

F-TEC – Open Minds

F-TEC Newsletter Jan/Feb 2022

British Values

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

Rule of law - 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

Democracy – Respect all views. Debate in peace. Participate willingly. Express your views confidently.

Today we will focus on Rule of Law

Rules and laws create order and harmony in society. They protect and safeguard people. Laws in the UK are created by government and parliament and are enforced by both the police and law courts. People who break these laws are punished. Punishment aims to deter people from breaking the law, to protect society and to reform criminals. In our society laws apply to everyone and sanctions are imposed for those who break them. Criminal law is investigated by the police and leads to fines and imprisonment.

Consider the link between rights and responsibilities You have a Right to feel safe. You have a Responsibility to consider the safety of others Is there a difference between a responsibility and a duty, do you think? A duty is a moral commitment to something or someone, whereas responsibility is a condition of being responsible. What might your duties be?

• Report crime • Pay for things we want • Not to vandalise • Care for children • Help the elderly • Tell the truth • Love your family • Get a job • Not hurt people • Keep yourself clean • Pay your bills

In the past, social behaviour was conducted according to a sense of duty and responsibility to others. Today, however, there is much more emphasis on individual rights. In 1948 the UN issued the Universal Declaration of Human Rights. The European Convention on Human Rights did not become law until 1998.

The Convention established the European Court of Human Rights. Any person who feels his or her rights have been violated under the Convention by a state party can take a case to the Court.

Judgements finding violations are binding on the States concerned and they are obliged to execute them.

In 1945, after the horrors of World War II, an international organisation was established, the United Nations. It was dedicated to maintaining peace and security and to solving humanitarian problems.

In 1948, the UN developed a code of conduct for the protection of basic human rights, this is called the Universal Declaration of Human Rights.

When human rights are ignored



(Segment taken from Davidson Training 2021)

Health and Safety

A police force says it has received 146 reports of spiking where the victims believe they were injected with a needle in the past two months.

The Police are urging all revellers celebrating Christmas to stay safe.

The majority of needle spiking reports have come from women, but there have also been reports from men, the force said.

- We are hearing in the press that YP (predominately females) are reporting that they have been needle spiked whilst in clubs and bars around the country.
- The effects of needle spiking will be similar to having a drink spiked – substances used to needle spike someone could be any of the following (this is just some of the examples): GHB; Tranquilizers such as Valium, Rohypnol, Benzodiazepines and Ketamine.
- If you have been needle spiked you might feel a sharp scratch – this could be anywhere on the body – YP have reported this has happened in their legs, hands, arms and back.
- If you think you have been needle spiked, it is important that you tell someone and go somewhere safe – do not leave the party/club/bar without telling anyone as you may pass out. Some substances can take affect very quickly (a matter of minutes).
- If you think you have been spiked (drink or needle) please seek medical attention immediately.

- Some substances will not be detectable after a short period of time, others such as Benzo's will be.
- The NHS website provides some guidelines on what to do if your skin has been punctured with a used needle - they advise to 'wash the wound using running water and plenty of soap', 'dry the wound and cover it with a waterproof plaster or dressing' and to not scrub the wound or suck any blood.
- When you go out take it in turns to have a sober friend who will look after the group.

If you think you have been a victim of needle spiking, please report it to the Police.

(Segment taken from MARP News Swindon Borough Council)

Equality and Diversity

What is conversion therapy?

Conversion therapy is any intervention that seeks to change a person's sexual orientation or gender identity. Conversion therapies work towards one goal, and that goal is to 'cure' someone from being lesbian, gay, bi, trans, ace, intersex and/or queer.

Conversion practices are one-directional: the intention is to get a person to change their sexual orientation or gender identity. This is the opposite of appropriate, affirming, and healthy therapy or counselling, which will support an individual who is exploring their sexual orientation or gender identity whatever the outcome may be.

A non-exhaustive list of such practices includes pseudo-scientific counselling sessions; being induced to ingest "purifying" substances; threatening a person with homelessness; corrective rape; being prayed over as a form of "healing"; and exorcisms.

LGBTQIA+ people don't need to be cured, and interventions that seek to make a person straight or cisgender can and do cause significant long-term harm to victims. Conversion practice is abuse, and it must be banned, in every setting and for everyone subjected to it.

Without a ban, conversion practices will continue to put our communities at risk of lifelong psychological damage. The National LGBT Survey 2018 found that 7% of LGBT+ people have been offered or undergone conversion therapy. Trans respondents were almost twice as likely to have undergone or been offered conversion therapy (13%), while asexual people were also at a higher risk of being offered or undergoing conversion therapy (10%).

