SAFEGUARDING & PREVENT

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

NOVEMBER • DECEMBER 2026



SAFEGUARDING THROUGH AUTUMN & WINTER

As we move through November and into the festive season, the colder months can bring different safeguarding challenges. Darker evenings and shorter days can leave some people feeling more isolated, anxious or less confident travelling alone, while the run-up to Christmas can bring additional pressures around finances, socialising and changes to usual routines. Staying aware of our own wellbeing and looking out for the people around us can make a real difference throughout this time of year.

5 SAFEGUARDING REMINDERS

STAY SAFE ON DARKER DAYS

With it getting dark much earlier, think about personal safety when travelling or walking alone. Where possible, stick to well-lit and familiar routes, stay aware of your surroundings and let someone know where you are going or when you expect to arrive.

STAY SWITCHED ON TO ONLINE SAFETY

New phones, tablets and gaming devices often mean more time online. Encourage safe use of devices, appropriate privacy settings and conversations about who people are interacting with online.

NSPCC provides specific guidance for parents and carers around children's online safety.

CELEBRATE SAFELY

Christmas parties and social gatherings can involve alcohol and changes to normal routines. Be mindful of your own wellbeing and that of others, respect personal boundaries and make arrangements for getting home safely.

CHECK IN ON OTHERS

Changes in routine and isolation can leave some children and adults without their normal support networks.

A simple message or conversation with someone you haven't heard from could be important.

BE MONEY AWARE

The run-up to Christmas can bring additional financial pressure. Be cautious of scams, suspicious offers, requests for money and illegal money lending. If something does not feel right, take a step back before sharing personal or financial information.





NOT EVERYONE FINDS THE FESTIVE SEASON EASY

The festivities are often presented as a happy and exciting time, but everyone's experience is different. For some, it can bring loneliness, financial worries, grief, family difficulties or changes to their usual routines and support networks.

Time away from work, education and normal routines may also mean less contact with the people someone would usually turn to for support. Financial pressures and expectations around this time of year can add further stress.

Try to be mindful of the people around you. Check in, take time to listen and avoid assuming everyone is looking forward to the festivities. Sometimes a simple conversation can give someone the opportunity to reach out.

If someone shares something that causes concern, you don't need to solve the situation yourself. Listen without judgement, take what they tell you seriously and follow the usual safeguarding process.

REMEMBER

There is no 'right' way to feel at this time of year. A little patience, understanding and a simple "How are you doing?" can make a difference.

STAY SAFE WHEN YOU'RE OUT

End-of-year parties, meals and social events should be enjoyable, but it's still important to look after yourself and those around you.

Before you head out:

- Plan your journey home and use a licensed taxi or another safe form of transport if needed.
- Know your limits if you choose to drink and don't feel pressured to keep up with other people.
- Stay with people you trust and look out for each other.
- Respect boundaries. A social event doesn't change expectations around appropriate behaviour or consent.
- Don't drink and drive. Avoid alcohol completely if you're driving as alcohol may still be in your system the following morning.

Most importantly, if somebody appears vulnerable or something doesn't seem right, **don't simply walk away.**

Get appropriate help.

NEW DEVICE? START SAFE

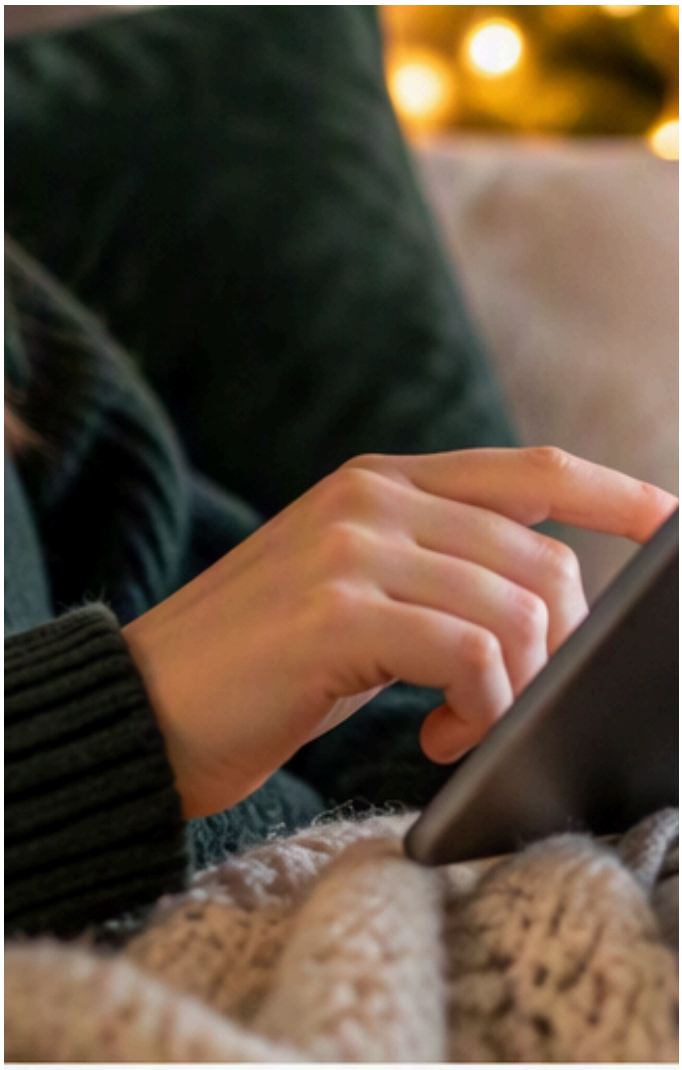
Phones, tablets, games consoles and other connected devices are common gifts, particularly for children and young people. A new device can also be a good opportunity to have a conversation about using it safely.

NSPCC provides guidance on parental controls, social media, online gaming, harmful content, online grooming and cyberbullying, as well as resources for starting conversations with children about their online lives.

Encourage young people to:

- Think before sharing personal information.
- Understand and use privacy settings.
- Be cautious about people they've only met online.
- Tell a trusted adult if something makes them uncomfortable.
- Know how to block and report inappropriate contact or content.

The aim isn't to frighten young people away from technology. It's to help them enjoy the positives of being online while knowing what to do if something goes wrong.





SUPPORT DOESN'T STOP OVER THE BREAK

Before everyone signs off for the festive period, it's worth remembering that help is still available.

If you or someone else is in immediate danger, **call 999**.

For other safeguarding concerns, follow the usual Steadfast safeguarding reporting process and make sure concerns are raised rather than leaving them until everyone returns.

FOR FURTHER SUPPORT AND INFORMATION GO TO PAGE 4.

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.