



February 2025

Learn. To Change.



Safeguarding Newsletter



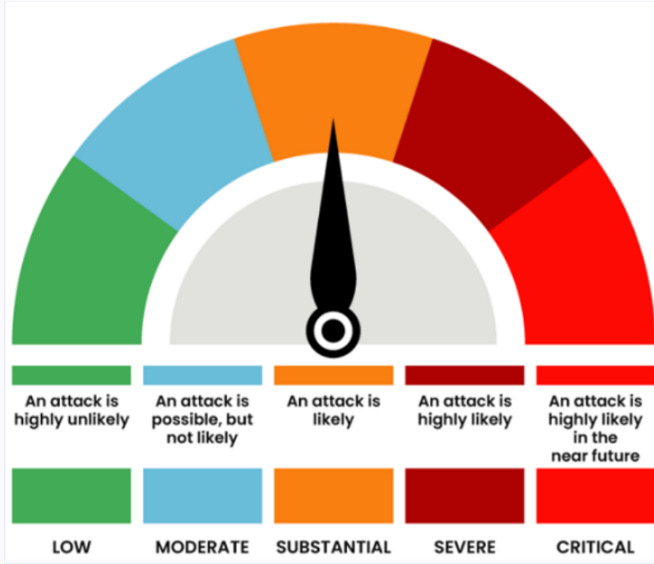
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Prevent



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.

11th February 2025 - Safer Internet Day

The aims to encourage young people to act safely, responsibly, and positively in the online space and when using technology.

We've all encountered suspicious emails, texts claiming to be from our bank, or pop-ups announcing that we've won something.

Scams can come in various forms and target anyone, including young people.

The UK Safer Internet Centre is starting a dialogue on how to identify, respond to, and report online scams of all types.

Talking point:

How will emerging technologies, such as generative AI, change the way scammers operate?

Young people have shared how scammers are infiltrating their favourite platforms—tricking them into sharing game items or currency or enticing them with fake social media giveaways and ads offering everything from concert tickets to exam papers.

Our campaign for Safer Internet Day 2025 will expose the tactics used to deceive you, your family, and your finances.

[Save the Date: Safer Internet Day 2025 | SWGfL](#)





British Values

According to the Department for Education (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.

The Department for Education requires that schools, colleges, and training providers ensure students are prepared for life in modern Britain by nurturing their understanding of 'core British principles'.



News Article:

Meta is the umbrella company that owns big companies such as **Facebook** and **Instagram**.

The guidelines do not allow Facebook, Instagram users to insult people based on their mental health - except in this new, specific scenario.

The guidelines now read: "We do allow allegations of mental illness or abnormality when based on gender or sexual orientation, given political and religious discourse about transgenderism and homosexuality and common non-serious usage of words like 'weird'."

Now, Stonewall, the UK's biggest LGBT+ charity has told Sky News it has requested a meeting with Meta to raise its concerns.

"Online hate and disinformation damages how society views and treats marginalised groups, and undermines societal cohesion," said Stonewall chief executive Simon Blake.

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"Meta's approach puts politics above people when many are already concerned about the toxicity of online discourse, risking furthering division instead of fostering community."

The update to the guidelines came as Meta changed how it moderates speech on its platforms.

