

*Me, you, us...*

**Safeguarding is everyone's responsibility**

## **August 2025 Safeguarding Bulletin**

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### **Warning**

**For some people, the information within this bulletin maybe difficult to read and may result in emotions, memories or experiences which are hard to manage.**

**If at any point, for any reason, you find reading this difficult, please do speak to someone you trust. That maybe your tutor, your manager, or a member of the safeguarding team.**

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## Rightsteps

**Our new wellbeing hub can support you with any of the following challenges:**

Mental Health

Physical Health

Drugs and Alcohol

Workplace Culture

Life Changes

Lifestyle

Financial Wellbeing

**There is also a great self-assessment tool, to direct you exactly to the support you need.**

**Available to Woodspeen/JTM learners and employees only  
– find the link on Aptem or contact the Safeguarding team!**

## Coping with a family member in prison

When a parent or close family member has been sent to prison, it can impact young people in many ways.

- To protect young people, adults may choose to lie to them, saying that their family member is 'working away' or 'on holiday'.
- Young people may isolate themselves due to embarrassment or become isolated and judged by others for an offence they did not commit. Some children and young people feel so ashamed of their situation that they do not tell others about their family member's imprisonment to avoid the risk of being bullied.
- They may lose regular contact or any contact with a person who held a significant role in their life.
- The family income may be affected when a parent or family member is sent to prison.



### For children and young people this can lead to:

- poor physical and mental health;
- financial difficulties and poverty;
- anger and confusion about being lied to;
- fears for the family member in prison, especially if the prison is a long way from home;
- lack of support networks;
- significant trauma if they witnessed the arrest or the criminal activity that led to it;
- poor coping mechanisms, such as [substance misuse](#);
- changes to behaviour;
- fear of being stigmatised by the 'prisoner' label;
- feelings of significant loss or rejection;
- absence from education due to ill-health, truancy, caring responsibilities, etc.

## Signs and indicators that a young person is being affected by a relative being in prison

You might notice:

- changes in behaviour, such as becoming more reclusive than normal
- changes in their mental health and wellbeing, being less able to regulate their emotions
- signs of the loss and grief they may be feeling
- difficulties paying attention at school, losing interest in school or missing school

Children with parents or relatives in prison may require additional support from trusted adults around them. Supporting a child with a relative in prison is vital to ensuring these affects don't escalate.

### Help is available:

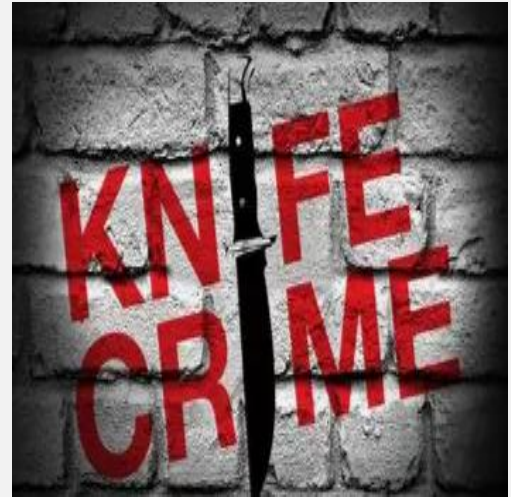
[Children with a parent or relative in prison | Barnardo's](#)  
[Support for families and friends of prisoners - GOV.UK](#)  
[Prisoners' Families Helpline](#)  
[Providing Support Services for Families Affected by Imprisonment](#)

# The Knife Crime Pandemic: A Health Crisis in Our Streets

Knife violence in the UK has reached crisis levels — a silent pandemic affecting teens, families, and communities.

## The scale of the problem

- In England and Wales, sharp-instrument homicides hit a decade-high in 2023–24. Teenagers (13–19) accounted for a staggering 83 % of fatal stabbings — much higher than any other age group  
[bbc.co.uk+9bbc.co.uk+9theguardian.com+9](https://www.bbc.co.uk/news/health-67890).
- Thousands of offences happen every year, from school grounds to public spaces, leaving lasting trauma.



## Recent Tragedies

- Jahziah Coke (13) was fatally stabbed during a cannabis dispute in Oldbury in August 2024. His attacker, a teenager, has been handed a life sentence
- Kayden Moy (16) died after being stabbed on Irvine Beach in May 2025 while trying to calm tensions among friends
- In Sheffield, 15-year-old Harvey Willgoose was stabbed to death in his school dining hall on February 3, 2025 — an incident that shook the community
- The Southport mass stabbing in July 2024 left three children dead (ages 6, 7, and 9) and prompted a nationwide outcry
- A 14-year-old boy in Glasgow suffered life-threatening injuries in May 2025 — yet another sign of rising youth violence .

