

March 2026



Learn. To Change.

Safeguarding Newsletter



The Safeguarding Team



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

- Call us on **07808 050273** or email [**safeguarding@qa.com**](mailto:safeguarding@qa.com)
- Complete a Safeguarding Self-Referral Form if the concern relates to you. [**Safeguarding Self-Referral Form \(Learners\) QA Ltd**](#)



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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.***

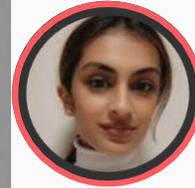
Remember:

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





Prevent



Jaspreet Hothi
Prevent Lead &
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Specialist

What is the manosphere and why should we care?

With more than 5.5 billion people online – and nearly as many on social media – digital spaces have become central to how we learn and connect. But alongside its benefits, the internet is also being used to spread hate, abuse and misogyny.

What is the manosphere?

The manosphere is an umbrella term for online communities that have increasingly promoted narrow and aggressive definitions of what it means to be a man – and the false narrative that feminism and gender equality have come at the cost of men's rights. These communities promote the idea that emotional control, material wealth, physical appearance and dominance, especially over women, are markers of male worth.

Manosphere ideologies: How the manosphere portrays women

While groups within the manosphere do not all share the same beliefs, many are united in their misogyny – a prejudice and resentment of women and girls. In many ways, the manosphere is descended from a long line of anti-feminist movements.

These major manosphere groups spread myths, pseudoscience and lies based on gender:

- **Involuntary celibates (incels):** Believe that men are entitled to sex, and women purposefully deprive them of it. Extremist incel culture promotes rape and assault and brings together other ideologies, including racism and homophobia.
- **Men's Rights Activists (MRAs):** Often take an academic tone to claim that feminism and women's rights – to vote, to education, to leadership positions – have disadvantaged men.
- **Pick up artists (PUAs):** Teach members how to coerce women into sex and mock the idea of sexual consent.
- **Men Going Their Own Way (MGTOW) movement:** Suggests society is rigged against men – and that it is best to avoid women, and even mainstream society, altogether.



British Values

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

**Tech firms will have 48 hours to remove abusive images under new law
– Rule of Law**

The government said tackling intimate image abuse should be treated with the same severity as child sexual abuse material (CSAM) and terrorist content. Failure to abide by the rules could result in companies being fined up to 10% of their global sales or have their services blocked in the UK. Prime Minister Sir Keir Starmer told BBC Breakfast it is part of an "ongoing battle" with platform providers on behalf of victims.

Janaya Walker, interim director of the End Violence Against Women Coalition, said the move "rightly places the responsibility on tech companies to act". The proposals are being made through an amendment to the Crime and Policing Bill, which is making its way through the House of Lords. Under the plans, victims would only have to flag an image once, rather than contact different platforms separately. Tech companies would have to block the images from being re-uploaded once they have been taken down.



Talking Point: How should schools, parents and safeguarding professionals respond to rising sextortion targeting boys and young men?

Talking Point: Do you think society underestimates the threat and harm of intimate image abuse? Why might that be?

The announcement comes after the government's standoff with X in January, when AI tool Grok was used to generate images of real women wearing very little clothing. This eventually led to the function being removed for users.

Legislation was brought in earlier in February which made non-consensual deepfake images illegal in the UK.





Regional Safeguarding

Greater Merseyside Money Advice Partnership

Provides free, confidential, impartial debt advice across the Merseyside area through a network of delivery partners and Citizens Advice branches.

Helpline: 0808 278 7839

[Website](#)

EMMA East Midlands Money Advice Partnership

Free, expert debt advice support across the East Midlands, including phone, email, webchat and face-to-face.

Helpline: 01162421120

[Website](#)

Debt Free South West

(regional initiative) – A partnership offering free, confidential debt advice across the South West, including Bristol and Somerset areas.

Helpline: 0800 8085700

[Website](#)

Money Advice Scotland

A national charity that supports people across Scotland with free, independent and confidential money and debt advice. They also provide tools to help people find local advice agencies by postcode.

Helpline: 0800 085 7145

[Website](#)

Money Advice Networks

Part of regional debt advice collaborations under the Money Advice Liaison Group (MALG) to improve local debt advice delivery and best-practice sharing.

