Be able to establish and maintain productive working relationship



Regional Safeguarding

Nationwide
Emergencies such as flooding, fires and power cuts can affect us all



Find out more [here](#)

How many years were the organised crime group sentenced to? What are your thoughts on this?

[North West](#)

[North East](#)

How much do you know about keeping children safe online? Is this an ongoing challenge?

[Yorkshire](#)

How many different types of crime did Operation Tornado intervene with? Which one did you find most interesting and why?

Do you know who to contact in your area to report a crime and seek support as a victim of crime? Check out the link for more information.

[West Midlands](#)

[East Midlands](#)

Live in the Derbyshire area? Take part in a survey to influence the budget for policing in Derbyshire 25/26. Check out the link to take part.

[Eastern England](#)

What is meant by the term 'Vigilante'

Do you know the signs of someone involved with County lines?

[South West](#)

[South East](#)

What are the outcomes of being a victim of fraud? Do you know where you can seek support?



Wellbeing

January can be a challenging time for many, so prioritising mental health is important. Details of further resources can be found on the learner portal [Your wellbeing](#)

Top Wellbeing Tips for January:

Stay Connected: Reach out to colleagues, friends, or family. A simple conversation can make a big difference and be beneficial to our mood. You could try talking to:

- Someone close to you that you feel comfortable with
- A helpline or a befriending service
- A peer support service
- A professional, such as a GP or therapist.

Mind has more information about talking to someone about your mental health on [their website](#).

Set Goals: Start the year by setting small, achievable goals to build momentum and confidence.

Use SMART Goals:

- **Specific:** Clearly define what you want to achieve.
- **Measurable:** Identify how you'll track progress.
- **Achievable:** Set goals that are challenging but possible.
- **Relevant:** Ensure the goal aligns with your values and priorities.
- **Time-bound:** Set a clear deadline.
- **Example:** Instead of saying "I want to read more," set a goal like "I will read 5 pages of a book every day for a month."

Practicing Self-Care:

If you would like to start the year with learning how to mediate take a look at this short 10-minute video.



Mind have information on [relaxation](#) and [managing stress](#) that might also help with planning ahead.

Talking point, what advice would give a find who wants to improve their wellbeing this year?



Safeguarding

Safeguarding scenarios help to raise awareness, promote understanding, and encourage discussions about safeguarding practices. Here are some ideas across some typical themes:

1. Workplace Safeguarding: Building a Safer Office

Scenario:

A new employee, Emma, notices her coworker frequently receiving inappropriate comments from a senior manager. She feels uneasy but isn't sure how to address it without jeopardising her own position.



Talking Points:

- How can bystanders like Emma safely report or intervene?
- What workplace policies and reporting mechanisms should be in place?

2. Safeguarding Mental Health: Identifying the Signs

Scenario:

Jamal, a high-performing employee, starts exhibiting signs of burnout—withdrawal from colleagues, missed deadlines, and emotional outbursts. His manager is concerned but unsure how to approach the topic sensitively.



Talking Points:

- How can workplaces prioritise mental health as part of safeguarding?
- What are the best practices for supporting employees in distress?



Check out the end of this newsletter for a guide to answers.



News of the Month



Online Exploitation is a growing concern as more people engage with digital platforms. Children, young people, and vulnerable adults can be targeted through social media, gaming platforms, and messaging apps.

Signs of Online Exploitation:

- Sudden secrecy about online activities.
- Increased time spent online, particularly late at night.
- Receiving gifts or money from unknown sources.
- Displaying anxiety or distress after using the internet.

How to Help:

- Educate individuals about online safety and privacy settings.
- Encourage open communication about internet use.
- Report suspicious activity to safeguarding leads or relevant authorities.



Talking point: Test your knowledge:

Online Safeguarding: Protecting Teens on Social Media

Scenario:

Maria, 14, shares personal details with a person she met online who claims to be her age. The conversation takes a turn when the individual asks for explicit photos. Maria feels confused and scared.

Discussion Points:

- What strategies can teens and parents use to ensure online safety?
- How can social media platforms improve safeguarding measures?

For more resources and guidance, visit the [UK Safer Internet Centre](#) or [ThinkUKnow](#).



Learner Feedback



Really easy to reach out to, Alana gave amazing support on anything and everything, making our weekly calls my favourite thing of the week :) I also really liked the fact that one time Alana was not in, but she had arranged another member of the safeguarding team to still reach out to me during that week to make sure everything was going well.

L3 Apprentice.

Jaspreet provided support in my moment of need. They provided a kind and sympathetic ear to listen to my concerns and proposed solutions, then proceeded to influence other QA departments to offer a resolution.

Degree Apprentice.

Clare made herself known to our team with the students consent. We have been able to meet regularly use MS teams to engage all the people involved in supporting the student to meet their goals.

Great communication with a professional yet emphatic approach to the needs of the student.

External Mental Health Service





Helpful Links



If you find that either yourself, a learner or a loved one is struggling with either their mental health or other life circumstances please have a look at these helpful links:

Personal Challenges

- **Samaritans** – 24/7 support online or by phone for those struggling – Open Christmas Day <http://www.samaritans.org/>
- **Mind** - support for mental health and informative resources on mental illness - <https://www.mind.org.uk/information-support/helplines/>
- **SANE** - a leading UK mental health charity improving quality of life for anyone affected by mental illness - <https://www.sane.org.uk/>
- **Hub of Hope** - [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)
- **National Domestic Abuse Helpline** - [Home | Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](#) (Targeted at women)
- **Respect Men's Advice Helpline** - [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadviceline.org.uk\)](#) (Targeted at men)

Work

- **ACAS** - [Acas | Making working life better for everyone in Britain](#)

Accommodation/Homelessness

- **Shelter** – Support for Homelessness – [Get help from Shelter - Shelter England](#)
- **Citizens Advice** - [Citizens Advice](#)
- [Help if you're homeless or about to become homeless - GOV.UK](#)
- [Support for those at risk of homelessness | The Salvation Army](#)

Financial

- **MIND (Cost of Living Support)** - [If this speaks to you, speak to us: cost of living – Mind](#)
- **Turn2us** - [Tackling Financial Insecurity Together | Turn2us](#)
- **Step Change** - [StepChange Debt Charity. Free Expert Debt Help & Advice](#)
- [Citizens Advice: Financial Guidance](#)

Answers to learning exercise 'Safeguarding'

Workplace Safeguarding: Building a Safer Office

Key Takeaways:

- **Bystander Action:** Employees should be aware of safe ways to intervene or report issues. This could include documenting incidents and speaking to HR or a trusted manager.
- Safeguarding, Whistle blowing – what else? checkout your organisations policies.

Action Steps for Leaders: Review workplace safeguarding policies. Ensure staff are trained on identifying and reporting inappropriate behaviour.

Safeguarding Mental Health: Identifying the Signs

Key Takeaways:

- **Mental Health Awareness:** Managers should **ideally** be trained to recognise burnout and emotional distress.
- **Support Systems:** Providing mental health resources and creating an open-door policy can make a big difference.

Action Steps for Workplaces: Incorporate mental health into safeguarding policies and provide resources such as Employee Assistance Programs (EAPs).