## Why is it happening?

- Social media glorification: “Scoreboard” videos and bragged knife culture normalise violence [hansard.parliament.uk](https://hansard.parliament.uk).
- Easy access to weapons: From kitchen knives to machetes, blades are alarmingly accessible [standard.co.uk+5bbc.co.uk+5ft.com+5](https://www.standard.co.uk/news/5bbc.co.uk+5ft.com+5).
- Socio-economic stress: Poverty, gang influence, mental health issues, and lack of support shape violent outcomes.

## A Message to 16–19-Year-Olds

- **Speak up:** If you see or hear about someone carrying a blade, report it to the police or your safeguarding lead. **You can remain anonymous.**  
[Giving information anonymously | Crimestoppers](#)
- **Stop the cycle:** Know that carrying a knife doesn’t protect you — it makes you more vulnerable, legally and personally.

## You can be part of the solution



### **The knife Angel -**

The giant monument is due to arrive in Welwyn Garden City in October. Created by Alfie Bradley at the British Ironwork Centre, the 27-foot sculpture has been crafted from more than 100,000 knives and blades confiscated by the UK's 43 police forces.

[New hubs announced for youngsters in bid to end knife crime 'epidemic' in North East](#) – North East

[Colin McGinty's tragic death inspired anti-knife crime campaign - BBC News](#) - Liverpool

[Birmingham Knife](#) – Deep Cuts project Birmingham

[The Ben Kinsella Trust | Knife Crime Prevention Charity](#)



# AI & Fraud: Don't get fooled by fake videos!



You've probably seen them — videos of celebrities promoting crypto schemes, influencers recommending miracle products, or even people you know saying things that just feel... off.

Thanks to AI deepfakes and voice cloning, scammers can now create shockingly realistic fake videos. They use these to steal your trust — and your money.

## Here's what's really going on:

- Scam videos use AI to copy faces and voices from real clips and stitch them together to say things the person never actually said.
- These are used in phishing, investment scams, fake job offers, and even blackmail.
- Sometimes the people in the video don't even know they've been faked.

## How to protect yourself:

- **Don't trust a video just because it "looks real."** Ask: does it seem out of character or too good to be true? These can be reels on Instagram and other social media sites.
- **Radicalisation groups use fake videos on social media:** Question everything you view.
- **Pause before clicking.** If a video asks you to send money, download something, or share personal info — stop and verify. Scammers want you to act fast and think later.
- **Look for the signs.** AI fakes often have strange lip-syncing, unnatural blinking, or robotic voice tones — but they're getting more convincing every day. Watch the video several times to look for these signs before acting.

**Use your critical thinking.** If it's a friend sending a weird video, check it with them in person or via a separate message. **If it's a celeb "DMing" you — it's definitely not them.**

['I was conned out of hundreds by 'Jennifer Aniston' - she told me she loved me' - The Mirror](#)

[Chicago-area man loses \\$10K to cryptocurrency scam by Elon Musk impersonator](#)

**Remember: not everything that looks real *is* real. Question everything you see online. Stay sharp, stay safe.**

# Mental Health crisis – what next?

## The changing narrative around mental health

The way mental health is discussed in society has evolved significantly, bringing both positive and unintended consequences. On one hand, greater public conversation has reduced stigma, encouraging people to seek help and validating their experiences. On the other hand, it has also reshaped how emotional struggles are perceived and reported. Challenges that might once have been considered part of life's normal ups and downs are now more likely to be classified as mental health problems.

This 'problematisation of emotional life' has led to a significant rise in self-reported mental health issues, driving a greater demand for services. While it is crucial to recognise and address genuine mental health needs, this shift also highlights the importance of fostering resilience and normalising the idea that difficulties are a natural part of life.

### Further reading:

[Unravelling the rise in mental health-related inactivity - The Health Foundation](#)  
[New data reveals 1 in 4 young people have a mental health condition | Anna Freud](#)

[Mental health trends among working-age people - The Health Foundation](#)

**The government has launched a 10 year plan to turn this escalating crisis around – read about it here:**

[CYP Now - How the new 10-year health plan should address children and young people's mental health needs](#)

### Support for your mental health:

Our Rightsteps hub has access to a wide range of support

Our Safeguarding team can signpost you to many national charities and support options - please reach out to them.

