

F-TEC – Open Minds

F-Tec Newsletter Nov/Dec 2021

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.

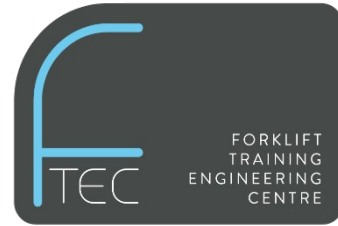
Today we will focus on **Respect and Tolerance**

Treating everyone with the same respect you wish to receive is a principle that should really grow in every workplace, and it can truly help tolerance be established. Respecting others allows you to accept their different beliefs and opinions and helps you to work with others without any judgment.

Respect and tolerance are two of the **values** most important for **social and human coexistence**. **Respect** for Someone means recognising the other as a **valid person in the position he/she is** of a mother, father, couple, co-workers, or friends. Respect is then reflected in the weighting of actions that they would break the link created.

Tolerance means recognising that **we are all different** and although we do not share the same opinions, **there are no judgments** or blame instead, there is a space of freedom for every point of view, race, culture and thought in a space of respect.

Respect and tolerance are two very intimate virtues because, they do not exist without each other.



Phrases of Respect and Tolerance

- Tolerance stops violence.
- The spirit of tolerance is the art of being happy in the company of others.
- Differences enrich us, respect unites us.
- Respect others and you will be respected.
- Your beliefs do not make you a better person, your actions do.
- "Only a collective that is governed by respect for human life, tolerance and freedom can take the world out of the cruel abyss in which political powers lead it." Aldous Huxley
- "I don't like the word tolerance, but I can't find a better one. Love pushes the same respect you have for the faith of others." Mahatma Gandhi

(Segment taken from Definition and concept March 2021)

Hot Topic – How does this article explain the difference between Respect and Tolerance. Do you feel you have a better understanding after reading the phrases?

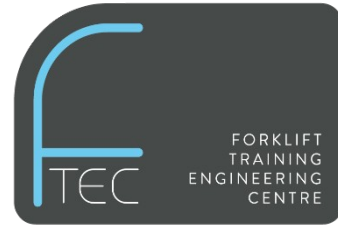
Radicalisation and Extremism

People can be exposed to different views and receive information from various sources. Some of these views may be considered radical or extreme.

Radicalisation is the process through which a person comes to support or be involved in extremist ideologies. It can result in a person becoming drawn into terrorism and is in itself a form of harm.

Extremism is vocal or active opposition to fundamental British values, including democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs. It includes calls for the death of members of the British armed forces (HM Government, 2011).

Challenging and tackling extremism needs to be a shared effort (HM Government, 2013). For this reason, the Government has given some types of organisations in England, Scotland, and Wales a duty to identify vulnerable children and young people and prevent them from being drawn into terrorism.



In the news recently you may have heard of Shamima Begum, who left the UK for Syria as a teenager, says she will regret joining the Islamic State group for the rest of her life and has offered to help the UK fight terrorism.

She told the BBC she could be "useful to society" and it would be a waste to let her "rot" in a Syrian camp.

The 22-year-old is accused of playing an active role in IS - she denies that.

Sajid Javid is standing by his decision to revoke her citizenship.

Shamima Begum was 15 when she and two other east London schoolgirls travelled to Syria to join IS. There, she married a Dutch recruit and lived under IS rule for more than three years. In 2019, she was found, nine months pregnant, in a Syrian refugee camp. Her baby later died of pneumonia and Ms Begum said she had previously lost two other children.

The then-Home Secretary Sajid Javid stripped Ms Begum of her UK citizenship on national security grounds.

- **Who is Shamima Begum and how do you lose your citizenship?**
- **Shamima Begum cannot return to UK, court rules**

Ms Begum has previously said the 2017 Manchester Arena bombing, in which 22 people - some of them children - were killed in a bombing claimed by IS, was similar to military strikes on IS strongholds and called the terror attack "retaliation".

Asked by BBC reporter Josh Baker how it made her feel to think back to being part of a group that committed genocide and murder around the world, she said: "It makes me sick to my stomach really. It makes me hate myself."

In the interview for BBC Sounds and BBC 5 live, Ms Begum also said she only now felt comfortable talking about her true feelings.

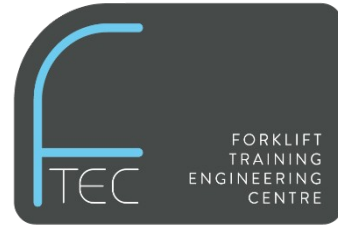
Our reporter asked whether she had changed her opinion on IS because it had not created a caliphate.

"I have had these opinions for a very long time but only now I feel comfortable to express my real opinion," she replied.

She said if allowed back into the UK, she could advise on the tactics used by IS to persuade people to go to Syria and could share ways to speak to people who are at risk of being radicalised.

She said she felt "an obligation" to do so, adding that she did not want any other young girls to destroy their lives like she had.

On Wednesday, Ms Begum spoke to ITV's Good Morning Britain and made a direct offer to Boris Johnson to become "an asset" in the fight against terror.