Helpline: 020 1234 5678

[Website](#)

Debt Free London

A network of 26 free debt advice centres across Greater London, offering phone, WhatsApp or video support and face-to-face help.

Helpline: 0808 1642480

[Website](#)

National Debt Support (UK-wide)

National Debtline – Free, confidential debt advice by phone (0808 808 4000), webchat, and online tools. Offers budgeting guidance, step-by-step plans and a 24/7 online “My Money Steps” tool.

Debt Advice Foundation – Free confidential debt advice via phone and online resources (helpline 0800 043 40 50).



Wellbeing

Boundaries

What are Boundaries?

Boundaries are the limits we set to protect our time, energy, values, and emotional wellbeing. They define what is acceptable and what isn't, giving us the space to focus, recharge, and stay aligned with what matters most. Clear boundaries don't push people away; they help establish mutual understanding and healthier interactions.

Why Setting Boundaries Matters – And How They Help Us Thrive

In fast-paced environments where demands can feel constant, setting boundaries isn't a luxury, it's essential. Personal and professional boundaries help us protect our wellbeing, maintain healthy relationships, and perform at our best. Yet many of us hesitate to set them, often out of fear of appearing unhelpful or unavailable. In reality, boundaries are an act of clarity, respect, and self-care.

WHY BOUNDARIES ARE IMPORTANT

They Protect Our Wellbeing

Without boundaries, we can quickly find ourselves overwhelmed, fatigued, and stretched too thin. Saying "yes" to everything often means saying "no" to our own needs. Boundaries reduce stress and create breathing room for rest, reflection, and re-energising.

They Improve Communication

When we communicate our limits openly, whether it's around time, workload, or behaviour, we remove guesswork. Others know where they stand, and we avoid misunderstanding, resentment, or frustration. Boundaries encourage honest, respectful dialogue.

They Support Healthy Relationships

Healthy relationships, personally and professionally, rely on balance. Boundaries help prevent overdependence, conflict, or blurred expectations. They make collaboration smoother because everyone understands roles, responsibilities, and personal space.

They Boost Productivity and Focus

Saying "no" or "not right now" creates room for what actually matters. Boundaries allow us to prioritise effectively and protect our focus from unnecessary distractions. This leads to better quality work and a greater sense of accomplishment.

How to Set Effective Boundaries

- Be clear and specific – Communicate your limits in a direct, respectful way.
- Stay consistent – Boundaries only work when they're upheld.
- Use positive language – Focus on what you can do, not just what you can't.
- Start small – Even small shifts in how you manage time or availability can have a big impact.
- Expect some adjustment time – People may need time to adapt; that's normal.

A Healthy Boundary Sounds Like...

"I'm available between 9am and 4pm; after that I'll respond the next working day."

"I can help with this, but I'll need until tomorrow afternoon to complete it."

"I'm not able to take on extra tasks right now, but here's what I can prioritise."

Boundaries aren't obstacles, they're frameworks that allow us to show up fully, sustainably, and with integrity. By setting and maintaining them, we protect our wellbeing and create an environment where everyone can thrive.



Safeguarding

Need Support or Want to Talk?

Hope Line 247 0800 068 41 41
(24 hours, ages up to 35 years old or if you are concerned about someone aged up to 35)
www.papyrus-uk.org

ChildLine 0800 1111 (24 hours, ages up to 19 years old)
www.childline.org.uk

NHS 111 Open 24/7, can provide mental health support

What Is Self-Harm?

Self-harm is when someone intentionally hurts themselves as a way of coping with difficult emotions or overwhelming situations. It is more common than many people realise, and people of any age, background, or gender can be affected. Self-harm is not a sign of weakness, attention-seeking, or failure. For many, it's a coping strategy used to get through intense emotional pain.

What Can Trigger Self-Harm?

Many different experiences can lead to distress or increase urges, such as: Bullying Trauma or abuse Feeling isolated or lonely Pressure from school, work, or home Money worries Bereavement or loss Difficult relationships Low self-esteem or emotional overwhelm Everyone reacts differently what feels manageable to one person may feel huge to another.

Healthy Distraction Techniques

When urges feel strong, healthy distractions can help people get through the moment safely.

