

# Safeguarding and Prevent Document



## Our Promise To You

All staff at InterLearn have a duty to safeguard and promote the welfare of our applicants and apprentices. If you are at risk at all, of any form of neglect, physical, emotional, or sexual abuse, or become aware of another young person that is, you must report it straight away.

**Neglect** - Neglect is the persistent failure to meet a basic physical and/or psychological need, likely to result in the serious impairment of the child's or young person's health development.

**Physical Abuse** - Physical abuse may involve hitting, shaking, throwing, poisoning, burning or scalding, drowning, suffocating, or otherwise causing physical harm to a child or young person.

**Emotional Abuse** - Emotional abuse is the persistent emotional ill-treatment of a child or young person such as to cause severe and adverse effects on the child's or young person's emotional development.

Safeguarding is the action that is taken to promote the welfare of everyone, and protect them from harm.

**Sexual Abuse** - Sexual abuse involves forcing or enticing a child or young person to take part in sexual activities, whether or not the child or young person is aware of what is happening. The activities may involve physical contact, including penetrative or non-penetrative acts including non-contact activities.

You can speak to anyone from InterLearn about this or call the Safeguarding Team, based in Head Office, directly.



## Mental Health

Mental illness affects 1 in 4 people. We are here to help.

Mental health and behavioural problems (e.g. depression, anxiety, and drug use) are reported to be the primary drivers of disability worldwide, causing over 40 million years of disability in 20 to 29-years-olds.

Major depression is thought to be the second leading cause of disability worldwide and a major contributor to the burden of suicide and ischemic heart disease.

### Symptoms:

- Down, upset or tearful
- Restless, agitated or irritable
- Guilty, worthless, and down on yourself
- Isolated and unable to relate to other people
- A sense of unreality
- Delusions, such as paranoia
- Finding no pleasure in life or things you usually enjoy
- Hallucinations, such as hearing voices
- Struggling to sleep and eat
- Suicidal
- Empty and numb
- Hopeless and despairing
- No self-confidence or self-esteem

It is estimated that 1 in 6 people in the past week experienced a common mental health problems.

1 in 4 people in the UK will experience a mental health problem in any given year.

Among teenagers, rates of depression and anxiety have increased by 70% in the past 25 years, particularly since the mid 1980's.



## Suicide & Self-Harm

Self-harm is often understood to be a physical response to an emotional pain of some kind, and can be very addictive. Some of the things people do are quite well known, such as cutting, burning or pinching, but there are many ways to hurt yourself, including abusing drugs and alcohol or having an eating disorder.

**Suicide is the act of intentionally ending your life.** There's no single reason why someone may try to take their own life, but certain things can increase the risk.

A person may be more likely to have suicidal thought if they have a mental health condition, such as depression, bipolar disorder, or schizophrenia. Misusing alcohol or drugs and having poor job security can also make a person more vulnerable.

It's not always possible to prevent suicidal thoughts, but keeping your mind healthy with regular exercise, healthy eating and maintaining friendships can help you cope better with stressful or upsetting situations.

It can be difficult to understand what causes suicidal feelings but they're often triggered by upsetting experiences such as:

- **Living with mental illness**
- **Experiencing abuse**
- **Being bullied**
- **Bereavement after losing a loved one**
- **Being forced to marry**
- **Having very low self-worth**



## Substance Abuse

People abuse substance such as drugs, alcohol, and tobacco for varied and complicated reasons. Drugs are chemicals, because of their chemical structures, can affect the body in different ways. In fact, some drugs can even change a person's body and brain in ways that last long after the person has stopped taking drugs, maybe even permanently.

## Why Do People Take Drugs?

Different people take drugs for different reasons. They want to experiment and are curious about what drugs are like, whilst others use drugs to escape social or personal issues. Some people try drugs because their friends use them and they don't want to be left out.

When some people take drugs, they might experience a short-lived period of feeling happier, more energetic, more relaxed, more empathetic (in tune with others), or of unusual altered perceptions. It can be very tempting to try and relive these experiences and this might lead people to continue to take drugs.

However, drugs can also cause a whole range of immediate health problems, ranging from unpleasant ones such as feeling "poorly", anxious, paranoid, or sedated or even leave you unconscious and at risk of death from a drug overdose.

## Equality and Diversity

Everyone, whatever their age, gender, language, disability, race, religion or belief, sexual-orientation, socio-economic status and culture has the right to live in safety, free from harm and abuse.



## Prevent

Prevent is part of the Governments anti-terrorism strategy, it is designed to identify and support vulnerable people from becoming radicalised and committing acts of extremism.

