

Safeguarding Newsletter



The Safeguarding Team



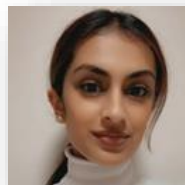
Mark Soady

Apprenticeships Head of Learner Services



Clare Stuart

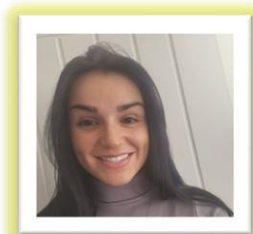
Designated Safeguarding Lead & Safeguarding Team Leader



Jaspreet Hothi

Deputy Designated Safeguarding & Prevent Lead

Safeguarding Specialists



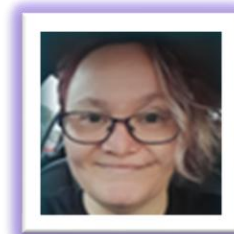
Alana



Jamie



Tina



Vix



Joanna

Safeguarding support options, ways to access support at QA if you are worried for yourself or someone else:

- Call us on **07552597253** or email safeguarding@qa.com
- Complete a Safeguarding Self-Referral Form if the concern relates to you.
[Safeguarding Self-Referral Form \(Learners\) QA Ltd](#)



Contents

3

What is Safeguarding?

4

Prevent

5

British Values

6

Regional Safeguarding

7

Wellbeing

8

Safeguarding

9

Your Space: U18 Safeguarding Update

10

News of the Month

11

Learner Feedback

12

Helpful Links





Safeguarding?

What is Safeguarding?

Safeguarding is the process of protecting people's health, well-being, and human rights, and enabling them to live free from harm, abuse, and neglect. It's especially important when working with children, young people, and vulnerable adults.



Safeguarding means protecting your right to live safely, free from abuse, neglect, exploitation, or harm. It's about making sure you feel safe and supported whether you're learning at work, online, or in training environments.

It covers: Physical safety, Mental health and Emotional wellbeing Protection from bullying, Discrimination, or Abuse, Online safety, Support with personal challenges.

Safeguarding applies to everyone!

Why You Shouldn't Be Put Off by Safeguarding.

We get it! words like "**safeguarding**" can sound serious or even intimidating. But here's the truth:

- **It's not about judging you.** It's about supporting you.
 - **It's not just for emergencies.** It's there for everyday wellbeing too.
 - **It's not a sign of weakness.** Asking for help shows strength and self-awareness.
- Safeguarding is here to help you thrive not just survive.
Whether you're struggling with stress, worried about someone's behaviour, or unsure about something online, you deserve to feel safe and heard.



What to Do If You're Worried

If something doesn't feel right, trust your instincts. You can:

- Speak to your **Safeguarding Team at QA** or your **Tutor, DLC or Skills Coach.**
 - Use your organisation's **reporting channels**
 - Reach out to support services- links are at the end of this newsletter.
- Just talking to someone is a powerful first step.***

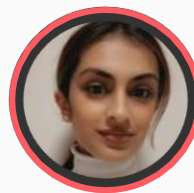
Remember:

- ✓ Safeguarding is for you
- ✓ You're never wasting anyone's time
- ✓ You deserve to feel safe, respected, and supported





Prevent



Jaspreet Hothi
Prevent Lead &
Safeguarding
Specialist

Boy, 17, sentenced for copycat Southport attack plan

A teenager who had an "obsession" with Southport killer Axel Rudakubana and wanted to carry out a copycat attack has avoided a custodial sentence. The boy, now 17, who cannot be named because of his age, rang 999 in August last year and said he wanted to "re-enact Axel", Liverpool Crown Court heard.

The teenager pleaded guilty earlier this year to four counts of possessing information likely to be useful to a person planning or committing an act of terrorism.

The documents, found on his phone, included an Al Qaeda training manual which was also possessed by Rudakubana and instructions for preparing ricin, the poison found in the killer's home after his attack.

The court was told the boy, from Merseyside, described himself as an "axelcel" - a reference to the term incel, or involuntary celibate, and Rudakubana, who murdered three girls in a knife attack on a Taylor Swift-themed dance class on July 29 2024.