[Mental health helplines](#) - services

[The Best Online Therapy Services 2025](#) – apps

## What is anxiety?

Anxiety is usually a natural response to pressure, feeling afraid or threatened, which can show up in how we feel physically, mentally, and in how we behave.

It's common to describe anxiety as a feeling of dread, fear or unease, which can range from mild to severe.

Anxiety can become a problem if we start worrying a lot about small stuff or relatively harmless situations.

It's usually when our anxiety feels really intense or overwhelming that it starts to interfere with our daily life or affect our relationships.



### Common symptoms of anxiety include:

- feeling tired, restless or irritable
- feeling shaky or trembly, dizzy or sweating more
- being unable to concentrate or make decisions
- trouble sleeping
- worrying about the past or future, or thinking something bad will happen
- headaches, tummy aches or muscle pain
- dry mouth
- pins and needles
- noticing your heartbeat gets stronger, faster or irregular, or you get short of breath when you start feeling anxious

## Tips on managing anxiety

Try building these self-care tips into your daily routine, as doing them regularly can make a big difference.



### Shift your focus

Some people find mindfulness and meditation (including breathing exercises and relaxation) help to calm anxiety and reduce tension by focussing awareness on the present moment. Try these [NHS-recommended relaxation exercises](#)



### Try self-help techniques

Our short videos and practical guides to cognitive behavioural therapy (CBT) can help you deal with worries, anxiety and unhelpful thoughts by working through problems in new ways and helping you build resilience. Try our [self-help CBT techniques](#)



### Understand your anxiety

Keeping a diary of what you are doing and how you feel at different times may help you understand why you're anxious and identify ways to manage or get rid of anxiety.



### Make time for worries

If anxiety or worry is taking over your day, try setting a daily "worry time" to go through your concerns. Doing this at a set time every day can help you to focus on other things. Check out our [video on tackling your worries](#)



Sign up for anxiety easing emails: [Every Mind Matters Registration](#)

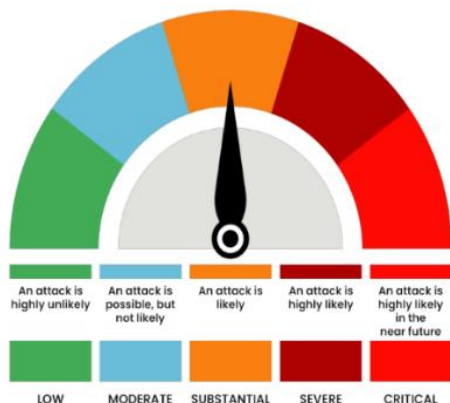
Please reach out to the Safeguarding team if you are struggling with your mental health.

## IT'S STILL DOMESTIC VIOLENCE

They don't have to **hit you**, choke you, or slam your head into a wall in order for it to be domestic violence.

They can **degrade you, humiliate you, blame you, scream at you, lie to you, cheat on you, withhold finances, isolate you to control you** — and it is **STILL DOMESTIC VIOLENCE**.

## Local risks



The current risk of an attack in the UK is substantial.

This means that vigilance is needed, and we should try to encourage everyone to support this.

It explains the context for various security actions around the country.

## Local news to you:

[Counter Terrorism Policing, MI5, and the National Crime Agency deliver summer holiday warning to parents | Counter Terrorism Policing](#)

[Essex man who attempted to be Russian spy convicted of National Security act offence | Counter Terrorism Policing](#)

[Man from Leicester appears in Court Charged with Terrorism Offences | Counter Terrorism Policing](#)



## Be part of the solution

### [Our Vision — The Resilience in Unity Project](#)

If you suspect terrorism-related activity or extremist involvement, it's crucial to act responsibly. Here's what you should do:

### Immediate Danger

- If you believe an attack is imminent or there is an immediate threat, **call 999** (or your local emergency number) immediately.

### Report to Prevent Lead (Allison Collis) 07741 743618

In the UK, you can report online via **Action Counters Terrorism (ACT)** or call the anti-terrorist hotline at **0800 789 321**.

### Anonymous Reporting

You can report concerns anonymously via **Crimestoppers (0800 555 111)** if you are uncomfortable disclosing your identity.



## **September edition**

Panic Attacks and phobias

Money, Gambling and Financial Exploitation

Work, Study and Life – how to achieve it all!

The power of 'let them'

Sexual health awareness

Managing conflict and challenges in the workplace