

# SAFEGUARDING AND PREVENT

NEWSLETTER FOR PARENTS & CARERS



Issue 10  
**January 2026**



## In This Issue:

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

Happy New Year and welcome to the Winter 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. We welcome our learners back from their Christmas break and we wish them all the best for 2026.

Being out of a routine can be stressful and difficult for our young people, so we hope they can settle back into learning, prepare for their exams and start to consider their next steps when their PTS programme ends. If you feel your young person could do with a little extra support, please reach out to our safeguarding team and we will be happy to help.

**Kate Whereat**

Safeguarding Manager (Senior Mental Health, Prevent & CIC Lead)





# ONLINE SAFETY

## New Devices and Games Consoles – how can you keep your young person safe?

Many of our young people will have had new devices or games consoles for Christmas, which is a great way for them to keep themselves entertained and connected to their friends and social networks, but there is also the worry of who they are connecting with, it can be a minefield understanding the various risks that our young people face in the online space.

CEOP have a dedicated space for parents & carers, where you can find helpful information to support you with online safety: **Gaming: what parents and carers need to know.**

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**.

### The key things to consider are:



#### Chatting with people they don't know

– Many games and apps allow children to chat with people they have never met. While this can be a positive social experience, some adults may use these spaces to build trust with young people for harmful purposes, including sexual grooming. This often begins with friendly conversation and can gradually become more personal.



#### Inappropriate or unmoderated chat –

Not all platforms effectively moderate their chat features. As a result, young people may be exposed to sexual language, bullying, or other harmful content. Even when it is not directed at them, this exposure can be distressing and may impact their emotional wellbeing.



**Offering gifts or trades** – Offers of in-game items, rewards, or trades can be used to influence young people. This may lead to pressure to continue contact, share personal information, or make purchases, and in some cases can result in financial exploitation.



**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 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](#)

## EDUCATE AGAINST HATE

**educate.against.**  
**~~hate~~**

As parents and carers you will usually be the first person to notice changes in your young person, they may start to discuss worrying views or become fixated with concerning ideologies, this often stems from the information they are accessing online, where they can be exposed to fake news or extreme content. It is important that you reach out for support at an early stage, which is why **Educate Against Hate** offer an anonymous way of reporting concerns online. This can be to report materials that you have seen your young person accessing or any worrying contact they may have had from groups or individuals who are inciting hatred and violence.

[Stop extremist content spreading online - Educate Against Hate](#)

Please remember by reporting at an early stage we can stop the spread of hate, and you might just stop a situation from escalating to an incident of violence.

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 [katew@ptsyouth.co.uk](mailto:katew@ptsyouth.co.uk).





# MENTAL HEALTH AND WELLBEING



## YOUNG GLOUCESTERSHIRE – SERVICES FOR PARENTS AND CARERS

Young Gloucestershire offer a wide range of services to parents and carers who are supporting young people with poor mental health. Their approach focuses on working with the whole family, recognising that mental health challenges affect everyone in the household.

### **This support can include:**

#### **Advocating on behalf of your family –**

Helping you navigate services and systems so children and young people can access the right support at the right time, including education, health, and community services. This may involve speaking up for your family's needs and helping you understand what support is available.



**Providing coping mechanisms for the whole family –** Offering practical strategies to help everyone manage stress, emotions, and difficult situations. This can include communication tools, emotional support, and guidance on building resilience during challenging times.

**Helping you understand the wider impact on family life –** Supporting families to recognise how mental health difficulties can affect relationships, routines, and wellbeing, and helping others better understand the challenges you are facing together.

You can find out more about the services that Young Gloucestershire offer to families here:

**Family Support | Young Gloucestershire**



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 young person's initial to provide anonymity.

K was on our work experience study programme. During his initial interview, his mother informed us that K was experiencing absence seizures which were being investigated by the Neurology team, but there had been no formal diagnosis. K expressed that these seizures made him feel very anxious, as he never knew when they might happen and he was struggling to understand why they were happening. We carried out full risk assessments and created an individual health plan for K; this was to ensure that key staff knew what to do in the event of a seizure. K was desperate to not be different to the others, so we had strategies in place where if a seizure occurred in class a learning support worker would ensure that as little attention as possible was drawn to this, this gave K some dignity. A few weeks into K's programme he started to talk to the safeguarding team, he disclosed a lot about his history and the challenges and trauma that he had faced growing up. He told us that he had received counselling support for this in the past, but this support had stopped, which is when the seizures started. K told us he was on the waiting list again for CAMHS (Children and Adolescent Mental Health Services), but services are stretched and he had been told it would be a long wait. We offered K a safe space to come and talk when he was feeling overwhelmed and for a short while he was enjoying his programme and doing very well.

He started a work placement within a nursery, where his employer was fully briefed and onboard with the individual health plan and risk assessments. This work placement went well for a short time, but then K stopped attending the placement and his attendance on programme dropped. Our safeguarding team contacted mum, and she informed us that she was very concerned for K as he wouldn't leave his room, she knew that K was desperate to continue his programme, but he was struggling. K and mum were invited to meet with a member of the safeguarding team, K's appearance and whole demeanour had deteriorated and it was evident that he needed support. Our safeguarding rep suggested that the referral to CAMHS was followed up, they were able to do this by contacting the CAMHS professionals' helpline and CAMHS were able to offer the family immediate advice and support and explore interim support for K whilst he was still on the waiting list. K made the choice to focus on his mental health and wellbeing and requested to withdraw from the programme, it was felt by all parties that this was the most sensible option, and K has been given the opportunity to start with us again in the future. Mum and K have kept in touch, they have expressed their gratitude for the support offered to K and commented on how flexible and understanding we were when K was experiencing his difficulties, we are also aware that he is now seeing his CAMHS worker regularly.

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**.