These might include -

- Listening to music
- Journaling or creative activities
- Going for a walk or exercising Holding something cold or sensory
- Talking to a friend
- Watching something comforting
- Breathing or grounding exercises

Distractions don't replace support, but they can help someone get through intense moments.

Self Harm Awareness Day 2026 – Sunday 1st March

Self Harm Awareness Day (SHAD) is observed annually on 1st March to raise awareness, reduce stigma and promote help-seeking around self harm.

Harmless and The Tomorrow Project 0115 880 0280 (administration line only – call for information about how our services can support you) www.harmless.org.uk

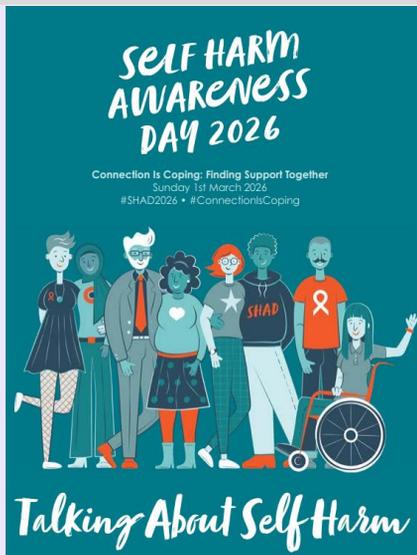
Young Minds Parents Helpline 0808 802 55 44 (9.30am – 4pm weekdays)
www.youngminds.org.uk

Samaritans 116 123 (Open 24/7 for all ages)
www.samaritans.org

NHS 111
Samaritans: 116 123
SHOUT Text Line: Text "SHOUT" to 85258
Your GP or local mental health services

Why Do People Self-Harm?

There is no single reason why someone may self-harm. Everyone's experience is unique. People may self-harm to: Cope with intense emotions, Feel a sense of control, Release stress or tension Express feelings they can't put into words, Manage feelings of guilt, sadness, or self-hate, Numb overwhelming emotions Self-harm is a sign that someone is struggling and needs support.



Your Space

U18 Safeguarding Update

MONEY AND WORK: THINGS SCHOOL DOESN'T ALWAYS TEACH YOU

Starting work and earning money can feel exciting, but it can also come with pressure and decisions you may not have been prepared for. Understanding how money works can help you stay in control, avoid problems and feel more confident as you step into the workplace.

Credit Cards & Buy Now Pay Later (BNPL)

-  Credit isn't free money
-  Interest means paying back more
-  Missing payments affects your credit score
-  BNPL still counts as debt
-  Small amounts can add up quickly

Using credit wisely is about understanding it - not avoiding it forever

Loans And Payday Loans

-  Loans that can cause problems
-  Payday loans with very high interest
-  "Instant cash" or "no checks" offers
-  Borrowing to cover essentials
-  Being encouraged to borrow by others
-  Rolling one loan into another

If a loan feels urgent or too easy, that's usually a warning sign

Money Pressure At Work

Money Pressures People Don't Talk About

- Scams targeting people with their first pay slip
- Feeling pressure to spend to fit in
- Subscriptions taken out once you're paid
- Lending money to colleagues or friends
- Wage advances or quick cash offers
- Scams targeting people with their first pay slip

Useful links:

[APR Explained by Michael Sheen - YouTube](#)

[Free and Impartial Help With Money: Backed by the Government - Moneyhelper](#)

[Young people! Here's what you need to know about 'buy now, pay later' loans: The Independent](#)

Your Space

U18 Safeguarding Update

Practical Support And Guidance

Budgeting Without The Boring Bits

- Know what comes in vs what goes out
- Pay essentials first
- Plan for irregular costs
- Leave room for fun and savings
- Even small savings matter

Budgeting isn't about restriction - it's about control

If Money Is Starting To Worry You

-  Don't ignore letters or messages
-  Avoid borrowing to fix stress
-  Talk to someone **EARLY**
-  Get advice before problems grow
-  You're not the only one dealing with this

Money worries are common and support is available

Your Payslip & Pay Understanding Your Pay

- £ Your take-home pay may be less than expected
- £ Tax and National Insurance are normal
- £ Check hours and pay match what you worked
- £ Keep pay slips – they will matter later
- £ Ask questions if something doesn't look right.

