November 2023

Safeguarding News

Day Opportunities
Supporting people with disabilities

City College Peterborough

REMEMBRANCE DAY

Hello again!

Welcome to the November Edition of Safeguarding News. As some of you may be aware, November hosts a number of 'Awareness days' including Remembrance Day, (11th Nov) Inter-faith Week (12th-19th Nov) Anti-bullying week (13th-17th Nov) and International Childrens Day, (20th Nov)

This edition features the following:

➢ **Remembrance Day – What is it and how do British Values factor into it?**
➢ **Gaza / Israel Conflict – Starting conversations.**
➢ **Anti-bullying week (13th-17th)**
➢ **Safeguarding against suicide**

Additional information on the following Awareness Days can be found on the links below:

Interfaith week

The aims of the week are to:

- Strengthen good inter faith relations at all levels.
- Increase awareness of the different and distinct faith communities in the UK, in particular celebrating and building on the contribution which their members make to their neighbourhoods and to wider society.
- Increase understanding between people of religious and non-religious beliefs.

World Childrens Day

International or 'World Children's Day', is marked each year on November 20th to:

- celebrate the date when world leaders made a promise to all children, giving them their own set of rights.
- Celebrate that Rights exist to make sure everyone is treated fairly and has the basic support they need to survive.

Children already had the same human rights as everyone else, but in November 1989 the United Nations (UN) General Assembly adopted a new proposal, designed to improve child welfare and encourage all countries to work together to build a better world for children.

This special set of rights is made up of 54 articles and is called the Convention on the Rights of the Child (UNCRC).

THE GREAT DEBATE

Should people wear a Poppy? This is question that some may have strong feelings about. We should use the British Values of **Mutual respect and tolerance** for different views and **individual liberty.**

How does Remembrance Day reflect the importance of upholding the rule of law in Britain? Honouring the Commitment of Servicemen and Servicewomen: Remembrance Day is a day when the sacrifices of servicemen and servicewomen who upheld the **rule of law** by following orders and conducting themselves with discipline and respect for the law are remembered.

In what ways does Remembrance Day promote mutual respect and tolerance Cultural Awareness: Remembrance Day ceremonies may include elements that reflect different cultural traditions and practices. This helps promote **cultural awareness and tolerance** as people from various backgrounds come together to commemorate a shared history. By paying tribute to this diversity, it reinforces the value of **mutual respect and tolerance** for people of all backgrounds.

Remembrance Day

LEST WE FORGET

Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.

We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives because of conflict or terrorism.

Click below for more information on this year's Remembrance Day
What we're remembering this year | Royal British Legion

A Poem For Remembrance Day

Why are they selling poppies, Mummy?
Selling poppies in town today.
The poppies, child, are flowers of love.
For the men who marched away.

But why have they chosen a poppy, Mummy?
Why not a beautiful rose?
Because my child, men fought and died
In the fields where the poppies grow.

But why are the poppies so red, Mummy?
Why are the poppies so red?
Red is the colour of blood, my child.
The blood that our soldiers shed.

The heart of the poppy is black, Mummy.
Why does it have to be black?
Black, my child, is the symbol of grief.
For the men who never came back.

But why, Mummy are you crying so?
Your tears are giving you pain.
My tears are my fears for you my child.
For the world is forgetting again.

(Author unknown)

Teaching about Remembrance - Youth groups | Teaching Remembrance | Royal British Legion

Free functional skills and skills for life resources Remembrance Day poppies and British values | Skillsworkshop

Remembrance Day often includes a rejection of discrimination, hatred, and intolerance, with an emphasis on the need to prevent such attitudes and actions that can lead to conflict and war.

It encourages tolerance and respect for all individuals.

The Israel-Gaza conflict

is a complex and longstanding international issue that has raised questions and discussions related to how British values apply to the situation.

Here are some of the **British values** that can be used to start conversations and are connected to the Israel-Gaza conflict:

Democracy:
British values emphasize the importance of democracy and the right to self-determination. In the context of the Israel-Gaza conflict, there are concerns about the democratic rights and aspirations of the Palestinian people. The UK has advocated for democratic processes and the right to self-determination for the Palestinian people.