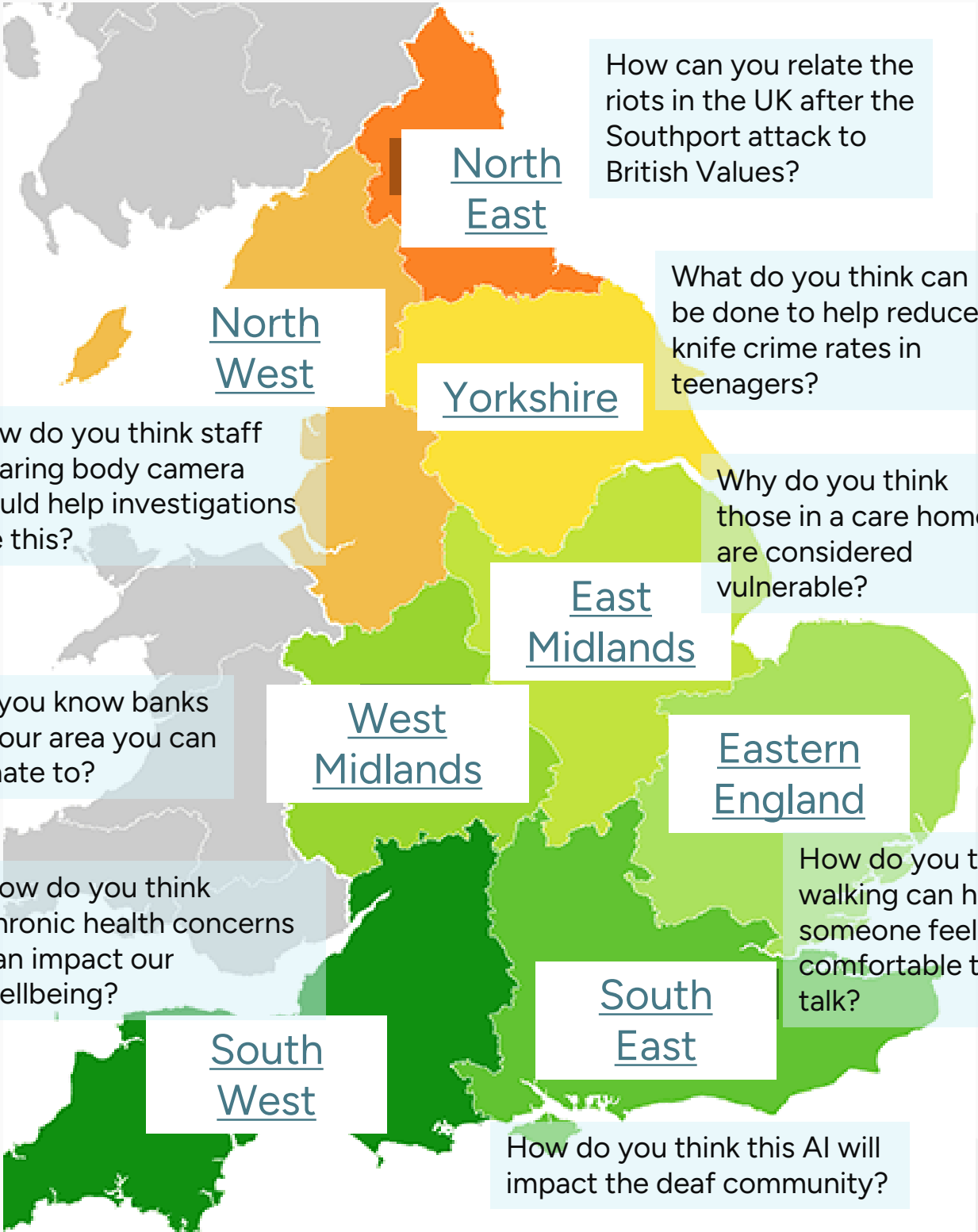
[Meta's new guidelines allow users to say LGBT+ people are mentally ill | Science, Climate & Tech News | Sky News](#)

Talking point:

What are your thoughts and opinions on this article considering the British Values?



Regional Safeguarding





Wellbeing

17th February: Random Acts of Kindness Day

The Health and Safety Executive statistics shows that in the year 2023/24, there were **33.7 million** working days lost due to work-related ill health and non-fatal workplace injuries.

29.6 million of these days were due to work related ill-health.

<https://www.hse.gov.uk/statistics/dayslost.htm>

Performing random acts of kindness when we are present in the office and when working remotely can have a significant impact on building up a positive and productive work environment.

They not only make colleagues feel appreciated but also help increase morale, foster much-needed connections and encourage collaboration.

And doing something nice for others gives us a wellbeing boost too!

Health Shield Wellbeing have shared **6** tips to spread kindness and positivity at work.

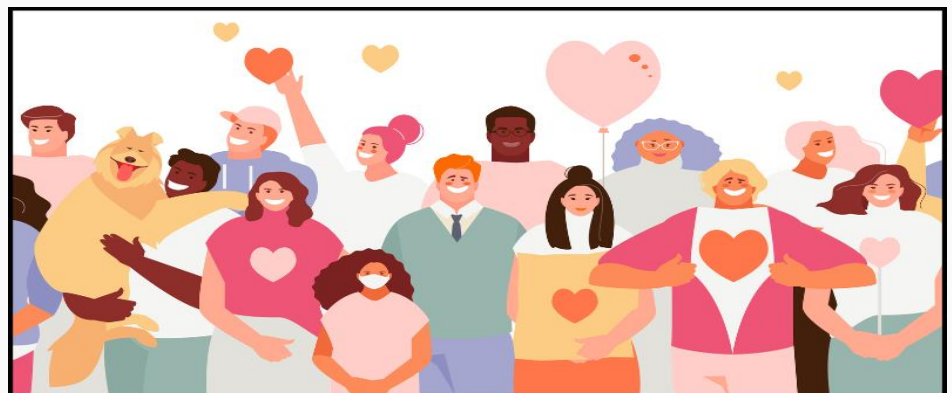
1. **Compliment Your Colleagues** – Take the time to acknowledge and appreciate your colleagues' hard work or successes.
2. **Make Introductions** – Introducing your colleagues to others could spark new friendships and creative collaborations within the workplace
3. **Small Gestures** – Gestures or random acts of kindness like making someone a hot drink can be a great way to boost morale
4. **Say Thank You** – Let your co-workers know that their efforts are valued by expressing gratitude for their hard work and dedication
5. **Offer Assistance** – If you know someone is struggling with something, ask if there's a way you can help them out.
6. **Share Resources** - The more knowledge we all have access to, the better off we all become.

[Tipsheet Random Acts of Kindness_prospects.pdf](#)

Talking point:

When was the last time you gave a random act of kindness?

When was the last time you received a random act of kindness?





Safeguarding

News article - Abuse victims could get paid time off to seek help

Gloucester MP Alex McIntyre will introduce the Domestic Abuse (Safe Leave) Bill in the House of Commons on Tuesday.

