

## F-Tec – Open Minds

F-Tec Newsletter May/June 2021

### British Values

The **British values** are:

- Democracy
- Rule of law
- Individual liberty
- Respect & Tolerance

#### British Values Definition

The British Values are democracy, the rule of law, individual liberty, and mutual respect for and tolerance of those with different faiths and beliefs and for those without faith. These are fundamental values that have been developed by the UK Government in an attempt to create social unity and prevent extremism.

#### Democracy

Respect all views. Debate in peace. Participate willingly and express your views confidently.

#### Rule of law

Commit to the training centre rules. Help others do the right thing, Be honest, truthful, and loyal.

#### Individual Liberty

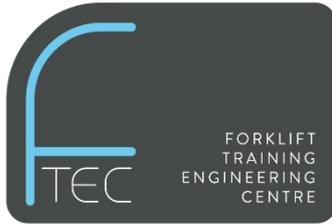
Be responsible for your actions. Work hard to improve. Diligently pursue your goals. Challenge bullying, prejudice, or bias with confidence.

#### Respect and Tolerance

Respect others. Embrace difference. Learn about and consider the cultures of other people. Accept the beliefs and faiths of others.

**(Segment taken from Ofsted 2021)**

**Hot Topic – Do you use any of these values in everyday life? Discuss**



## Staying Safe Online – Radicalisation

### What is radicalisation and why does it happen?

The Police National Legal Database, on their [Ask the Police](#) website, defines radicalisation as 'the process whereby an individual adopts extreme religious, social or political ideals'.

Radicalisation usually happens when two conditions are present. Firstly, there has to be a person or group that holds a specific point of view and wants to recruit people to support them or take action on their behalf.

Secondly, the individuals being targeted will more often than not share common characteristics or circumstances. There have been many studies around this, but one of the more consistent factors is that the individual has some form of vulnerability, such as a mental illness or unmet psychological needs for belonging or status, that can be exploited and used by those trying to radicalise them.

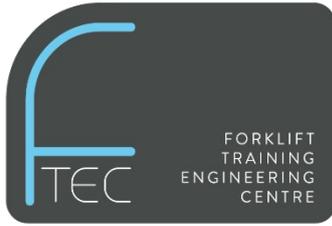
### What is 'online grooming' and would you say it follows a similar pattern to radicalisation?

Children's charity the [National Society for the Prevention of Cruelty to Children](#) (NSPCC) defines grooming as 'when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse, sexual exploitation or trafficking'.

While the drivers and objectives are different, the actual process is broadly similar to radicalisation, with the exploitation of a person's vulnerability usually being the critical factor. Those who are targeted are often offered something ideological, such as an eternal spiritual reward, or sometimes something physical, such as an economic incentive, that will make them 'feel better' about themselves or their situation.

### Who is most at risk of becoming a target?

Anyone can be at risk. Age, social standing, and education do not necessarily matter as much as we previously thought, and we have seen all kinds of people become radicalised, from young men and women with learning difficulties to adults in well-respected professions. What is clear is that the more vulnerable the person, the easier it is to influence their way of thinking.



There is no real offline world anymore. We do not go online, we are online. Technology is now an extension of almost everything we do, and that has given people who want to radicalise and groom others an avenue for communication and a level of influence that was not present before.

It has also provided perpetrators with unique advantages: they can contact a target any time of day or night, and stream propaganda directly to them. Ideas can now be spread at the touch of a button and with very little technical knowledge. A smartphone and a social media platform are all that is required to start to propagate dangerous ideas and information with zero cost.

People who groom and radicalise also use the anonymity of the web as a layer of protection to avoid detection. The added ability to encrypt communication can make law enforcement extremely difficult.

#### **How has the rise of social media contributed to the risk?**

The online world has also made it so much easier to identify those who could be potentially influenced and radicalised. Social media platforms are full of groups of people looking for help and support, and those looking to exploit this can easily join these groups and befriend a vulnerable person.

Offers of support, friendship and belonging are all used to gain influence and control, so it is important to be alert. Despite the best efforts of social media providers and platforms, the sheer volume of web traffic means that questionable content can be uploaded and distributed for a considerable length.

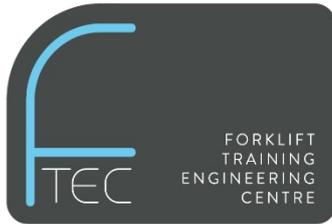
**(Segment taken from Bristol Council Worldwide 2021)**

**Hot Topic – What are your views on radicalisation? Were you aware this can happen?**

### **Online Safety tips**

**There are lots of things you can do to keep yourself safe online.**

- **Think before you post**  
Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.



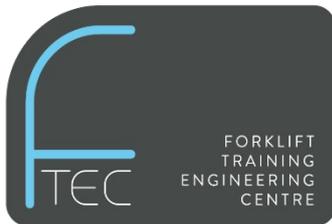
- **Don't share personal details**  
Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.
- **Watch out for phishing and scams**  
Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.
- **Think about who you're talking to**  
There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school. [Find out more about grooming.](#)
- **Keep your device secure**  
Make sure that you're keeping [your information and device secure.](#)
- **Never give out your password**  
You should never give out your password or log-in information. Make sure you pick strong, easy to remember [passwords.](#)
- **Cover your webcam**  
Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.

(Segment taken from Childline 2021)

## Mental Health & Wellbeing

While it's true 1 in 4 of us will experience a mental health issue in our lives, everyone has emotional wellbeing needs that change day to day, week to week and year to year. At work, the responsibility to have open conversations about mental health lives with everyone but disclosing

**personal struggles can be daunting. However, speaking to your employer can bring a lot of relief to anyone suffering and help them get the support they need. Don't suffer in silence.**



1. **Understand where you are** Before you talk to anyone, it's a good idea to really understand where you are with your mental health and how it's affecting you personally and professionally. Your GP or cognitive behavioural therapist can help identify what's really going on. Knowing this information, will also enable you to confidently explain how you're feeling to your employer and why you think your condition has been exacerbated.
2. **Plan for progress** Before you speak to someone at work, think about what you want to get out of the conversation. It might be you find the hustle and bustle of commuting during rush hour has a negative impact on your stress levels, so working from home or having flexible start and finish times might really help. If you feel out of your depth or unsupported in your role, requesting a mentor at work or more regular catch-ups with your line manager, might be what you need to feel happier and more in control. Requesting longer periods of absence than the official policy states, to recover properly from emotional illhealth, might also be something you need to discuss.
3. **Decide who to speak to** There are no set rules for who to speak to about your mental health at work, it all depends on the relationships you have. If you're not close to your boss, it might be better to speak to a HR representative first. They're also likely to have had more formal training or previous experience to assist with such sensitive issues. If you work for a small business with no HR department, it's best to speak to a senior person you feel knows you best or who has the authority to take positive action quickly.
4. **Explain your situation** Frame the conversation as an opportunity, explaining you want to be able to perform to the best of your ability. Have specific examples to hand of things you find difficult at work and how this has impacted your performance or productivity. Make sure to talk about this when not you're feeling at your most emotionally vulnerable, or at the end of a particularly difficult day. You'll be able to explain yourself more clearly and it's less likely stress will take over, making it harder to get your point across.

**(Segment taken from Shout (Nuffield Health 2021))**



**If you need any help or advice, please contact –**

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**By Victoria Cartner May 2021**

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