In December last year, while in custody after his arrest, the boy was recorded as saying that as soon as he got out, he would "go into a primary school" and "little girls" would be his first victims, the judge said.

Talking Point:

Do we agree that community-based rehabilitation is more effective for young people displaying violent ideation?

Read more [here](#).





British Values

Democracy + The rule of law + Individual liberty + Tolerance of those with different faiths and beliefs.

Greg James raised £2.2 million and took on penultimate day of his 1,000km Comic Relief challenge – Individual Liberty + Mutual Respect

- Greg James took on an 8 day, 1,000km bike ride challenge for Red Nose Day.
- The Radio 1 listeners have raised **£2,235,087!**
- Greg was joined on the bike by the Prince of Wales, who shared the news that he had raised over £1 million at the time.
- Greg's eight-day challenge aimed to finish in Edinburgh (20 March).

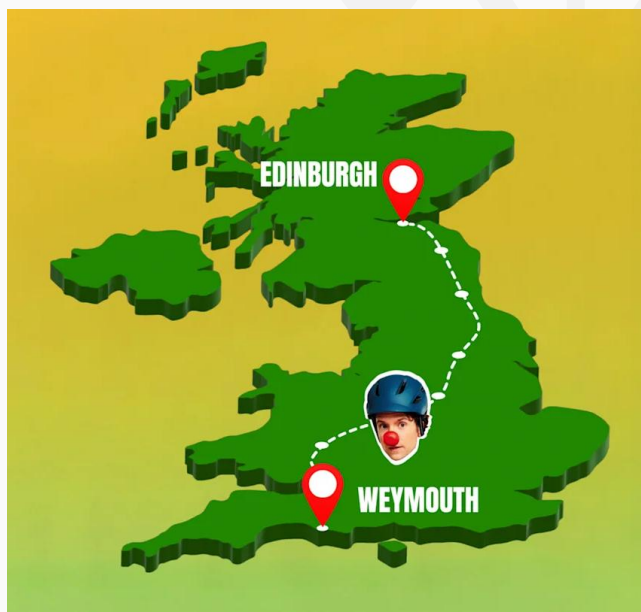
The challenge is rooted in community compassion. It raised money to help people “eat, sleep and feel safe,” supporting those facing hardship.

Crowds, listeners, guest riders and supporters followed his route to cheer him on.

Wonder where the money goes?
Find out [here](#).

Talking Points:

- Does public fundraising create a stronger sense of national unity?
- Does increased media access make people more likely to donate?

