

SAFEGUARDING AND PREVENT

NEWSLETTER FOR PARENTS & CARERS



Issue 12
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Welcome to the Summer 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.

Most of our learners have now sat their exams and are thinking ahead to their next steps, this can be a worrying time for both our learners and their parents/carers as they may feel uncertain about what the future holds.

The PTS staff team work throughout the summer, so please do contact us if you would like advice or support.

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

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WHAT'S NEW?

ONLINE SAFETY

The UK Government have created a webpage to offer practical information from trusted sources to help parents/carers feel more confident to protect their child/young person online. A very good resource to support you to have open and honest discussions around online safety for young people.

[Help your child stay safe online - Kids Online Safety](#)



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, extreme left wing 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:

Severe - an attack is highly likely, the threat level was increased on 30/04/26.

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



ACT TRAINING

The ACT Awareness eLearning course has recently been updated and will be delivered to all new learners as part of their induction, this vital part of the PTS induction programme aims to educate our young people on how to identify suspicious activity and items, understand security vulnerabilities and how to keep themselves and others safe in the unlikely event of a marauding attack. We all have a part to play in keeping ourselves and others safe, and with the threat level recently being increased we feel that this is an important training course for all. Holding this certification is also attractive to potential employers, as most workplaces like their employees to undertake this training.

The PTS lockdown process is part of this training, educating our learners on what to do in the event of a centre lockdown helps us to keep them safe. If you would like to find out more, please contact Kate Whereat on **01452 300 255** or **katew@ptsyouth.co.uk**



MENTAL HEALTH AND WELLBEING

Youth mental health is a hot topic currently; we have seen a huge increase in young people struggling with their mental health and sadly the services and organisations for youth mental health having long waiting lists and are not always readily available.

So, it is important that we can advise our young people on how to develop self-help strategies and understand where they can seek advice and guidance whilst waiting for professional support.

SELF-CARE AND DAILY HABITS

Encouraging your young person to take regular exercise, eat healthy food and try to get at least 8-10 hours' sleep will help boost their concentration, improve their mood and will reduce stress



CREATIVE EXPRESSION

Activities like drawing, writing, music, drama, photography or learning new skills can help them build their confidence and express their emotions, this could lead to them joining a club where they can socialise and meet new people



There are many basic things that you can support your young person with, this could help improve well-being, here are some top tips:

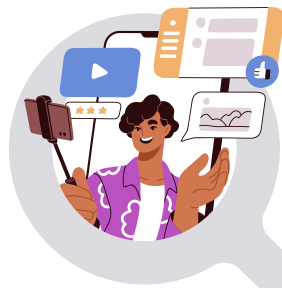
RELAXATION TECHNIQUES

Mindfulness, deep breathing, yoga or meditation can help manage anxiety and they can learn how to regulate their emotions



SCREEN-TIME AWARENESS

Be mindful of their use of social media and time spent in the online world, this can be harmful to them and over exposure to negative things can hugely damage a young person's outlook on life



Whilst the above tips will not always address and treat the mental health concerns, they will help to regulate and will offer lifelong tips for coping as they become adults. It is always recommended that you seek professional support with any mental health concerns, there are useful contact numbers at the end of this newsletter.

OPEN COMMUNICATION

Provide a safe space for them to share their thoughts and feelings with you, be non-judgemental and just listen, this will help them feel that you are on their side



BOUNDARIES AND STRUCTURE

It is proven that teenagers like to have boundaries and routines, although they can sometimes push the boundaries, consistency is key, they need to feel safe and predictability and routine helps with this



The PTS Safeguarding Team are always happy to help, please contact Kate Whereat at katew@ptsyouth.co.uk or 01452 300 255

PTS YOUTH MENTAL HEALTH FIRST AIDERS

We are proud to inform you that our safeguarding team have recently refreshed their Youth Mental Health First Aid training. This means that we have full team of Youth Mental Health First Aiders, this training enables us to offer immediate care and support to our learners, we are trained to spot the signs that a young person is experiencing poor mental health, start a conversation, take steps to safeguard and make appropriate referrals.

To find out more about Mental Health First Aid England follow this link [About · MHFA England](#)



USEFUL SUPPORT AGENCIES



Let's Talk Well – Counselling Service in Gloucestershire

- [Let's Talk Well in Gloucestershire](#)
- 01594 372 777



Young Gloucestershire – Youth Organisation Glos

- [Young Gloucestershire - Wellbeing \(youngglos.org.uk\)](#)
- 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



Early Help Service

- [Targeted support | Gloucestershire County Council](#)

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 300 255**.