The Rule of Law:
The conflict in Gaza and the occupied territories has raised concerns about the rule of law, especially in terms of international law, human rights, and the treatment of civilians. The UK has called for the upholding of international law and the protection of human rights in the context of the conflict.

Individual Liberty:
British values stress individual liberties and freedoms. The conflict in Gaza has raised questions about the impact on individual liberties, especially for the people living in the affected areas. The UK has supported efforts to protect the rights and individual liberties of civilians.

Mutual Respect and Tolerance:
The Israel-Gaza conflict underscores the importance of mutual respect and tolerance among different groups, including Israelis and Palestinians. British values emphasize treating all people with respect and dignity, regardless of their background, and call for a peaceful resolution that respects the rights of both parties.

Peace and International Relations:
The conflict highlights the value of peaceful and diplomatic solutions to international disputes. British values encourage the pursuit of peaceful resolutions to conflicts and the promotion of international cooperation.

Civic Responsibility and Citizenship:
British citizens have been encouraged to engage with the Israel-Gaza conflict, raising awareness and supporting humanitarian efforts in the region. This aligns with the idea of civic responsibility and active citizenship.

Human Rights and Human Dignity:
The conflict has raised concerns about human rights violations, especially the treatment of civilians and the dignity of individuals affected by the violence. British values emphasize the importance of upholding human rights and the dignity of all individuals and have called for the protection of civilians.

Community and Solidarity:
The Israel-Gaza conflict has prompted a sense of solidarity and support for those affected by the conflict. British values emphasize the importance of supporting those in need and standing in solidarity with those facing hardship.

In summary, the Israel-Gaza conflict has prompted discussions and actions that align with British values, including democracy, the rule of law, individual liberty, mutual respect and tolerance, peace and international relations, civic responsibility, human rights, and community and solidarity. These values have guided the UK's response to the conflict and its support for a peaceful resolution that upholds the rights and dignity of all individuals involved.

Israel-Hamas conflict: Advice for schools from Ministers - The Education Hub (blog.gov.uk)

The Israel-Gaza conflict can have several safeguarding impacts on residents of the UK, particularly those with personal or family connections to the region.

These impacts can affect their well-being, safety, and mental health. Here are some key points:

Emotional and Psychological Impact:
Residents of the UK with family or cultural ties to the Gaza-Israel conflict may experience emotional distress and psychological trauma due to the conflict. Safeguarding efforts can include providing mental health support and resources to help individuals cope with anxiety, stress, and trauma.

Community Safety:
Protests and demonstrations related to the conflict can take place in the UK. Safeguarding measures may be necessary to ensure public safety and prevent any potential harm during these events.

Vulnerable Populations:
Some residents may be part of vulnerable populations, such as children or refugees who have experienced trauma. Safeguarding these individuals can involve ensuring their access to education, social services, and mental health support.

Hate Crimes and Discrimination:
There may be concerns about an increase in hate crimes or discrimination against individuals or communities with ties to the conflict. Safeguarding efforts can include law enforcement measures to prevent and address hate crimes.

Radicalisation and Extremism:
Conflict may create an environment where individuals are vulnerable to radicalization. Safeguarding measures may include programs and interventions to prevent extremism and protect individuals from falling victim to radical ideologies.

Consular Assistance:
Residents who have relatives or friends in the conflict zone may require consular assistance. The UK government can offer consular services to assist those with connections to the region.

Support for Families:
Safeguarding measures can include support for families who have members in the conflict zone, including communication channels to ensure their well-being.

Community Cohesion:
Safeguarding can involve promoting community cohesion and tolerance, fostering dialogue among communities with differing perspectives on conflict.

Cultural and Religious Support:
Residents with cultural or religious ties to the region may seek guidance and support from their religious or community leaders. Safeguarding efforts can include facilitating such support networks.

Awareness and Education:
Raising awareness about the impact of the conflict and educating each other about available support services and resources is an essential safeguarding measure.