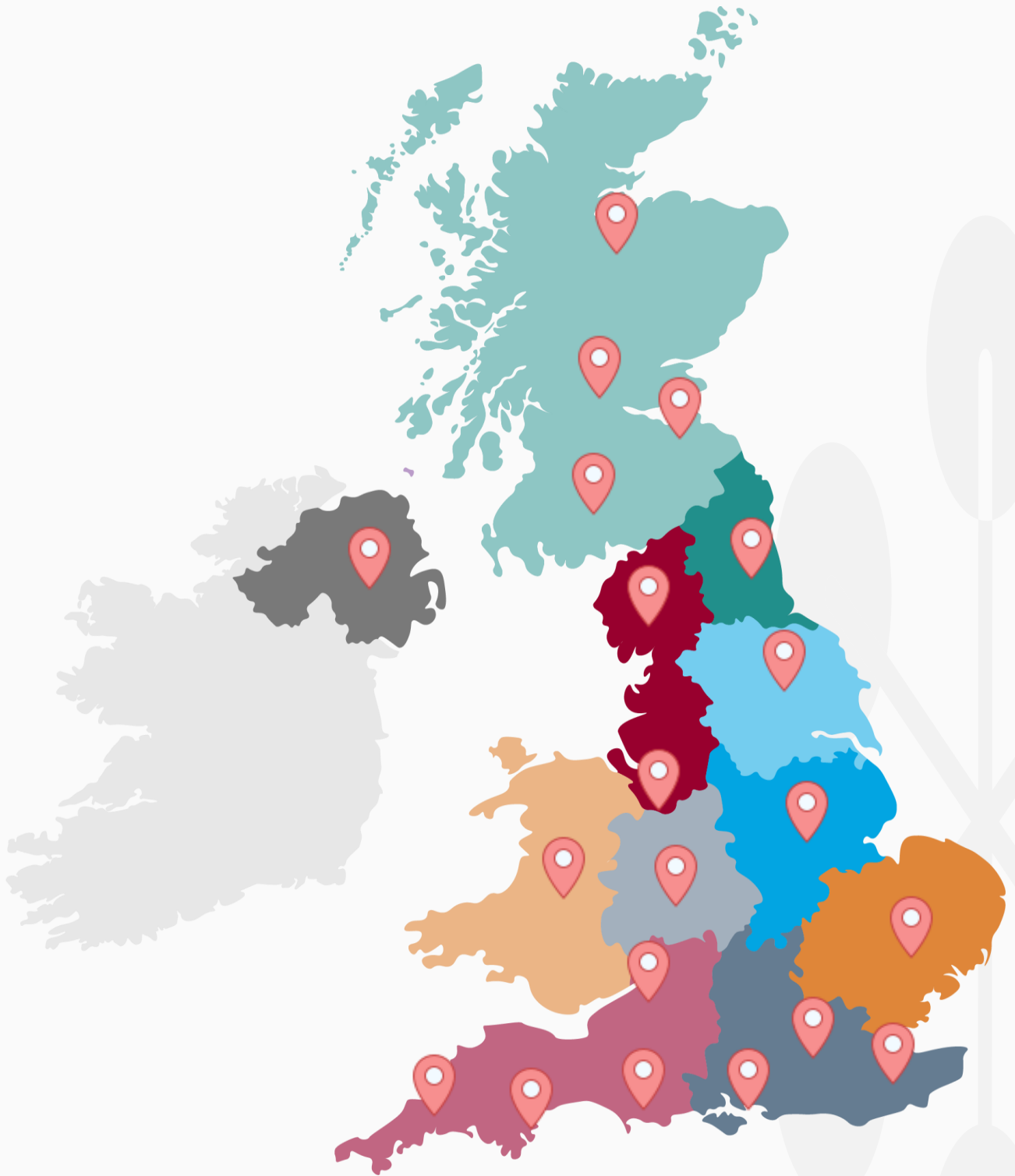




Regional Safeguarding



Click the pins to see local Safeguarding news





Wellbeing

THE POWER OF COMMUNICATING WITH EMPATHY

WHY IT MATTERS – AND HOW WE CAN ALL DO IT BETTER

Empathetic communication sits at the heart of building trust, connection, and psychological safety. When people feel heard, valued, and understood, they are more likely to engage openly and respond positively.

WHAT IS EMPATHETIC COMMUNICATION?

- Listening to understand, not to respond
- Showing genuine interest in another person's feelings or experiences
- Responding in a way that acknowledges emotion, not just information
- Creating a safe space for honest dialogue

It's not about agreeing with everything someone says, it's about appreciating their perspective and validating their experience.

WHY EMPATHY MATTERS IN OUR WORK

1. It Builds Trust and Strengthens Relationships. People are more willing to share concerns or ask for help when they feel understood. Empathy signals: "You matter, and your voice is important."
2. It Diffuses Tension and Prevents Escalation. Calm, compassionate communication often encourages others to mirror that tone. It helps keep conversations constructive—even when emotions run high.
3. It Enhances Safeguarding Practice. Being empathetic allows us to pick up on subtle cues that something is wrong. A person who feels listened to is more likely to disclose worries or vulnerabilities.
4. It Improves Collaboration and Team Culture. Teams that communicate with empathy show higher levels of cooperation, creativity, and wellbeing. It fosters an environment where people feel safe to contribute.

PRACTICAL WAYS TO COMMUNICATE WITH EMPATHY

Listen actively: Give your full attention. Avoid interrupting. Focus on understanding, not fixing immediately.