Speaking from a Syrian refugee camp, she said there was "no evidence" she was a key player in preparing terrorist acts and was prepared to prove her innocence in court.

"I know there are some people, no matter what I say or what I do, they will not believe that I have changed, believe that I want to help," she said.

"But for those who have even a drop of mercy and compassion and empathy in their hearts, I tell you from the bottom of my heart that I regret every, every decision I've made since I stepped into Syria, and I will live with it for the rest of my life.

"No one can hate me more than I hate myself for what I've done and all I can say is 'I'm sorry' and just give me a second chance."

She said she would "rather die than go back to IS" and added: "The only crime I committed was being dumb enough to join IS."

Ms Begum says she wants a trial, saying she is "willing to go to court and face the people who made these claims and refute these claims, because I know I did nothing in IS but be a mother and a wife". But Sajid Javid, now health secretary, suggested there was no likelihood Ms Begum would be allowed to return and fight her citizenship case.

He told GMB that the decision to strip her of her UK citizenship was "both morally right, absolutely right, but also legally correct and the right one to protect the British people".

"I won't go into details of the case, but what I will say is that you certainly haven't seen what I saw," he added.

"If you did know what I knew, because you are sensible, responsible people, you would have made exactly the same decision - of that I have no doubt."

A Home Office spokesman said: "The government's top priority remains maintaining our national security and keeping the public safe."

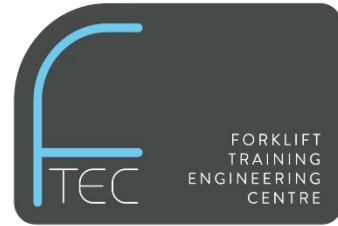
Liberty, a human rights group, previously called the decision to revoke Ms Begum's citizenship "an extremely dangerous precedent" and said the right to a fair trial was not something democratic governments should take away on a whim.

One of the other girls who travelled with Ms Begum, Kadiza Sultana, was reportedly killed in a bombing raid, but the fate of the third - Amira Abase - is unknown.

Ms Begum has previously said her husband had been held in a prison where men were tortured and had surrendered to a group of Syrian fighters.

(Segment taken from BBC news 2021)

Hot Topic – Have you heard of this story before? What are your thoughts about Ms Begum and being allowed/not allowed back in the country?



Health and Safety – Knife Crime

Put simply, knife crime is a crime that involves a knife. Knife crime includes carrying a knife; trying to buy a knife if you are under 18; threatening someone with a knife; owning a banned knife; injuring or fatally wounding somebody with a knife; intent to injure or harm somebody with a knife; **a robbery or burglary where a knife was carried as a weapon**

We need to work with children and young people to help them to understand the pain and injustice of loss.

It can be argued that loss is a normal part of life. The loss of a job; the breakdown of a relationship; the parting of a friend who moves abroad to live the dream; the end of an era, be it a school term, a graduation or retirement. These are all regular parts of this life with which we can identify. For adults, bereavement sadly becomes a natural part of life and whilst people might hone convincing coping mechanisms, be it faith, yoga, exercise, or something else, the reality of bereavement is inescapable and the pain, palpable. People learn to live with it as there is no alternative.

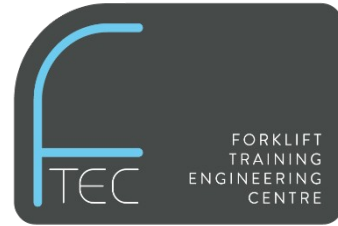
Part of the tragedy of Ben's story is the injustice of what happened to him that night in 2008. Ben had never been involved in any negative activity. Ben was a normal teenager – as normal as any teenager – yet he was murdered in a senseless act of violence which ripped through a family and a community.

The street violence that we see today, the vicious, often fleeting acts of anger which destroy lives, are never the way to solve anything. Even if someone is involved in negative activity, knife crime is not the answer – there are always non-violent, sensible, legal ways to settle arguments or to put a point across. Somehow, we are in a place where violence has become prescriptive and normalised; a place where stabbing someone is perceived by some as an acceptable way to settle a score. Ben was not involved in the argument which took place that night – the killers took an innocent life, for no reason, and the ripples of impact, ripple on.

As teachers, youth workers, practitioners, we need to work with children and young people via a trauma-informed approach to help them to understand the pain and injustice of loss. It is a delicate balance to strike; we need to be profound in the reality, but we must not further traumatise them. When I facilitate the anti-knife crime workshops for primary schools, I ask them how they feel when their best friend isn't in school one day for some reason; maybe they have a dentist appointment, maybe they are unwell.

'Sad';

'I miss them',



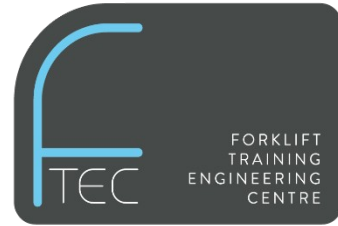
come the answers. I then move into a scenario – ‘Just imagine that your best friend isn’t in school one day, nor the next day, nor the next. Then you’re told that they are not coming back and that you will never see them again’. The younger students’ eyes widen as they imagine this unexpected loss and we think about the feelings associated with it. I then liken this to what happened to Ben – ‘One day, he wasn’t there anymore; and all because some people were so angry that they used a knife to kill an innocent boy’.

