

SAFEGUARDING AND PREVENT

NEWSLETTER FOR PARENTS & CARERS



Issue 9
April 2025



Welcome to the Spring term edition of the **PTS Safeguarding & Prevent Newsletter for Parents and Carers.**

At PTS, ensuring the wellbeing and safety of our learners is vital to help them achieve and make a success of their programme. As we move into the summer term, we hope that our learners and their families/carers have been able to enjoy some of the warmer weather we are having. The next term will be a busy one for our learners, they will be sitting their exams and focusing on their next steps.

We hope that they will also be planning some fun activities and being outdoors away from their screens a lot more. Some of the information included in this newsletter will help you support them to do this safely.

Kate Whereat

Safeguarding Manager (Senior Mental Health, Prevent & CIC Lead)

In This Issue:

- Important Information
- Online Safety
- Prevent
- Incels
- Mental Health Awareness
- Case Study
- Useful Support Agencies



IMPORTANT INFORMATION THIS MONTH



CEOP AND ONLINE SAFETY

Online Scams

As our young people become more independent, they may start part-time work and have their own bank accounts or they may purchase tickets for events online, this is when the threat of being caught out by online scams becomes more real for them.

Please see below for some tips for parents/carers:

- Talk openly with your young person, share examples of online threats, talk about the good and the bad points of using online technology.
- Encourage them to use strong and separate passwords, help them to understand the dangers of sharing passwords with others. If you feel they are vulnerable you can set parental controls to avoid unwanted online purchases.
- Reinforce the message “if it seems too good to be true, it usually is” suggest that they always check unknown emails and invites with you, just as an added safety net.
- Remind them that scammers are sophisticated, they know who to prey on, and sadly young people are often a target. If anyone you know has been scammed talk openly about it, there is no shame in being a victim.
- Educate them where to get help, if they have been a victim of an online scam they can report it to **Action Fraud** and if the scam is related to banking they should contact the bank direct, but do this independently of any links they have been sent, use a device or phone to do this.

There is always lots of useful information and guidance to be found on the CEOP website:

[Parents and carers | CEOP Education](#)

Our safeguarding team are also here to talk through and advise on any worries you have; you can call **01452 300255** and ask to speak to a member of the safeguarding team or email **katew@ptsyouth.com**.



PREVENT

What is the Prevent strategy?

Prevent is a government strategy designed to stop people becoming terrorists or supporting terrorist or extremist causes. The Prevent strategy covers all types of terrorism and extremism, including the extreme right wing, violent Islamist groups and many other ideologies.

Current Threat Level:

Do you know what the UK Threat Level is? And just how likely is a terrorist attack? The current UK Threat Level is: Substantial - an attack is likely. You can check this yourself at:

[Threat Levels | MI5 - The Security Service](#)

INCELS

It will have been hard to miss the headlines relating to the recent Netflix drama called Adolescence, some have watched it and rated it, and others have not watched it at all. One positive to come from the hysteria surrounding the drama, is that it has raised awareness of Incels. As a parent/carer you may not know have even heard the term Incel.

As part of our responsibilities under the Prevent Duty, the safeguarding team at PTS are required to understand the ideologies that lead to extremism and terrorism and educate our learners and our wider community on this.

So, what is an Incel?

An Incel is a term associated with an online subculture of people who define themselves as unable to find a sexual or romantic partner despite desiring one, and who may blame, objectify and degenerate women and girls as a result. It is associated with male dominated online spaces and misogynistic ideologies.

There have been more and more cases of referrals to counter terrorism police for concerns around Incels, and sadly there have been terrorist incidents linked to this ideology.



SECURITYSERVICE
MI5

WHAT TO LOOK OUT FOR



MENTAL HEALTH & WELLBEING

Mental Health Awareness Week 12-18 May 2025

This year's theme for Mental Health Awareness Week is – **Community**

Throughout this week our learners will be finding ways to connect with our local community. We will be going out for walks, connecting with each other within the PTS community and in our Enrichment sessions we will be exploring how important being part of a community is for positive wellbeing.

We all know that our young people use emojis and code words so they can enjoy their personal space and communicate with each other without adults knowing what they are saying, this is all part of being young. In some cases, knowing what to look out for can be helpful to pick up on those early signs that something is not quite right.

There is an informative booklet which details the symbols and terminology used, this can be located here:

Incels: [A Guide to Symbols and Terminology](#)

If you would like to find out more about Incels in general, you can access this useful website:

[Understanding Incel Ideology - Safeline](#)

If you have concerns relating to this, or any other Prevent concern, please talk to a member of the safeguarding team on **01452 300255** or email [**katew@ptsyouth.com**](mailto:katew@ptsyouth.com).





PTS Case Study

In each newsletter, we bring you an example of how we have supported our learners. These are real life cases, so we have changed the young person's initial to provide anonymity.

We have supported one of our young adults to transition from youth mental health services to adult mental health services .

K joined our programme when she was 17. At the time of her enrolment she was open and honest with us and shared that she had been diagnosed with PTSD and that she had been receiving support from CAMHS (Child and Adolescents Mental Health Services). K had been having regular sessions with her CAMHS worker and she had also been prescribed medication. Towards the end of K's 2nd term with us she turned 18. A few weeks after her birthday she started to miss lessons and appeared to be very low. Her learner support officer held a review with her, and she disclosed that she had stopped receiving support from CAMHS and although they had referred her to adult mental health, she had not heard anything and was really struggling with panic attacks and low mood, she was also about to run out of medication.

K was met by a member of the safeguarding team, who offered support to get her back in touch with mental health services and help her to understand the difference between child and adult services. We supported her to become more in control of the support, we contacted Gloucestershire Let's Talk and sat with her whilst she spoke to them, and they explained how their systems work. We also encouraged her to contact her GP and have a medication review, something that she was not aware she had to do, as this was regularly reviewed through CAMHS.

Sadly, adult services are very different, and without support young people do not always manage the transition on their own. We are pleased to say that K is now in touch with an NHS practitioner who will ensure she can continue with the right therapy, and she has booked in for a review with her GP.

If your young person or your family are facing difficulties, we are here to offer help and support, please contact **Kate Whereat** on **01452 300 255** or email **katew@ptsyouth.com**.

USEFUL SUPPORT AGENCIES



Teens in Crisis – Counselling Service in Gloucestershire

- [Tic+ – Counselling services in Gloucestershire \(ticplus.org.uk\)](http://ticplus.org.uk)
- 01594 372 777



Young Gloucestershire – Youth Organisation Glos

- [Glos Young Gloucestershire - Wellbeing \(youngglos.org.uk\)](http://youngglos.org.uk)
- 01452 501 008



YST - Youth Support Team Glos

- [We are the Gloucestershire Youth Support Team](#)



Family Lives - Support for the family

- [Parenting and Family Support - Family Lives \(Parentline Plus\)](#)
- 0808 800 2222



Kooth – Online mental health support for 11- 18-year-olds

- [Kooth - Home](#)



Childline – telephone and online support for young people

- [Childline - Home](#)
- 0800 1111



Gloucestershire County Council: Early Help Service

- [Gloucestershire County Council - Targeted Support](#)

The PTS safeguarding team can refer to a wide range of external agencies, so if you would like our help, please contact us katew@ptsyouth.co.uk or **01452 300255**.