Reflect and validate: *"It sounds like you're feeling..." / "I can see why that would be difficult..." / "Thank you for sharing that with me."* These simple phrases can transform the tone of a conversation.

Show patience: Give people time to express themselves. Silence can be a powerful tool that invites reflection.

Notice non-verbal signals: Body language, tone, and facial expressions often communicate more than words.

Avoid judgement: Approach each conversation with curiosity rather than assumptions.

Empathy in Action: A Simple Example

Before: *"You'll be fine. Everyone struggles at first."* (this approach dismisses)

After: *"It sounds like you've been feeling overwhelmed. You're not alone in that, and I'm here to support you. Let's look at what might help."* (this approach connects).

FINAL THOUGHT

Empathy is not a skill we are either born with or without it's a practice. Every conversation is an opportunity to strengthen trust, support others, and create environments where people feel safe and valued. When we communicate with empathy, we don't just exchange information.

We build understanding We build connection We build community

 **Safeguarding**

I'm so glad you accepted my friend request. You look ~~really handsome in your picture.~~

like someone I could easily scam

Could you spot a romance fraudster?

crimestoppers-uk.org

CrimeStoppers.

0800 555 111

100% anonymous. Always.

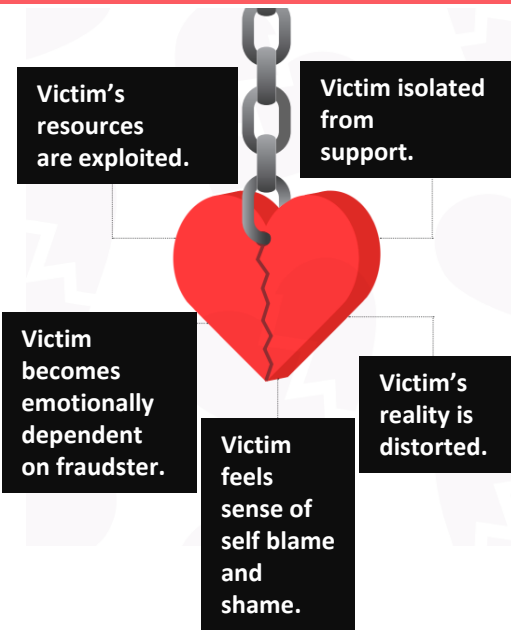
What is romance fraud?

Romance fraud occurs when criminals make their victims think that they have met the perfect partner online - but they are using a fake profile to form a relationship with them.

Romance fraudsters are masters of manipulation and go to great lengths to create a false reality. They provide information early on that seems harmless and normal, such as details about their home and work life.

On average, victims, often targeted on social media or dating apps, lost an average of £11,222 per person, with some individual losses exceeding £2.6 million

THE LINK TO COERCIVE CONTROL



Victims suffer immense emotional and psychological distress, often feeling too ashamed to report the crime.

While anyone can be a victim, reports are highest among those aged 50-59, though 65-74-year-olds often face the highest financial losses.

Always

- Be wary of revealing personal information about yourself online.
 - Remain on the dating site's messaging platform if contact was via a dating site.
 - Remember that anyone can pretend to be anyone they want to be online.
 - Be wary if you are encouraged to keep things from your family and friends.
 - Be wary of anyone asking lots of questions about you but not revealing much about themselves.
- STOP:** Taking a moment to stop and think before parting with your money or information could keep you safe.
- CHALLENGE:** Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- PROTECT:** Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.



STAYING SAFE FROM ROMANCE FRAUD

Never

- No matter how long you've been speaking to someone online and how much you trust them,
- Never send them any money.
 - Never allow them access to your bank account.
 - Never transfer money on their behalf.
 - Never take a loan out for them.
 - Never provide copies of your personal documents such as passports or driving licenses.
 - Never invest your own money on their behalf or on their advice.
 - Never purchase and send the codes on gift cards from Amazon or iTunes.
 - Never agree to receive or send any parcels on their behalf (such as mobile phones or laptops).

STAYING SAFE FROM ROMANCE FRAUD

Talking Point - Why do you think scammers often build trust slowly over time?