The safeguarding of residents of the UK in the context of the Israel-Gaza conflict is multifaceted and requires a comprehensive approach. This may involve cooperation between government agencies, local authorities, community organizations, mental health professionals, and law enforcement to ensure the well-being, safety, and protection of individuals and communities affected by the conflict.

There are trusted external bodies, which can provide support:

- To assist, the Community Security Trust have published several educational resources, including those that support understanding and identifying antisemitism. For concerns regarding antisemitism, the Community Security Trust provide a national emergency number which should be used to report antisemitic attacks, alongside calling 999: **0800 032 3263.**

- For anti-Muslim hatred, **Tell Mama** provides a confidential support service, with their website providing a number of different ways to report anti-Muslim incidents.
- The DfE has a Counter-Extremism online referral form, which allows for extremism concerns to be reported directly to the Department. **Report Extremism in Education - Start.**
- For anyone in the UK who feels impacted by the ongoing conflict, Victim Support is available online or on **0808 168 9111** (free and available 24/7).

Anti- bullying Week

The Kooth online counselling service and 3Ts talking therapies service both offer emotional support to young people in Peterborough and are free to access.

For more information on these services visit the **Keep Your Head website**.

IF YOU WITNESS BULLYING BEHAVIOURS, PLEASE REPORT IT VIA MYCONCERN (STAFF) OR TO A DESIGNATED PERSON (EVERYONE ELSE)

STOP BULLYING
STAND UP . SPEAK OUT

Consequences of Bullying

Bullying can have severe and long-lasting consequences on vulnerable individuals, both children and adults. These consequences can manifest in various aspects of a person's life, including their emotional, psychological, and physical well-being. Some of the consequences of bullying on vulnerable people include:

Emotional and Psychological Effects:
- Low self-esteem: Bullying can erode self-confidence and self-worth, leading to feelings of inadequacy and self-doubt.
- Anxiety and depression: Victims of bullying are at a higher risk of developing anxiety and depression due to the stress and emotional trauma they experience.
- Post-traumatic stress disorder (PTSD): Some individuals may develop symptoms of PTSD, such as flashbacks and nightmares, because of the trauma they experienced through bullying.
- Social isolation: Victims may withdraw from social interactions to avoid further bullying, leading to loneliness and isolation.
- Increased risk of self-harm and suicide: In extreme cases, bullying can push vulnerable individuals to self-harm or even contemplate suicide.

Academic and Career Consequences:
- Decreased academic performance: Bullying can interfere with a person's ability to concentrate and succeed in school, College or work.
- School/College dropout: In some cases, bullying leads to learners dropping out to escape their tormentors, limiting their future prospects.
- Reduced career opportunities: Adults who have been bullied may struggle to advance in their careers due to the emotional scars and decreased self-confidence.

Long-term Behavioral Consequences:
- Aggression and retaliation: Some victims of bullying may adopt aggressive behavior as a defense mechanism or become bullies themselves.
- Substance abuse: Bullying can lead to unhealthy coping mechanisms, including drug or alcohol abuse.

Impact on Relationships:
- Difficulty forming and maintaining relationships: The emotional scars from bullying can make it challenging for individuals to trust and connect with others.
- Dysfunctional family dynamics: Bullying can affect not only the victim but also their family, leading to strained relationships.

The Centre for Disease Control classifies bullying as one type of violence that can affect a person's well-being. Bullying and its repercussions, which include feelings of being intimidated and powerlessness, are felt not only by the victims, but also by their school, College, families or carers, and immediate community.

Bullying involves a display of aggressive behaviour, an imbalance of power, and repetition of incidents. It causes harm—physical, psychological, or social—to the victim(s)

Anti-Bullying Week 2023 is coordinated in England, Wales and Northern Ireland by the Anti-Bullying Alliance. This year it has the theme 'Make A Noise About Bullying' and will take place from Monday 13th to Friday 17th November.

The week will be kicked off with Odd Socks Day on Monday 13th November, where everyone is invited to wear odd socks to celebrate what makes us all unique!