It's still legal for LGBTQIA+ people in the UK to be subjected to conversion therapy. This harmful practice, which seeks to suppress, "cure" or change a person's people's sexual orientation and/or gender identity, is taking place right now.

People are targeted in medical, psychiatric, psychological, religious, and cultural settings. These are places everyone should feel safe.

The UK Government has now published a consultation to find out what people think about this harmful practice. This is our chance to make sure the ban protects every LGBTQIA+ person from abuse.

For further information please click on the following link –

[Everything you need to know about conversion therapy | Stonewall](#)

(Segment taken from Stonewall 2021)

Mental Health and Wellbeing

What is youth Homelessness?

Being homeless means not having a safe place to call home. We know many young people sleep rough every night, but there are thousands more sleeping on sofas, floors, night buses or with strangers. These are the “hidden homeless.”

The Causes of youth homelessness

Family Breakdown

Relationship breakdown, usually between young people and their parents (or step parents) is a major cause of youth homelessness. Around six in 10 young people who come to Centrepoint say they had to leave home because of arguments, relationship breakdown or being told to leave.

Physical and Mental Health

Young people face a range of different, complex problems. More than a third have a mental health issue such as depression or anxiety, and another third are tackling issues with substance misuse. A similar amount need to improve their physical health.

Exclusion from school

Not being in education can make it far more difficult for young people to access help with problems at home or health issues. Missing out on formal education can also make it more difficult for them to move into work.

Leaving Care

Young people leaving care often have little choice but to deal with the challenges and responsibilities of living independently at a young age. Traumas faced in early life makes care leavers some of the most vulnerable young people in our communities.

Refugees

Young people who have come to the UK as unaccompanied minors, fleeing violence or persecution in their own country. After being granted asylum, young people sometimes find themselves with nowhere to go and end up on the streets.

Gang Crime

Homeless young people are often affected by gang-related problems. In some cases, it becomes too dangerous to stay in their local area, meaning they can end up homeless.

The Impact of homelessness: Long-Term and life changing issues.

Young people have different issues and needs to adults, so there are many reasons why they can be homeless. It's often because it's not safe for them to stay at home. Or family life has become too hard.

At Risk and exhausted

No home, no bed, no security, and no stability – being homeless is exhausting and affects every part of a vulnerable young person's life. No wonder they take risks to find somewhere to sleep.

Mental Health

The physical toll of sleeping outside is one issue but sleeping on a bus or ever-changing network of sofas and floors can be just as challenging. Mental health issues like depression, anxiety or anorexia are easily made worse under these conditions.

Poor Health and nutrition

Homeless young people often don't have access to enough affordable, nutritious food. 60% of young people in our services told us they had skipped meals, slept hungry and eaten less because they couldn't afford to eat.

Finding a job

Youth unemployment in the UK is still almost three times higher than the rest of the population. Getting into work is particularly tough for disadvantaged young people facing extra challenges in their lives.



Disrupted Education

A disrupted education is a common issue for homeless young people that drastically affects their chances of achieving qualifications, and without education or training, it's even harder to find sustainable employment.

Violence

Young people out on the streets are often victims of assault or verbal abuse. These experiences, and fear of them, leave many young people feeling very vulnerable while rough sleeping.

Centrepoint is the UK's leading youth homelessness charity.

Homeless or at risk? Centrepoint are here for you. They offer advice to anyone aged 16 – 25. Call them for free on 0808 800 0661 Monday to Friday, 9am-5pm. They can also help people worried about a young person they know.

Get expert housing advice

Shelter helps people struggling with bad housing or homelessness through free advice, support, and legal services.

The charity also has a lot of housing-related information on its website offering practical advice on homelessness, housing benefit, council housing, private renting and much more.

- Shelter - 0808 800 4444 (free number)
- [Shelter England](#)
- [Shelter Scotland](#)
- Phone or visit a Shelter Cymru [advice centre near you](#)

[Ben's Story: Homeless at Christmas | Centrepoint](#)

(Segment taken from Centrepoint & Shelter 2021)

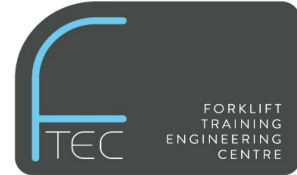
Other useful numbers -

Legal advice

- [Citizen's Advice](#) - 03454 04 05 06
- [Asylum Advice UK](#) - 0808 8010 503

Health & wellbeing

- [The Samaritans](#) - 116 123



Financial advice

- [The Money Advice Service](#) - 0800 138 7777

Domestic abuse

- [National Domestic Abuse Helpline](#) - 0808 2000 247
- [Men's Advice Line](#) - 0808 801 0327

Find people

- [Missing People](#) - 116 000

If you need any help or advice, please contact –

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By Victoria Cartner Dec 2021