It's okay to ask- no one expects you to know everything

Further Resources

Money Lover. App to track finances & manage overall spending. Works across all devices. Notifies of recurring transactions (e.g. rent/bills) before they leave your account.

HyperJar. App for budgeting/payments. Function for group-shared expenses, if you and your housemates split bills.

Budget Planner. Helps to plan a budget.

Creating a Budget - YouTube. A video explaining how to get into good habits from your first pay using the 50/30/20 rule:

Budgeting - YouTube. A video on tips people wish they knew sooner.

TALKING POINT

“What's the one money-related thing you wish someone had explained to you before you started work?”



News of the Month

Debt Awareness Week 16-22 March



Debt Awareness Campaign

The stepChange Debt Charity, aims to shine a light on the realities of personal debt.

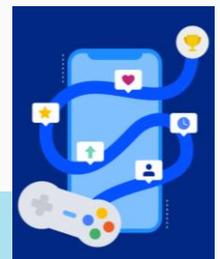
For many apprentices, balancing training, work, and personal finances can be challenging. Rising living costs, transport fees, and lower early-career wages can make budgeting tight.

StepChange emphasises that debt doesn't simply happen because of "bad choices" - life events such as job changes, unexpected costs, or simply trying to make ends meet can push anyone into difficulty.

If you are worried about debt, StepChange can offer help:

[StepChange Debt Advice](#)

Prevent Pod Gaming, Gamification & Gateway to Extremism



Gaming & Extremism

Gaming is typically seen as fun, social, and creative—but what happens when extremists turn play into propaganda? From online communities to gamified recruitment tactics, gaming platforms are becoming unexpected gateways to radicalisation.

To hear more, visit the Wellbeing Calender, and watch the Prevent Podcast.

[Wellbeing calendar](#)



News Headline

Sunbed ads spreading harmful misinformation!

Misinformation trends

BBC found more than 200 misleading ads, including:

- Claims that "doctors prescribe sunbeds"
- Claims sunbeds boost serotonin or help weight loss
- Claims UV light stimulates the thyroid



Experts say these statements are **scientifically false** and **dangerous**.

True Facts About Sunbeds

- Cancer charities and doctors agree: sunbeds are linked to higher rates of melanoma and other skin cancers.
- UV exposure from sunbeds is not an efficient or safe way to make vitamin D (WHO).
- Medical light therapy is different: hospital treatments for skin conditions use controlled, targeted UV under clinical supervision, not commercial sunbeds.
- Using a sunbed before age 35 increases melanoma risk by **59%** (WHO).



Events of the Month

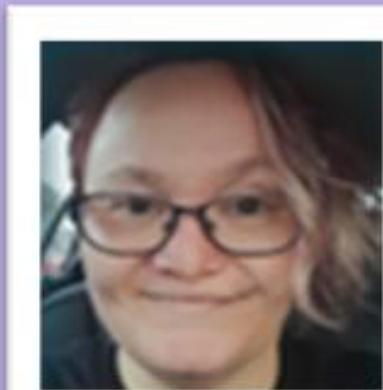


Date	Event	Type
1 March	St David's Day	Cultural (Wales)
3 March	Purim	Jewish
4 March	Holi	Hindu
4 March	Hola Mohalla	Sikh
5 March	St Piran's Day	Cultural (Cornwall)
15 March	Mothering Sunday	Cultural / Christian
15 March	Lailat al-Qadr	Muslim
17 March	St Patrick's Day	Cultural / Christian
20 March	Eid ul-Fitr (tentative)	Muslim
20 March	March Equinox	Seasonal
29 March	Palm Sunday	Christian
29 March	Daylight Saving Time begins	Civic



 **Learner Feedback**

During what was a particularly difficult period for me, your support was not only timely but also deeply meaningful. You consistently created a space where I felt listened to, understood and respected. Your ability to truly hear beyond the words, and to recognise the human experience behind the situation, made a significant difference to my ability to cope and move forward.



Vix has been amazing in supporting me through a very complex and challenging time. She has offered down to earth advice and support. She basically has been a star!



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](#)

[\(mensadvice.org.uk\)](https://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](#)

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