



PROSPECT TRAINING SERVICES

Safeguarding & Prevent for Parents and Carers



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The safeguarding team at PTS is pleased to bring you the first edition of **PTS Safeguarding & Prevent for Parents and Carers Newsletter**. Our aim is to provide you with up-to-date information and advice on what is going on in the world of safeguarding for our young people. At PTS, ensuring the wellbeing and safety of our learners is vital to help them achieve and make a success of their programme, as they transition into adulthood. We work in partnership with you the parents/carers to ensure that their journey with PTS is a safe and happy one.

Kate Whereat
Safeguarding & Learner Support Manager
(Prevent & CIC Lead)

What's new?

Knife Crime in Gloucestershire

We are sure that you will be feeling shocked and saddened by the ongoing issue with Knife Crime in our local area. There are many experienced and knowledgeable agencies in Gloucester, they work closely with schools and colleges to educate and support young people to keep themselves safe. We are teaming up with Crimestoppers – Fearless Initiative to offer sessions to our young people.

If you would like to find out more about the great work they do, please visit: [Be Fearless in Gloucestershire - Fearless](#)



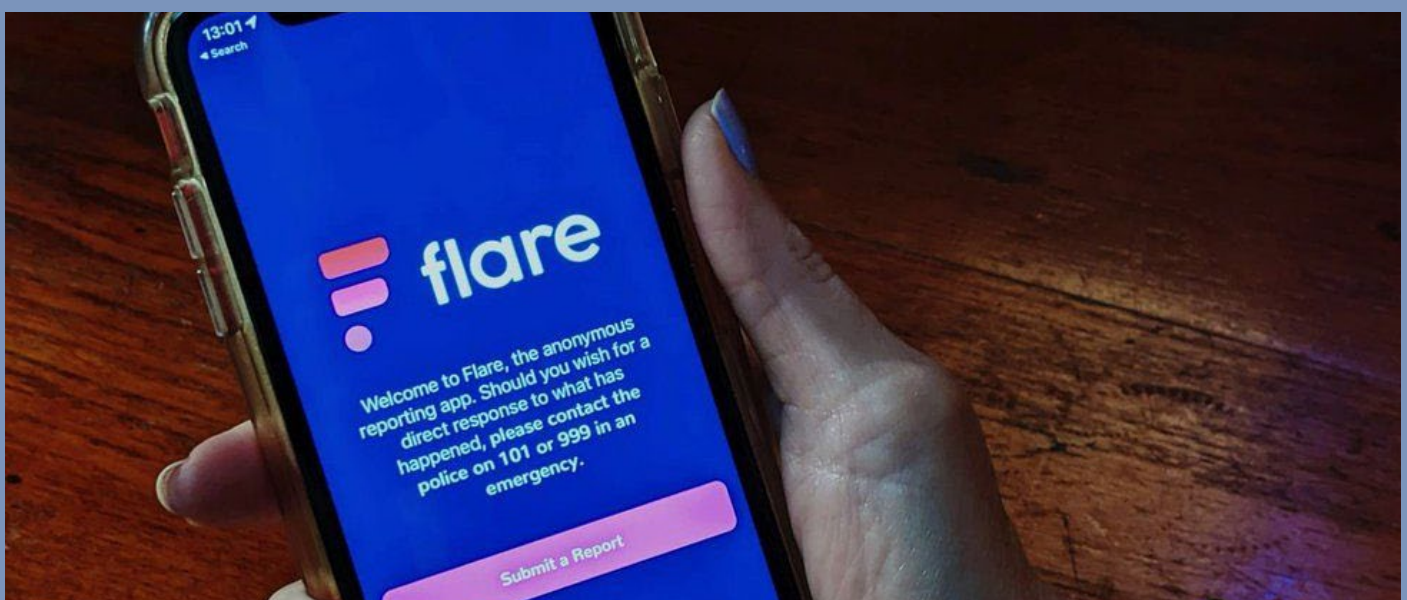
Increase in Spiking Incidents

There has been an alarming increase in reports of spiking incidents in pubs/clubs across the country, this includes Gloucestershire. This is not only being done by spiking someone's drink, but there are also people randomly 'jabbing' people with syringes. The Government and the Police are doing all they can to tackle this worrying trend. It is important to raise awareness of this amongst young adults and ensure they know where to report these incidents and get support. Gloucestershire Constabulary have created an App called 'Flare' where people can share their experiences anonymously, they would still like victims to come forward and report it directly to them; however they understand that this is not always easy.



Please encourage anyone who enjoys the Gloucestershire nightlife to download the app:

[Flare App | Gloucestershire Constabulary](#)



Keeping Safe Online

Our young people are spending an increasing amount of time online, which can bring many advantages; it enables them to connect with others and to have a huge amount of information at their fingertips. There are also dangers, and it is important we support our young people to be aware, how to keep themselves safe and where to report concerns.

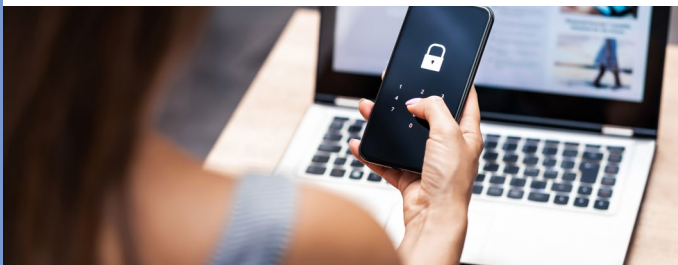
Part of the PTS induction and PSD Curriculum is "Online Safety" – this mandatory for all of our learners. We also have Sally Cope, our Child Exploitation and Online Protection (CEOP) Champion who is part of our safeguarding team and heads up our PSD programme, Sally is there to support you with any concerns you may have.

