

## F-TEC – Open Minds

F-TEC Newsletter March/April 2022

### What is Safeguarding?

***Safeguarding is a term used in the United Kingdom and Ireland to denote measures to protect the health, well-being, and human rights of individuals, which allow people — especially children, young people, and vulnerable adults - to live free from abuse, harm, and neglect.***

Safeguarding means:

- Protection from abuse and neglect
- Promotion of health and development
- Ensuring safety and care
- Ensuring optimum life chances

### What is Radicalisation and Extremism?

***What is Prevent, Radicalisation and Extremism?***

Radicalisation or extremism is where **someone holds views that are intolerant of people who are of a different ethnicity, culture, religion, gender, or sexual identity**. Extremists may try to force their views on others and, in some cases, may believe that these views can justify the use of violence to achieve certain aims.

#### ***Spotting the signs***

You may be able to identify and support someone who may be vulnerable to becoming involved in extremism or terrorism.

People can often become drawn to principles and ideologies held by others and some particularly susceptible to this type of control. Such individuals may be lacking moral role models in their lives or experiencing a lack of access to proper education or balanced arguments that can enhance their sensitivity to this form of manipulation.

These ideologies may be shared through local ‘teachers’, national groups and often on the internet. Individuals are attracted to those with such perceived authority and knowledge through methods of indoctrination. Radicalisers use normal social processes of influence when trying to persuade vulnerable people towards their beliefs. There’s no magic formula or secret skill. The difference is they use it to potentially extreme effect.

***See some of the signs here.....***

A desire for political, social, or moral change. A desire for excitement and adventure, opportunistic involvement, A desire for status, Mental health issues, a need for identity and belonging, being influenced, or controlled by a group, being at a transitional time of life, feelings of grievance and injustice, feeling under threat, a need to dominate and control others, a desire for status and social networks involvement in extremism.

**(Segment taken from Let's Talk 2019)**

## **British Values are...**

**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 Democracy***



Britain is a democracy – this means that the people in Britain vote for the people who make the laws and decide how the country is run. If we didn't have a democracy, just one person might be able to make all the laws and that would not be fair. Being able to influence the decision-making process through the democratic process. This means being able to vote for a government in elections that

are free and fair. Use your vote, there are areas in the world where it makes no difference; it does here.

Feel safe that there are laws that protect you; there are other areas of the world where the opposite is true.

- Democracy is a key British value.
- The British Democratic system has been copied by countries around the world.
- There are many different types of government in our world which create and enforce their own unique laws. Some governments are elected by the citizens of a country; in other countries the people have no right to choose their government at all.
- Some countries are dictatorships and do not have democratic elections.

To vote you must be aged 18 or over and have UK citizenship (people in prison at the time of an election are not allowed to vote). The UK parliament is the legislative body of the country. It is made up of the House of Commons and the House of Lords. Members of the House of Commons (MPs) are elected using a voting system. There are 650 MPs in total.

In a democracy there are several political parties who have their own ideas about the way their country should be run. MPs are the elected representatives of these parties. Before an election each party puts their ideas together in what is called a manifesto. This tells the public how they want to control things such as hospitals, prisons, schools, taxation, laws, and the country's relationships with other countries. Voters then decide. The party which wins the majority of seats usually forms the government and can claim to have a mandate to implement the policies set out in their manifesto.

**(Segment taken from Davidson Training UK Ltd)**

## Mental Health and Wellbeing

Russia's invasion of Ukraine is distressing and concerning, and we understand people may have questions or be seeking reassurance.

### ***What to do if you are upset by the news***

Perhaps you've shared the emotional experiences we had when news broke about the Russian invasion of Ukraine. Shock, despair, anxiety, uncertainty. These are big emotions for anyone to feel and as young adults we often have increased access to rolling news bulletins, which can only magnify some of those feelings.

### ***But what can we do when the news makes us feel this way?***

It's important to remember that being upset, worried or angry about awful things that happen in the world around you is okay and perfectly normal. You won't be the only one who feels that way.

### ***Do things that make you happy***

Watch your favourite film, take your dog for a walk, or read a favourite book.

Try to balance the news you read. If you read an upsetting story, then try and read a positive one before you go to bed.

### ***Here are some things you can do if you are having worried thoughts when you go to bed:***

- Remember things that make you feel positive and think about these as you're going to bed, so your head is full of your positive thoughts.
- Read a book you love that will help to settle your thoughts.
- If you have bad dreams, talk about them. This will help you to confront your fears.

### ***Remember it's rare***

Don't forget - terrible things are on the news because they are rare and do not happen very often.

Although people are spending a lot of time talking about it, it is still very unlikely that events like this will affect you or your family.

The most important thing is that if you are feeling upset, angry or confused, perhaps you need some quiet time, or to talk with friends or other important people in your life. It can be easy to get lost in the 24-hour news cycle, or news via Twitter, so trying to keep routines that are meaningful to you can be a boost e.g., that morning walk, or eleven am coffee.

### ***What you can do for others***

Helping others is one of the **five steps recommended by the NHS** to improve mental wellbeing and there are countless ways to help with the Ukraine crisis.

A **number of charities have launched appeals**, including the British Red Cross, the UNHCR refugee agency and UNICEF, while many individuals across the UK are raising money and collecting donations independently.

Dr Hepburn says that watching war unfold can make you feel out of control and focusing on ways to help can manage that.

"There's lots of evidence that doing something for other people has a really beneficial impact on your own mental health. If we perceive that we made someone else feel good, we feel good. Our brains are designed to be social and have connections and creating a connection with something bigger than you is really beneficial to your wellbeing."



(Segment taken from BBC)

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

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