Please click on the image below to view the official Anti-bullying week video from

Anti-bullying alliance.
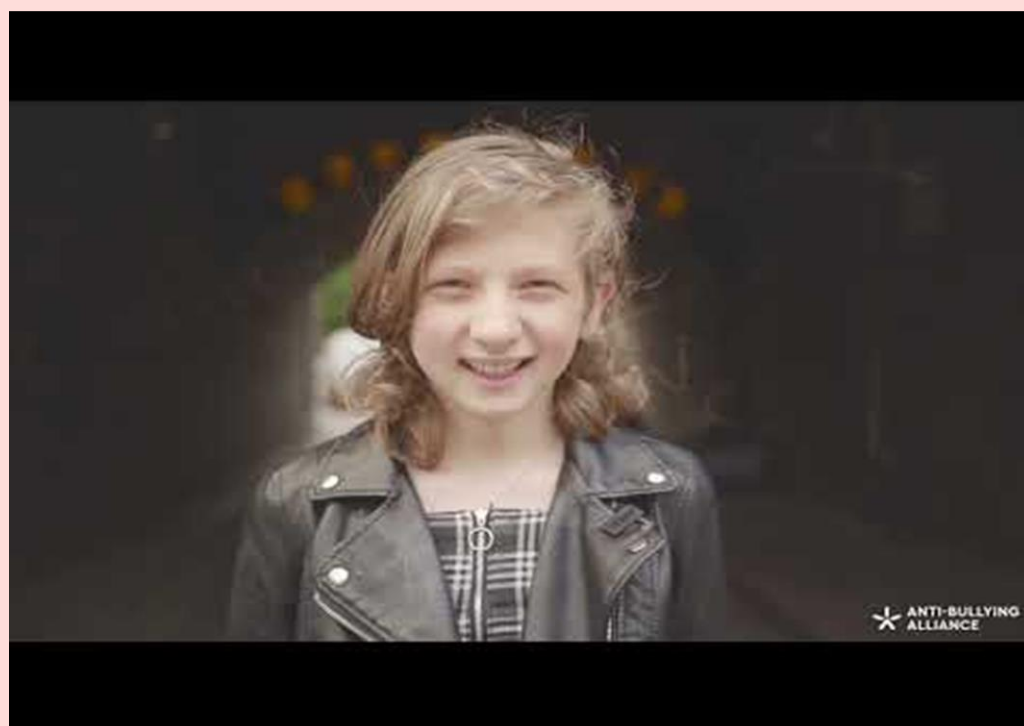
Anti-Bullying Week - what is it and what does it achieve document_2023 FINAL.pdf (anti-bullyingalliance.org.uk)

Although Anti-bullying week is aimed towards children and young people, bullying doesn't always stop once you become an adult.

An adult bully can be an intimidating boss or colleague, a controlling romantic partner (domestic abuse), an unruly neighbor, a high-pressure sales/business representative, a condescending family member, a shaming social acquaintance, or other types of people that engage in abusive relationships.

Bullying among adults can be considered a form of adult abuse. Abuse, in general, is characterised by the mistreatment, harm, or control of one person by another, often involving a power imbalance. Bullying typically involves repetitive, intentional, and harmful behavior aimed at belittling, intimidating, or dominating another person. When this occurs among adults, it can be viewed as a form of abuse.

Adult abuse can take various forms, and bullying is one of them. Other forms of adult abuse can include physical abuse, emotional abuse, financial abuse, and sexual abuse. Each of these forms involves different behaviors and consequences, but they all share the common element of causing harm or distress to another person, often in a repetitive and intentional manner.

"We explain when someone is cruel or acts like a bully, you do not stoop to their level. Our motto is when they go low, you go high."

Michelle O Bama

PREVENTING SUICIDE

Safeguarding against suicide is a critical concern, and it involves both proactive measures to prevent suicide and support for individuals who may be at risk.

Here are some strategies and actions we can use to safeguard against suicide:

Awareness and Education:
Promote awareness of the signs of suicide and risk factors **mind charity** - suicide, spotting risks, support and guidance
Educate individuals on how to recognize and respond to warning signs in themselves and others.

