



SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

SEPTEMBER-OCTOBER 2025 - MENTAL HEALTH AND CURRENT WORLD AFFAIRS
ON SOCIAL MEDIA



WELCOME

In the age of social media, it can feel impossible to avoid upsetting topics and news. Wherever we look, it feels like everyone is talking about something bad, and it can affect our mental health, leaving us with feelings of helplessness and anxiety. It is easy to fall into bad habits such as overreading and doom scrolling, but it is also important that we take care of our own mental health and set boundaries online.

PROTECTING YOURSELF

There is a few ways that you can use social media and reduce the amount of upsetting content that you see.

- Choose reliable news sources - It can be difficult to find out what's true and what is misinformation, using trusted and reputable news sources to get information eliminates the amount of misinformation and clashing stories you may read.
- Set boundaries - Limit how often you check the news, and if you find yourself doom scrolling, take a break.
- Make use of the mute and block features - Muting and blocking sources of misinformation and fearmongering can bring peace of mind and stop you from seeing distressing things on social media, allowing you to focus on the things that you want to see.





LOOKING AFTER YOUR MENTAL HEALTH ONLINE

Here's some ways to make your social media experiences more positive.

- **Check in with yourself** - Before checking social media, check your mood. Will going on social media have a positive effect on your welfare right now?
- **Keep your feed up to date** - Interact with and follow content that makes you feel good. Interacting with things you like will make the algorithm show you more of that, and less things that you don't want to see.
- **Have purpose** - Use social media to see things you enjoy, don't go on with the intention of looking at negative news or doom scrolling.
- **Turn off autoplay*** - Turning off video autoplay in settings allows you more control of what you see and limits the chances of you seeing distressing content.

*Autoplay settings can usually be found in media and video settings on most social medias. Here is a good guide on how to turn off autoplay on each popular social media platform - [Click Here](#)

SELF CARE

Self care is important to maintain a good mental health and can help with how we deal with negative things we see online.

- **Take a break** - Having some time away from social media and the news does NOT mean that you are ignoring the problems of the world. Looking after your wellbeing is important, and taking a break from the internet can be a necessary part of that.
- **Ground yourself** - Whilst it can be easy to get caught up with world affairs, it can be refreshing to take a step back and centre your thoughts. Spending time outdoors, with friends or doing hobbies are all good ways to ground yourself in the present.
- **Mindfulness** - Deep breathing and Meditation are shown to help centre your thoughts as well as reduce feelings of anxiety.
- **Your needs** - Ensure you are getting the right amount of rest, are eating a balanced diet and are staying hydrated. Things like this can seem small and become overlooked easily, but it can have a big impact on our mental health without us even knowing.

FINDING SUPPORT

- **Pay attention to your mental health** – If you are struggling, take it seriously.
- **Know your limits** – Know when to step away from stressful topics
- **Don't suffer alone** – Talk to a trusted person about how you are feeling

Be kind to yourself – It is ok to be upset by current world affairs, you are not less for it.

SAMARITANS

A charity that provides emotional support to anyone in distress.

Call - 116 123

111 OR YOUR GP

Find more help for you

Website: <https://111.nhs.uk/>

MIND

A mental health charity that provides help and resources to those struggling

website: <https://www.mind.org.uk/>

999 FOR EMERGENCIES

If you or someone else is in immediately danger, call 999 immediately

OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 01775 513050 or email safe-guarding@steadfasttraining.co.uk

Our Safeguarding Officers

Robert Wright - 07985338185

Alison Law - 07720092609

Chloe Robinson - 07985338116

Report a Safeguarding Issue



9 PROTECTED CHARACTERISTICS

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

PREVENT DUTY

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

BRITISH VALUES

British Values are defined as:

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

CURRENT NATIONAL THREAT LEVEL **SUBSTANTIAL** – AN ATTACK IS LIKELY

The threat to the UK (England, Wales, Scotland and Northern Ireland) from terrorism is SUBSTANTIAL. Threat levels are designed to give a broad indication of the likelihood of a terrorist attack.

FIND OUT MORE AT [PROTECTUK.POLICE.UK](https://protectuk.police.uk)





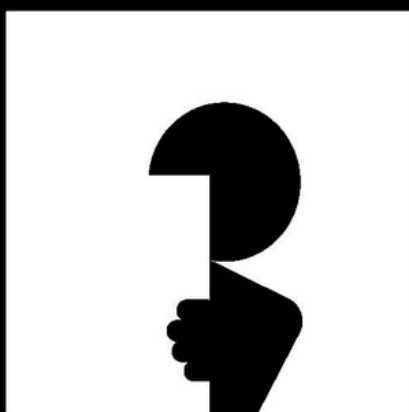
**COUNTER
TERRORISM
POLICING**

ACT

**ACTION
COUNTERS
TERRORISM**

IN THE RARE EVENT OF
a firearms or weapons attack

RUN HIDE TELL



RUN to a place of safety. This is a far better option than to surrender or negotiate. If there's nowhere to go, then...

HIDE It's better to hide than to confront. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can. Then finally and only when it is safe to do so...

TELL the police by calling 999.

RUN HIDE TELL



At the moment, the issue of terrorist attacks is regularly in the news. But it's been on our agenda for much longer.

The police and security service have been working constantly to foil terrorist attacks for years, not months.

But we are not complacent about keeping you safe.

Due to events in the UK and abroad, people are understandably concerned about a firearms or weapons attack. These attacks are very rare but in the event of such an attack, it helps to be prepared.

Remember, attacks of this nature are still very rare in the UK.

So stay safe, and just remember the words:

RUN. HIDE. TELL.

To watch the film, visit:

www.protectuk.police.uk



Information is vital. If you see or hear something that could be terrorist related, trust your instincts and call the confidential Anti-Terrorist hotline on **0800 789 321**.

Our specially trained officers will take it from there.

Your call could save lives.

Always in an emergency, call **999**.