

# SAFEGUARDING AND PREVENT

NEWSLETTER FOR PARENTS & CARERS



Issue 11  
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## In This Issue:

- Introduction
- What's New?
- Online Safety
- Prevent
- Mental Health & Wellbeing
- Case Study
- Useful Support Agencies

Welcome to the Spring term edition of the PTS Safeguarding & Prevent Newsletter for Parents and Carers. At PTS, ensuring the wellbeing and safety of our learners is vital to help them achieve and make a success of their programme. It has been a busy term for our learners; we have welcomed a representative from Parliament who has delivered a session on democracy and how Parliament works. We have also hosted our annual careers fair to support our learners with their next steps.

As we move into lighter evenings and warmer days our learners will be outside more, we will be encouraging them to join our annual mental health walks in May to raise awareness of **Mental Health Awareness Week 11th – 17th May 2026**. If your young person needs any support this term, please contact our safeguarding team, we are always here to listen and offer referrals.

**Kate Whereat** - Safeguarding Manager (Senior Mental Health, Prevent)





# ONLINE SEXUAL HARASSMENT

All forms of sexual harassment are unacceptable, including online sexual harassment. As our young people spend more time online the risk of them being subjected to sexual harassment is high. It can start with low level comments and jokes which some see as playful banter but it will often make the victim feel ashamed and worried and is not easy to shut down and ignore as our young people spend so much time online.

On the CEOP website, there is useful advice and a reporting facility, you can access this here [Online sexual harassment](#). As a parent/carer you can support your young person to tackle this and to ensure it is reported. At PTS, we work hard to address any sexual harassment immediately and we also deliver enrichment sessions to educate our learners and encourage them to respect each other, this allows for a safe environment where our learners feel valued and heard.

If you are worried about your young person in the online space, our safeguarding team are always here to advise; you can call **01452 300255** and ask to speak to a member of the safeguarding team or email [katew@ptsyouth.co.uk](mailto:katew@ptsyouth.co.uk).



## Sharing images or videos –

Young people may feel pressured to send images or videos. Once shared, these can be copied or shared without consent, leading to embarrassment, blackmail or harm. They should know they can say no and ask for help.



## Pressure and manipulation –

Some individuals use flattery or attention to build trust before asking for inappropriate content. This can happen gradually and be hard to recognise. Remind young people that support is available.



## Misuse of personal information –

Sharing details like location, school or usernames can increase risk. This information may be used to contact or manipulate young people. Encourage them to keep personal details private.



## Reporting and getting help –

Young people may not know how to report concerns. Encourage them to block, report and speak to a trusted adult. Getting help early can keep them safe.





**SECURITYSERVICE**  
**MI5**

## 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, extreme left wing and many other ideologies.

### Current Threat Level:

Do you know what the UK Threat Level is? And just how likely is a terrorist attack? The current UK Threat Level is:

**Substantial** - an attack is likely.

[Threat Levels | MI5 - The Security Service](#)

## WHAT YOU SHARE LEAVES A TRACE

**ACT** | ACTION  
COUNTERS  
TERRORISM

Sadly, we are hearing increasing reports in the news of young people being convicted of crimes linked to terrorism, and in some cases this is for things that they have viewed and shared online. It is important that our young people know the serious consequences of sharing terrorist content. Action Counters Terrorism (ACT) are running a campaign aimed at young people offering advice on this, in some cases a young person can be given a custodial sentence, this can lead to long term restrictions in life and will heavily impact their chances of employment in the future.

What may seem a bit of harmless sharing could ruin their life; it is important that our young people know this. Please take a few minutes to visit this website with your young person [What you share leaves a trace – Counter Terrorism Policing](#)

There is also a page for parents/carers with advice on how to act early [Counter Terrorism Policing](#)

At PTS, we promote an environment of mutual respect and tolerance. Our enrichment sessions include topics relating to extremism and terrorism, if you would like to find out more about these sessions, please contact Kate Whereat on **01452 300255**, or email Kate at [katew@ptsyouth.co.uk](mailto:katew@ptsyouth.co.uk).



# MENTAL HEALTH AND WELLBEING



## MENTAL HEALTH AWARENESS WEEK 11TH-17TH MAY 2026

The Mental Health Foundation have chosen the theme '**Action**' for 2026. They are encouraging people to do something for themselves, for someone else and for all of us. As real change only comes when we take Action.

### What does action look like?

- Encouraging your young person to be more active, step away from their screens
- Support them to be involved in their community, help a neighbour, take part in a litter pick
- Promote kindness, recognise that helping others gives us a sense of wellbeing
- Support them to access mental health support and understand that talking and being open about how they are feeling is a positive action

There are so many ways you can get involved and you can find more information here:

[Mental Health Awareness Week | Mental Health Foundation](#)

At PTS we will be walking with our learners throughout mental health week, running mental health sessions as part of their enrichment classes and, on Thursday 14th May, we will host our '**Wear it Green Day**', where voluntary donations will be collected for The Mental Health Foundation.

By working together as a community, we can help create an environment where young people feel safe, supported and able to talk openly about their mental health. Encouraging positive actions at home and in school helps build lifelong skills that support wellbeing, resilience and confidence.





## PTS Case Study

In each newsletter we bring you an example of how we have supported our learners. These are real life cases, so we have changed the learners initial to provide anonymity.

W has been on our programme for a while now, English is not his first language, his attendance has not been good, and staff have noticed that he does not always appear clean and only has one item of clothing, and he often mentions that he is tired and hungry. PTS were contacted by a social worker who informed us that W and his siblings had been placed on a Child in Need Plan due to unintentional neglect. W's family have recently become homeless, and the mother was experiencing poor mental health.

Our designated safeguarding lead (DSL) joined the core group of professionals working with the family which included health, housing, DSLs from the younger sibling's school and a lead social worker. Through the regular core group meetings, we have been able to work with the family to find them temporary accommodation, secure a grant for furniture and clothing and source mental health support for the mother. When W attends PTS, he knows that he can call on the safeguarding team for support and we will provide him with a quiet safe space where he can talk about his worries. He has access to our free breakfast and lunches, and our learner support team ensure that any food leftover for the day is given to W to take home, we also provide access to toiletries, this is provided in a discreet way to save embarrassment for W.

We are pleased to say that his attendance has improved, and W appears much more settled and is less tired and able to engage in his classes. We are proud of the multi-agency work that we are a part of here at PTS, it proves that with a little support and care our young people can flourish.

If your young person or your family are facing difficulties, we are here to offer help and support, please contact **Kate Whereat** at [katew@ptsyouth.co.uk](mailto:katew@ptsyouth.co.uk) or **01452 300255**.

# USEFUL SUPPORT AGENCIES



## Let's Talk Well – Counselling Service in Gloucestershire

- [Let's Talk Well in Gloucestershire](#)
- 01594 372 777



## Young Gloucestershire – Youth Organisation Glos

- [Young Gloucestershire - Wellbeing \(youngglos.org.uk\)](http://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 \(Parentline Plus\)](#)
- 0808 800 2222



## Kooth – Online mental health support for 11- 18-year-olds

- [Kooth - Home](#)



## Childline – telephone and online support for young people

- [Childline - Home](#)
- 0800 1111



## Early Help Service

- [Targeted support | Gloucestershire County Council](#)

The PTS safeguarding team can refer to a wide range of external agencies, so if you would like our help, please contact us [katew@ptsyouth.co.uk](mailto:katew@ptsyouth.co.uk) or **01452 300255**.