The unexpected loss of a person may not be easy for a child to imagine; I tend to liken the concept to the loss of something special, of something one is used to, or familiar with. The ‘injustice of loss’ is a harsh term, yet it is the reality when it comes to violent crime; there is no justice when it comes to using a weapon, whether or not someone sets out to kill or maim, the act of using a knife as a weapon violates the freedom of the individual. The senseless way in which violence wrecks the lives of normal people is not something to be underestimated. Taking an empathetic, trauma-informed approach to safeguarding our children and young people is key.

Life is seen by those who carry knives as cheap, worthless, easily ended. The pain of loss is hard to bear for anyone, but particularly for children and young people. Let’s work with our children and young people and support them to understand how we can de-normalise knife crime and comprehend the injustice of loss.

(Segment taken from The Ben Kinsella Trust website 2021)

Hot Topic - How do you feel about knife crime? Do you have any knife crime in the area you live in? Do you feel safe where you live?



Equality and Diversity

Equality and diversity is a term used in the United Kingdom to define and champion equality, diversity, and human rights as defining values of society. It promotes equality of opportunity for all, giving every individual the chance to achieve their potential, free from prejudice and discrimination.

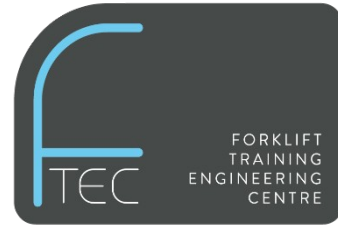
Six months ago, women took to the streets and social media in an outpouring of grief and rage. It was not only for the unimaginable pain and suffering of Sarah's family and for her life that ended too soon, but also in protest at the threat of violence that women are forced to live with every day and the utter betrayal of the institution pledged to protect our freedoms and safety.

Sarah Everard is one of [15 women killed by police officers](#) in just over a decade. This, on top of the almost 700 reports of domestic abuse against police officers in a three-year period – according to The Bureau of Investigative Journalism – shows exactly how dangerous and how urgent the issue of unchecked misogyny in the police is.

A By-line Times investigation found that more than half of Met Police officers found guilty of sexual misconduct over a four-year period kept their jobs. Another report from the Observer found that rape, assault, and harassment were among the allegations made against 600 police officers across England and Wales – of which only 119 were upheld.

Let us also acknowledge the experiences of women of colour, for whom the feeling of being unsafe in the presence of the police is nothing new. The deaths of women of colour often garner less coverage and less public outcry. We must not forget the officers accused of taking selfies next to murdered sisters, Nicole Smallman and Bibaa Henry; or those officers who, though acquitted of wrongdoing, wrapped adhesive tape around Joy Gardner's face and head during a raid that ended with her death.

While institutional misogyny prevails in forces up and down the country, how can women be expected to trust the police? It is your responsibility as elected Police and Crime Commissioners to hold your Chief Constables to account, on behalf of the public, for the running of their force. I urge you to join the Women's Equality Party's calls for an independent inquiry into misogyny in each and every police force – starting with your own.



To build trust with women you must rid the police forces for which you are responsible of institutional sexism, misogyny, and **racism**. You must get your own houses in order. Women's freedom and women's lives absolutely depend on it.

Yours Faithfully

Mandu Reid, Leader of the Women's Equality Party

(Segment taken from Metro 2021)

Hot Topic – How does this letter make you feel?

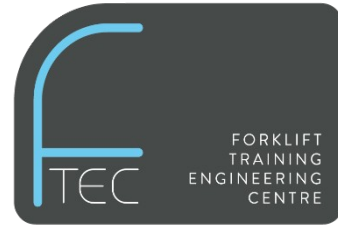
Mental Health and Wellbeing

What is resilience?

Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. **Resilience** isn't a personality trait – it's something that we can all take steps to achieve. For example, you can: Make some lifestyle changes add remove. There are some general changes that you can make to your lifestyle ...

Research suggests that those who demonstrate strong personal resilience are likely to do the following:

- Take more care of their physical health
- Have good quality relationships and social support
- Set themselves goals
- Utilise problem-solving skills
- Have better self-awareness



For ideas on how to develop your skills in these areas and build your resilience, read [our tips](#).

If you're struggling don't forget that you chat with BEN online or call the helpline on 08081 311 333. You can also sign up free and get started today on our online therapy-based platform, SilverCloud, which helps you manage your mental health and wellbeing. A number of different programmes are available on the platform, including supporting issues such as resilience.

Please watch the video below.

[Three invaluable tools to boost your resilience | BBC Ideas - Bing video](#)

money worries and sleep and on topics such as stress, anxiety, and depression. SilverCloud is completely free for anyone who works, or has worked, in the automotive industry. **Sign up free and get started today** at <https://ben.silvercloudhealth.com/signup>, using the access code: **ben**

(Segment taken from BEN 2021 and the video is from BBC 2021)

Hot topic – Do you feel more or less resilient lately? Why do you think this is? Would you access SilverCloud if you thought it may help you?

If you need any help or advice, please contact –

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