Want to learn more? check out these links [here](#) and [here](#)

Your Space

U18 Safeguarding Update

Family Challenges: When Someone You Care About Is Arrested

When a family member is arrested, it can feel confusing, overwhelming and frightening. You might have questions, mixed feelings, or worries about what happens next. These reactions are completely normal. Understanding what support is available, what your rights are, and how to keep yourself emotionally safe can help you stay steady during a difficult time.

What You Might be Feeling

It's common to experience a mix of thoughts and reactions, such as:

- Confusion about what is happening
- Worry about the future
- Embarrassment or fear about others finding out
- Feeling torn between caring for the family member and feeling upset with them
- A sense of pressure to "stay strong"

You don't have to manage these feelings on your own.

If Home Life Changes Suddenly

Sometimes an arrest leads to new stresses at home. You might notice:

- Money worries
- Tension between family members
- More responsibilities falling on you

These pressures are not your fault, and you should not take on adult responsibilities you're not ready for.

What Happens Next?

Every situation is different, but some things you may hear about include:

Arrest

- The person is taken to a police station to be interviewed.
- You are *not* responsible for their actions or for explaining what happened.

Police Support for Young People

- You have the right to ask questions about what will happen next and you can request to speak with a trusted adult, such as a safeguarding lead if you need clarity.

After the Arrest

- The person might be released, kept for further questioning, or charged with an offence.
- You will not be expected to handle legal issues yourself.

Useful links:

[Impacted by arrest of known adult - Lucy Faithfull Foundation](#)



News of the Month

Manosphere - Following Louis Theroux's documentary, it seems everyone is talking about the Manosphere, so what is it and who does it impact?

The manosphere is a broad, loosely connected network of online spaces, blogs, forums, social media channels, podcasts, and influencers; where ideas about *men, masculinity, gender roles*, and men's perceived grievances are discussed. Although not a single unified movement, these communities often share anti-feminist, misogynistic, or male-supremacist beliefs.

Men are often drawn to the manosphere for a mix of emotional, psychological, social, and algorithmic reasons. Research shows it's rarely because they start with hateful views, many arrive searching for: Belonging, Answers, Identity, Guidance, Confidence

Once inside, humour, algorithms, charismatic influencers, and relatable personal grievances can gradually shift their views towards more extreme or harmful beliefs.

These risks can manifest in the workplace through sexist comments, withdrawal, conflicts with peers, or difficulties forming healthy professional relationships; which may affect wellbeing, performance, and progression.

What messages are you seeing online about masculinity? How do they compare to what you see in your daily life or workplace? Remember often our online content is not a mirror of the world but a marketing tool based on algorithms.

April's Prevent Podcast is on this topic, click the link to view - [Wellbeing calendar](#)

Term	Definition	Core Beliefs / Themes	Concerns
Manosphere	A collection of online communities promoting masculinity, anti-feminism, and often misogynistic ideas.	Claims society disadvantages men; male supremacy narratives; hostility toward feminism and equality.	Normalises misogyny; can radicalise young men; encourages harmful gender stereotypes.
Feminism	A movement advocating for gender equality and challenging discrimination against women.	Equal rights and opportunities; challenging sexism; reducing gender-based harm.	Often misrepresented as anti-male in manosphere spaces, risking confusion among youth.
Misandry	Hatred or prejudice against men.	Belief in male inferiority; negative attitudes toward men; not linked to mainstream feminism.	Misuse fuels resentment and manosphere narratives claiming society is anti-male.
Misogyny	Hatred or prejudice against women; common in manosphere spaces.	Belief women are inferior; double standards; stereotyping women as subordinate.	Harmful to workplace attitudes; linked to radicalisation and increased real-world risk.

