



SAFEGUARDING & PREVENT

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

SEPTEMBER - OCTOBER 2026 • DOMESTIC ABUSE AWARENESS



IT'S NOT ALWAYS PHYSICAL

September often brings changes in routine, increased financial pressures, relationship stress, and adjustments as people return to work, education, and training. While many people welcome this transition, it can also increase tensions within households.

Domestic abuse can affect anyone regardless of age, gender, ethnicity, disability, religion, sexual orientation, or relationship status. It is not limited to physical violence and can include emotional abuse, coercive control, financial abuse, intimidation, stalking, and online abuse.

TECHNOLOGY FACILITATED ABUSE

Technology is increasingly used to control, monitor, or intimidate others.

Common Examples

- Tracking someone's location through phones or apps.
- Demanding access to passwords and online accounts.
- Monitoring messages, emails, or social media activity.
- Excessive contact through calls, texts, or social media.
- Using smart home devices to cause fear or distress.
- Threatening to share private information or images.

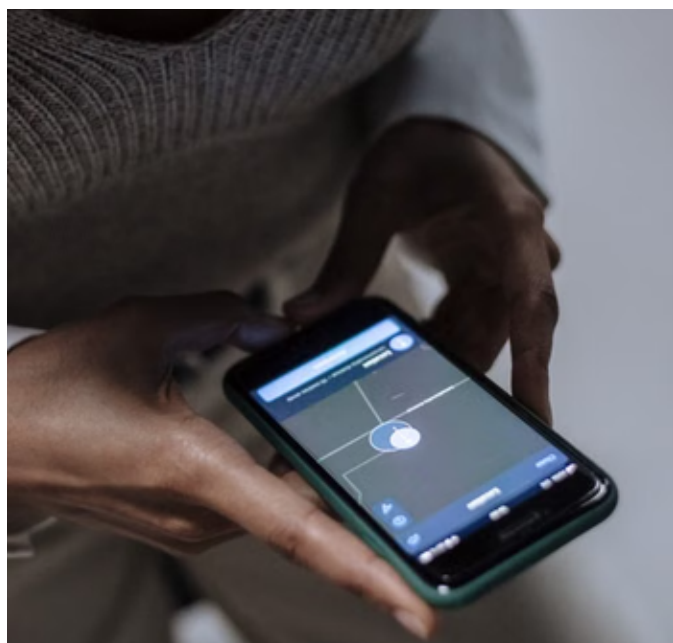
Signs Someone May Need Support

- Appears anxious about receiving messages or calls.
- Suddenly changes passwords or online habits.
- Appears withdrawn or distressed.
- Frequently checks in with a partner.
- Shows signs of isolation from friends, family, or colleagues.

Remember

Domestic abuse is rarely a single incident. It is often a pattern of behaviour designed to gain power and control.

If something doesn't feel right, trust your instincts and speak to the safeguarding team.





UNDERSTANDING CHILD TO PARENT CARER ABUSE

Child to Parent Carer Abuse (CPCA) is a form of domestic abuse where a child uses behaviours intended to control, intimidate, threaten, or harm a parent or carer.

This can include:

- Physical aggression.
- Verbal abuse.
- Property damage.
- Financial coercion.
- Emotional manipulation.
- Threatening behaviour.

CPCA can have a significant impact on family wellbeing and often remains hidden because parents and carers may feel embarrassed or unsure where to seek support.

IMPORTANT INFO



If you're concerned about a loved one or yourself please contact one of the helplines and support groups on **page 4**.

Why It Matters

As safeguarding professionals, we may encounter learners, apprentices, parents, carers, or colleagues who are affected by CPCA, either directly or indirectly.

Being aware of the signs can help identify families who may need support:

- High levels of conflict within the home
- Parents expressing fear of a child's behaviour
- Frequent reports of aggressive incidents
- Significant stress or anxiety within family relationships
- Damage to property or belongings

Who Are SafeLives?

SafeLives is a UK charity working to end domestic abuse by supporting victims, working with organisations, and challenging perpetrator behaviour.

Their work promotes:

- Earlier intervention.
- Better support for victims and families.
- Improved professional responses.
- Positive behavioural change programmes.

KEY MESSAGE

Domestic abuse does not always look the way we expect. Recognising concerns early and responding appropriately can help protect individuals and families before situations escalate.

RETURNING TO LEARNING: STAYING ALERT TO RADICALISATION RISKS

The return to education and training means learners are reconnecting with peers, communities, and online spaces. While this is overwhelmingly positive, it is important to remember that individuals can become vulnerable to harmful influences both online and offline.

Radicalisation is the process through which a person comes to support extremist ideologies or actions.

Why September Matters

Transitions can create vulnerability, including:

- Starting a new course or workplace.
- Social isolation.
- Changes in friendship groups.
- Increased online activity.
- Exposure to misinformation and extremist content.

Potential Warning Signs

- Sudden changes in behaviour or attitudes.
- Increased use of hateful, intolerant, or extremist language.
- Obsessive interest in conspiracy theories.
- Withdrawal from established friendship groups.
- Viewing others through an "us versus them" mindset.
- Fixation on a single ideology or grievance.



Staff Responsibilities

- ✓ Continue embedding safeguarding and Prevent discussions into learner appointments.
- ✓ Create safe opportunities for discussion and critical thinking.
- ✓ Challenge harmful narratives respectfully and professionally.
- ✓ Report concerns through safeguarding procedures without delay.
- ✓ Record concerns factually and objectively.

Remember

You do not need to determine whether someone is being radicalised. Your role is to notice concerns, record them, and report them through the correct channels.

Prevent and British Values

Promoting:

- Democracy
- Rule of Law
- Individual Liberty
- Mutual Respect
- Tolerance of Different Faiths and Beliefs

helps create an environment where extremism is less likely to flourish.



FURTHER SUPPORT & INFORMATION

UK Safer Internet Centre

Guidance on online safety, cyberbullying, and reporting harmful content.

NSPCC Helpline

Support for concerns about children or families:

0808 8005000

Childline

Support for children and young people:

0800 1111

CEOP (Child Exploitation & Online Protection)

Report online sexual abuse or grooming.

Modern Slavery & Exploitation Helpline

For concerns around forced labour, trafficking or exploitation:

0800 0121700

National Domestic Abuse Helpline

24/7 confidential support:

0808 2000247

Samaritans

Mental health & crisis support:

116 123

ICO – Information Sharing Guidance

Support for safe, lawful sharing of safeguarding information.

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.

View our Prevent Leaflet

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 789321**.

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.

OUR SAFEGUARDING TEAM

If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact...

Steadfast Training's Safeguarding Team

Call: **01775 513050**

Email: safe-guarding@steadfasttraining.co.uk

**Report a
Safeguarding Issue**



For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on marketing@steadfasttraining.co.uk.