As parents/carers it is important that you keep up to date with the wide range of platforms and sites that your young person is accessing. Where do you start? There are two really useful sites to educate yourself and to know where to report your concerns they are The Safer Internet Centre & CEOP

[Parents and Carers - UK Safer Internet Centre](http://www.saferinternet.org.uk)



www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-YP/How-can-CEOP-help-me-parent/



Prevent

What is the Prevent Strategy?

Prevent is a government strategy designed to stop people becoming terrorists or supporting terrorist or extremist causes. The Prevent strategy covers all types of terrorism and extremism, including the extreme right wing, violent Islamist groups and other causes.

How does this apply to PTS?

From July 2015 all colleges/training providers (as well as other organisations) have a duty to safeguard young people from radicalisation and extremism. This means we have a responsibility to protect our young people from extremist and violent views the same way we protect them from drugs or gang violence. Importantly, we can provide a safe place for learners to discuss these issues so they better understand how to protect themselves.

How Does Prevent relate to British Values?

We have been required to promote British values since 2014, and this will continue to be part of our response to the Prevent strategy. We embed this into our induction, PSD, curriculum, and our community ethos.

British values include:

- Democracy
- The rule of law
- Individual liberty
- Mutual respect and tolerance of different faiths and beliefs

Case Study

In each newsletter we bring you an example of how we have supported our learners. These will be previous cases of learners who have now left our courses and we will only use initials in order to remain anonymous and protect confidentiality.



B started our work experience course as a very quiet and anxious young person, her attendance was low and she always looked to have the weight of the world on her shoulders. We had concerns about her attendance so we contacted Mum, who explained to us that as a family they were facing financial issues and were also being supported by Gloucestershire Social Care & Family Support Workers. Our safeguarding lead became part of a multi-agency team all working together to support B and her family. Interventions such as a mentor, and support with travel were put in place for B, and we provided her with a safe space and access to a key person within the centre. B's attendance improved and she started to make friends within her group. We were also able to provide the family a full grocery shop to provide them Christmas dinner and a small gift for each of the children. B is slowly working towards better outcomes, when she left our programme she continued to work with her mentor.

If your young person or your family are facing any difficulties it is always useful for us to know, so we can offer our support, please contact katew@ptsyouth.co.uk or **0452 300 255** to discuss.

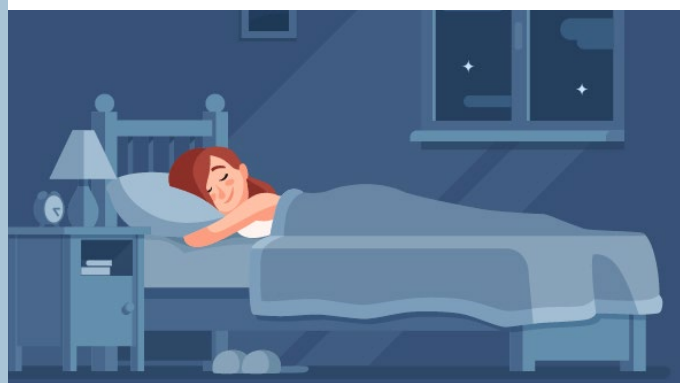


The Importance of Sleep for our Young People

Our young people **need** sleep to thrive and achieve. It is recommended that our teens should get a minimum of 8 – 10 hours sleep each night. In the conversations we have with our learners, it is clear that this is not the norm for them, in fact some admit to having as little as 2- 3 hours! Here are some tips for helping your young person to get the sleep they need:

- ☾ Limit screens in the bedroom – encourage your young person to have one hour of screen-free time before bed.
- ☾ Encourage your young person to get regular exercise – this can help aid sleep.
- ☾ Cut out caffeine, especially energy drinks! Too much caffeine can stop them falling asleep and impact on the quality of their sleep.
- ☾ Talk through any problems with them, this will help them to relax and clear their mind.
- ☾ Help them to get into a routine, make sure they get up each day at an appropriate time. Getting out of bed at lunchtime will only lead to later bedtime!

If you are really concerned for your young person's sleeping patterns, please discuss this with us. We are here to help and can make external referrals for support.



Useful Support Agencies



Teens in Crisis – Counselling Service in Glos

[Tic+ – Counselling services in Gloucestershire](http://ticplus.org.uk) (ticplus.org.uk)
01594 372 777



Young Gloucestershire – Youth Organisation Glos

[Young Gloucestershire - Wellbeing](http://youngglos.org.uk) (youngglos.org.uk)
01452 501 008



YST – Youth Support Team Glos

[We are the Gloucestershire Youth Support Team](#)



Family Lives - Support for the family

[Parenting and Family Support - Family Lives \(Parentline Plus\) I](#)
[Family Lives](#)
0808 800 2222

The PTS safeguarding team can refer you to a wide range of external agencies, so if you would like our help please contact us katew@ptsyouth.co.uk or 01452 300 255.

Follow us on social media for more updates.