"Safe leave" would enable survivors to take time to find a place of safety, deal with health issues, and attend police interviews.

Mr McIntyre said his bill would "complement the work" being done by Labour to "halve violence against women and girls over the next decade".

His bill suggests creating the right to 10 days paid safe leave, although this would be subject to consultation.

Mr McIntyre held meetings with Gloucester organisations to understand the scale of domestic violence in the area, the work being done to support survivors, and what they would like to see.

Better support for survivors in the workplace was among the ideas, including safe leave, the MP said.

[Gloucester MP's new bill proposes time off for abuse victims - BBC News](#)

If you, or someone you know, has been affected by domestic violence and you'd like to talk to someone in confidence, you can find support from the National Domestic Abuse Helpline: **0808 2000247** or www.nationaldahelpline.org.uk/.

Talking point:

How do you think this bill will help to make workplaces safer for victims of domestic violence?

THE
VIOLENCE
AT HOME
SIGNAL
FOR HELP



1. Palm to camera and tuck thumb



2. Trap thumb



News of the Month

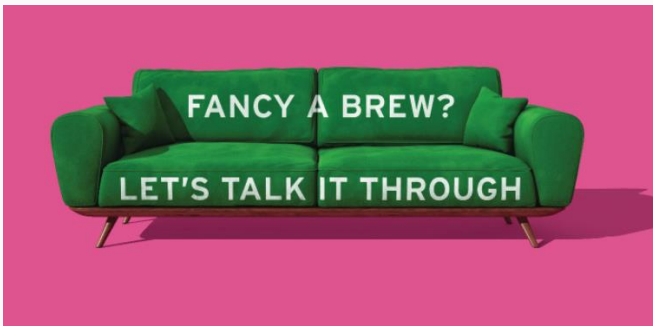
Time to Talk Day 6th February 2025

Time to Talk Day 2024 revealed that nearly two thirds of the UK public put on a brave face to avoid talking about their mental health. And nearly half of us are less likely to open up as we don't want to worry others in already difficult times.

But talking openly and honestly can be the first step towards better mental health for everyone. It can reduce stigma and help people feel comfortable enough to seek help when they need it.

That's why this Time To Talk Day, we want everyone to get comfortable and start talking about mental health.

[Time To Talk Day - Time To Talk Day](#)



Talking point:

How could you get involved this Time to Talk Day?

News Article - A video encouraging men and boys to be open with their emotions has been created by students and staff at a school.

The film, made at Clevedon School in North Somerset, warns against toxic masculinity in society, a term that refers to a set of behaviours and attitudes that can be damaging to mental health.

"From a young age, boys are taught that to cry is weakness; to be vulnerable is shameful; to express their emotions other than anger is to lose their masculinity," staff say in the video. This attitude can push men towards violence, drug abuse and even suicide, they add.

The video was conceived by PE teacher Elliot Nightingale, who opened up to colleagues about his own mental health problems last year.

"I was surprised to find out that we were all just marching on without saying anything," he said.

[Clevedon school releases video to combat toxic masculinity - BBC News](#)

Talking point:

What are your thoughts and opinions on points raised in the video in the article link?

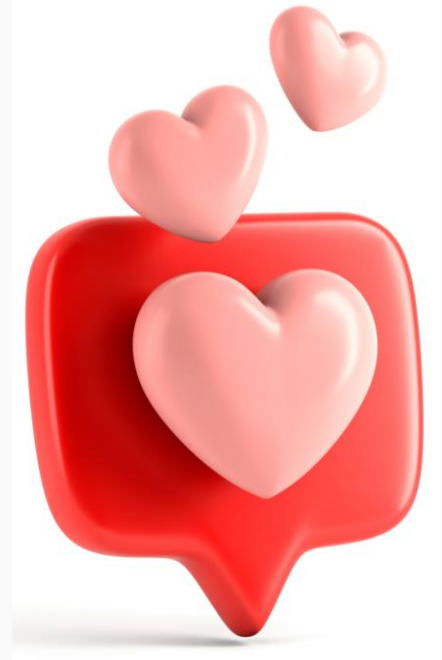




Learner Feedback

Since my first call, Jaspreet has always made me feel comfortable to confide in her with whatever was on my mind... Jaspreet has always given me good advice in terms of me feeling anxious, struggling with procrastination and feeling low... All in all, I couldn't be more thankful and grateful for the help Jaspreet has given me these past 2 and a half years and she has been one of the biggest support systems in both my apprenticeship and personal life.

Level 3 Apprentice



Luke has a knack for helping me feel completely comfortable to raise and discuss difficult topics, which is helping me get to the root of some of the impacts from issues I've been experiencing / dealing with. Additionally, he asks questions and offers comments which help me to relate to and understand these from a broader perspective. I am so grateful for his support, thank you.

Level 7 Apprentice

Chloe has been an amazing support for me throughout my engagement with her. She has gone above and beyond my expectations and I really don't know how I would have got through a very difficult time in my life. I will be forever grateful for Chloe's help and support and will never forget her kindness.

Level 3 Apprentice



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](#)

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