Reducing Stigma:
Combat the stigma surrounding mental health and seeking help for emotional distress. Encourage open and non-judgmental discussions about mental health issues.

Access to Mental Health Services / Support Networks:
Ensuring that mental health services, including crisis hotlines and counseling, are communicated and accessible. **Peterborough Information Network | Mental Health (Adults)**
Peterborough Information Network | Child and Adolescent Mental Health Service (CAMHS)
Encourage the development of strong social support networks for vulnerable individuals is important. This can include friends, family, and support groups. **Help in a crisis | CPFT NHS Trust**

Safe Environments:
Promoting that the College is a safe space by using the Bee symbol and displaying support posters / information. 🐝

Crisis Intervention:
City College Peterborough has trained mental health first aiders on site to identify and provide appropriate care to individuals at risk of self-harm and suicide. (List available on the intranet)

The Relationship Between Self-Harm and Suicide

Because self-harm (also known as self-injury or self-mutilation) can involve physical injury (such as in the case of cutting), it can seem like self-harm and suicide are directly related. It's normal to think that cutting one's wrist, in the case of self-harm, may be a suicidal gesture; indicating that the person wishes to cut their wrist to die.

However, this is typically not the case. In fact, most people who practice self-injury don't intend to kill themselves and may even see self-injury as a way of avoiding suicide.

Self-harm that is not undertaken with the aim of committing suicide is called non-suicidal self-injury and most self-harm falls into this category. People who practice non-suicidal self-injury do so to deal with overwhelming emotions or to feel emotion when none exists. And while many people who self-mutilate consider suicide, the act of self-mutilation itself, is not generally a suicidal act.

COMMUNICATING CRISIS

EXPLICIT STATEMENTS
- I've decided to kill myself.
- I'm going to **commit** suicide.
- If (...) doesn't happen, I'll kill myself.
- I wish I was dead.
- I'm going to end it all.

IMPLICIT STATEMENTS
- I'm tired of life, I can't go on.
- Who cares if I'm dead anyway?
- What's the point?
- Soon you won't have to worry about me.
- My family would be better off without me.

Suicide in numbers
(Data Provided by ETF)

- More people die worldwide from suicide than from murder, war and natural disasters combined.
- One in five people have experienced suicidal thoughts.
- An average of 17 known suicides occurs each day in Great Britain.
- 10-25 times that number attempt suicide – that's 170 to 425 people every day.
- For each death, approx. 135 lives are affected. Around 20% of these are left devastated.
- **Maths: 6,319 deaths, 853,065 people impacted, 170,613 lives devastated. Each year.**

What are the signs that someone may be feeling suicidal?
It's important to watch out for signs of distress and changes in behaviour. If you know someone well, you can often tell if they are behaving in a way that may indicate serious distress. For example, they may be withdrawn, appear unusually dishevelled or change how they make financial or personal plans.

Can I ask someone if they're feeling suicidal?
There is evidence that shows if you ask someone if they're suicidal, it can help protect them.1It's ok to ask someone, "are you having suicidal thoughts?". By asking directly about suicide, you give them permission to tell you how they feel and let them know they are not a burden.

What can I do if someone tells me they're having suicidal thoughts?
If someone does tell you they are having suicidal thoughts, always take them seriously. Try to listen in an unhurried way without distractions. You don't have to be able to solve their problems. The act of listening and being understanding will help. If you can, offer support and encourage them to talk about their feelings.If you can, arrange to speak to them again at a specific time. This will show your ongoing support and will make them feel that they have something to look forward to.

Help & Support

TEXT **shout** TO **85258**

"It's alright to ask for help" **SAMARITANS** 116 123

HOPELINE247
PAPYRUS PREVENTION OF YOUNG SUICIDE

Are you in a mental health crisis? Then call... **111 option 2** **NHS** First Response Service

https://www.gov.uk/government/publications/preventing-suicide-lesbian-gay-and-bisexual-young-people
https://www.gov.uk/government/collections/suicide-prevention-resources-and-guidance
Suicide Support Peterborough