## What is Extremism?

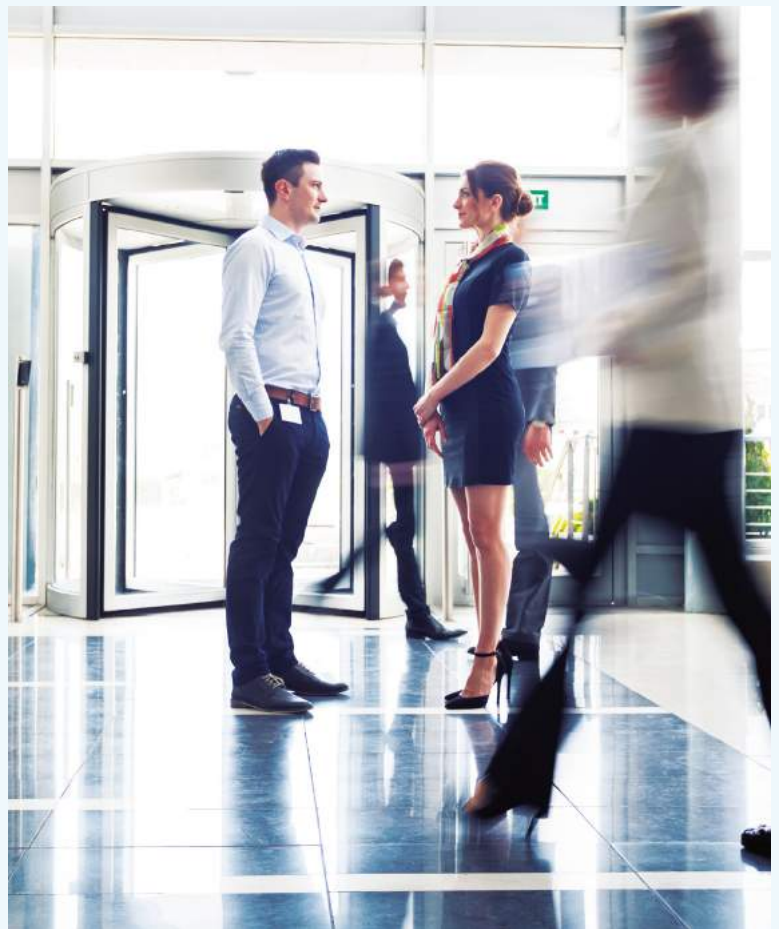
The Government has defined extremism as "vocal or active opposition to fundamental British values, including democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs". This also includes calls for the death of members of the British armed forces.

## What is Terrorism?

An action that endangers or causes serious violence to a person/people, causes serious damage to property or seriously interferes or disrupts an electronic system. The use of threat must be designed to influence the Government or to intimidate the public and is made for the purpose of advancing a political, religious or ideological cause.

## E-Safety

E-Safety is in place for not only staying safe on the internet, but also other electronic forms of communications, such as wireless technology and mobile phones. The purpose of E-Safety is to safeguard all activity on electronic devices and the internet, as well as raising awareness of how to stay safe.



## Signposting

The following links may provide extra information to support the details within this leaflet.

### **Alternative to Samaritans (for Young People)**

Get Connected is a confidential 24 hour free telephone helpline that might be a suitable alternative to the Samaritans: [www.getconnected.org.uk](http://www.getconnected.org.uk) or **0808 808 4994**

### **Bullying (including Cyber)**

Workplace: [www.supportline.org.uk/problems/bullying\\_at\\_work.php](http://www.supportline.org.uk/problems/bullying_at_work.php)

Cyber: [www.nhs.uk/Livewell/Bullying/Pages/Cyberbullying.aspx](http://www.nhs.uk/Livewell/Bullying/Pages/Cyberbullying.aspx) or [www.saferinternet.org.uk/about/helpline](http://www.saferinternet.org.uk/about/helpline)

### **Domestic Violence**

For women: [www.nationaldomesticviolencehelpline.org.uk/](http://www.nationaldomesticviolencehelpline.org.uk/) or call **0808 2000 247**

For men: [www.mensadviceline.org.uk/mens\\_advice.php.html](http://www.mensadviceline.org.uk/mens_advice.php.html) or call **0808 801 0327**

### **Drug or Alcohol Abuse**

Drugs: [www.talktofrank.com/](http://www.talktofrank.com/) or call: **0300 123 6600** text: **82111**

Alcohol: [www.drinkaware.co.uk/understand-your-drinking/is-your-drinking-a-problem/alcohol-support-services](http://www.drinkaware.co.uk/understand-your-drinking/is-your-drinking-a-problem/alcohol-support-services) or call **0300 123 1110**

Both: [www.addaction.org.uk](http://www.addaction.org.uk)

### **Eating Disorders**

B-Eat: [www.b-eat.co.uk/support-services/helpline](http://www.b-eat.co.uk/support-services/helpline) or Adults: **0345 634 1414**

Email: [help@beat.co.uk](mailto:help@beat.co.uk) Under 25's: **0345 634 7650** email: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

[www.eatingdisorderssupport.co.uk/help/links-resources](http://www.eatingdisorderssupport.co.uk/help/links-resources)

### **E-Safety**

[www.saferinternet.org.uk/about/helpline](http://www.saferinternet.org.uk/about/helpline) or **0844 381 4772**

### **Extremism, Radicalisation and Terrorism**

[www.gov.uk/government/publications/protecting-children-from-radicalisation-the-prevent-duty](http://www.gov.uk/government/publications/protecting-children-from-radicalisation-the-prevent-duty) or **020 7340 7264** email: [counter.extremism@education.gsi.gov.uk](mailto:counter.extremism@education.gsi.gov.uk)

### **Mental Health Problems**

[www.nhs.uk/conditions/stress-anxiety-depression/pages/mental-health-helplines.aspx](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mental-health-helplines.aspx)

### **Self-Harm or Suicidal Thoughts**

Suicide: [www.nhs.uk/conditions/Suicide/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Suicide/Pages/Introduction.aspx)

Self-Harm: [www.nhs.uk/conditions/Self-injury/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Self-injury/Pages/Introduction.aspx)

### **Teenage Pregnancy**

[www.nhs.uk/conditions/pregnancy-and-baby/pages/teenager-pregnant.aspx#close](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/teenager-pregnant.aspx#close)

or **0300 123 2930**

### **Trafficking, Exploitation and Modern Slavery**

<http://salvationarmy.org.uk/human-trafficking> or **0300 303 8151**

## **Reporting Advice**

If you have any concerns about Safeguarding or Prevent, then please do not hesitate to contact one of InterLearn's designated Safeguarding team.

Email: **Safeguarding@alacrity-group.co.uk**

Tel Weekdays 08:30 – 17:30: **01527 407 140**

Out of hours & weekends (24 hours): **07950 858 084**

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