Events of the Month

Date	Event	Info
 1 Apr	April Fools' Day	Morning of jokes/pranks across the UK.
 1–9 Apr	Passover	Jewish festival commemorating the Exodus; begins evening 1 Apr.
 2 Apr	World Autism Awareness Day	Awareness events promoting understanding and acceptance.
 3 Apr	Good Friday	UK bank holiday marking the crucifixion of Jesus.
 5 Apr	Easter Sunday	Christian celebration of the resurrection; widely celebrated.
 6 Apr	Easter Monday	UK bank holiday following Easter Sunday.
 7 Apr	World Health Day	Global public health awareness.
 8 Apr	International Romani Day	Celebrates Romani culture.
 9 Apr	Maundy Thursday	Christian remembrance of the Last Supper.
 11 Apr	Holy Saturday	Christian observance after Good Friday.
 12 Apr	International Day of Human Space Flight	Celebrates first human space mission.
 13 Apr	Vaisakhi	Sikh festival marking creation of the Khalsa.
 13–15 Apr	Songkran, Thailand	Cultural water-festival and new year events.
 15 Apr	World Art Day	UNESCO day celebrating global art.
 18 Apr	World Heritage Day	Celebrates preservation of heritage sites.
 20 Apr	Chinese Language Day	UN celebration of Chinese language.
 20 Apr	Start of Ridván	Major Bahá'í festival period.
 21 Apr	World Creativity & Innovation Day	Celebrates creative problem-solving.
 22 Apr	Earth Day	Global environmental awareness.
23 Apr	St George's Day Shakespeare Day	England's national day; Shakespeare's birth/death date.



 **Learner Feedback**

What stood out most was your genuine empathy and your calm, thoughtful approach. You never rushed the process, and you showed a rare sensitivity to the emotional and personal challenges I was facing. This helped me regain perspective, confidence and stability at a time when I needed it most.

I felt supported not just professionally, but as a person. Your understanding of the human side of work and life is exceptional, and I am very grateful for the care, patience and kindness you showed throughout.



Jamie has offered consistent emotional support, giving me a safe space to talk and providing helpful strategies that have made a positive difference to my wellbeing



My feedback is that you have been extremely helpful and understanding of my problems and really helped calm me down and solve my issues 😊 thank you.

If you would like to share your thoughts on how safeguarding support has helped you here is the link to the feedback form:

[QA Learner Services Feedback Form \(Official\)](#)



Helpful Links

If you find that either yourself, a learner or a loved one is struggling with either their mental health or other life circumstances please have a look at these helpful links:

Personal Challenges

Mind - support for mental health and informative resources on mental illness <https://www.mind.org.uk/information-support/helplines/>

SANE - a leading UK mental health charity improving quality of life for anyone affected by mental illness - <https://www.sane.org.uk/>

Hub of Hope - [Mental Health Support Network provided by Chasing the Stigma](#) | [Hub of hope](#)

Samaritans – 24/7 support online or by phone for those struggling – Open Christmas Day <http://www.samaritans.org/>

Respect Men's Advice Helpline - [Domestic Abuse Helpline for Men](#) | [Men's Advice Line UK \(mensadvice.org.uk\)](#) (Targeted at men)

National Domestic Abuse Helpline - [Home](#) | [Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](#) (Targeted at women)

Work

ACAS - [Acas](#) | [Making working life better for everyone in Britain](#)

Accommodation / Homelessness

Shelter – Support for Homelessness – [Get help from Shelter - Shelter England](#)

Citizens Advice - [Citizens Advice](#)

[Help if you're homeless or about to become homeless - GOV.UK](#)

[Support for those at risk of homelessness | The Salvation Army](#)

Financial

MIND (Cost of Living Support) - [If this speaks to you, speak to us: cost of living – Mind](#)

Turn2us - [Tackling Financial Insecurity Together](#) | [Turn2us](#)

Step Change - [StepChange Debt Charity. Free Expert Debt Help & Advice](#)

[Citizens Advice: Financial Guidance](#)

Concerned about a child harmed or at risk of harm? A child is anyone under the age of 18

<https://www.nspcc.org.uk>

[Childline](#) | [Free counselling service for kids and young people](#) | [Childline](#)

Prevent – extremism and radicalisation, criminal activity

<https://www.gov.uk/guidance/making-a-referral-to-prevent>

[Independent UK charity taking crime information anonymously](#) | [Crimestoppers](#)

April 2026

