

## F-TEC – Open Minds

F-TEC Newsletter July/Aug 2022

### British Values

The last Open Minds newsletter explained what 'British values' mean. 'Fundamental British values' comprises of democracy; the rule of law; individual liberty; mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith.

Today we will focus on individual liberty and mutual respect –

Individual liberty suggests the free exercise of rights generally seen as outside Government control. It is the protection of your rights and the rights of others. It is seen in day-to-day life through the following:

- Equality and Human Rights
- Respect and Dignity
- Rights, choice, consent, and individuality
- Values and principles

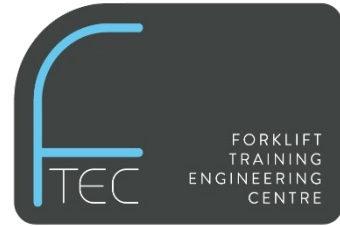
Individual liberty is different to:

**Civil Liberty** – the right of people to do or say things that are not illegal without being stopped or interrupted by the government.

**Political Liberty** – the right to express ourselves freely and effectually regarding the conduct, makeup, and principles of the government under which we live.

*One example of this is "I Have a Dream" it was a public speech that was delivered by American civil rights activist Martin Luther King Jr. during the March on Washington for Jobs and Freedom on August 28, 1963, in which he called for civil and economic rights and an end to racism in the United States. Delivered to over 250,000 civil rights supporters from the steps of the Lincoln Memorial in Washington, D.C., the speech was a defining moment of the civil rights movement and among the most iconic speeches in American history.*

**Hot Topic** – *Do you feel passionate about any of the points raised above? Is there anything important you feel still needs to be addressed in our day to day lives?*



## **Another important example is Consent -**

### **Heterosexuality**

The legal age of sexual consent for heterosexuals in the UK is **16**. Consent means **agreeing** to something, in this case to having sexual intercourse.

Statutory rape is when one or both of the parties engaging in sexual activity are below the age of consent. Statutes are laws. This law means that a 14-year-old girl cannot legally consent to have sex with her 16-year-old boyfriend. This act would be considered unlawful.

### **Homosexuality**

Homosexuality used to be illegal in the UK. The Sexual Offences Act 1967 made changes so that homosexual men over age 21 could have sexual relationships, in private.

In 1994 a further change saw it reduced to those aged over 18.

The Sexual Offences (Amendment) Act 2000 made the ages of legal consent for heterosexuals and homosexuals **equal** and the legal age of consent for homosexual people was changed to **16**. This change came to effect in Northern Ireland when the Sexual Offences Order was passed in 2008.

Please take a look at the video below.....

[Tea and Consent Video - Bing video](#)

***Hot Topic – Has the information above made you more aware of how important consent is?***

***Discuss***

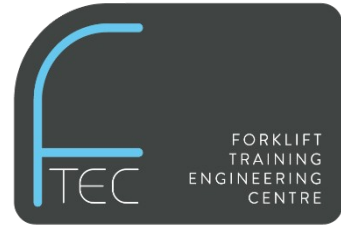
### **Mutual Respect**

*“Mutual respect and tolerance of those with different faiths and beliefs and for those without faith.”*

Mutual respect is understanding that we all don't share the same beliefs and values. Respecting the values, ideas and beliefs of others whilst not imposing our own on others.

It is the foundation for honesty, trust, and meaningful communication. In order for relationships to remain healthy, both partners must be equally respected and appreciated. Mutual respect is defined as a proper regard for the dignity of a person or position.

Mutual trust and confidence is a phrase used in English law, particularly with reference to contracts in UK labour law, to refer to the obligations owed in an employment relationship between the employer and the worker.



We should respect an individual's differences which may be any of the following:

- Race
- Culture
- National origin
- Region
- Gender
- Sexual Orientation
- Age
- Marital Status
- Politics
- Religion
- Ethnicity
- Disability
- Socio-economic differences
- Family structure
- Health
- Values

(Segment taken from SP Training 2021)

***Recommended – Netflix Part of the Black Lives Matter collection - This is an Oscar-winning film called Two Distant Strangers (only 30mins long) a parody of G Floyd's Death. \*\*Please consider this film is for over 18's\*\****

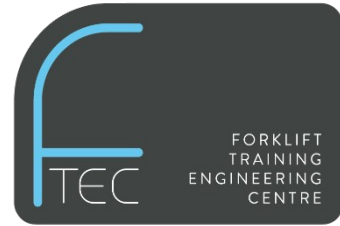
## Equality and Diversity

Equality and diversity is a term used in the United Kingdom to define and champion equality, diversity and human rights as defining values of society. It promotes equality of opportunity for all, giving every individual the chance to achieve their potential, free from prejudice and discrimination.

***Please watch the video below which will help you to understand what equality and diversity means in the workplace.***

[Equality, Diversity & Inclusion - Bing video](#)

***hot Topic – How important do you think equality and diversity is? Have you come across any personal issues with this subject? Discuss***



## Staying Safe Online – Fake News

Not everything we see on the internet is true and if it isn't, and we share it, we could be making more people believe something that is actually made up. Stories like this are called 'fake news' and they can be a problem.

### Could you spot fake news?

The first kind of fake news is deliberate lies - which can make people believe things that are completely untrue.

The second kind is when a story is published without the proper checks to make sure that it is 100% true. When mistakes show up in one place, people might start trusting everything they read less.

Everyone tends to share stories and articles they agree with. So, if people share fake news and lots of others believe it, it's easy to get sucked into a bubble that is a completely different from the real world and a long way from the truth.

### Common types of fake news

#### Deepfake

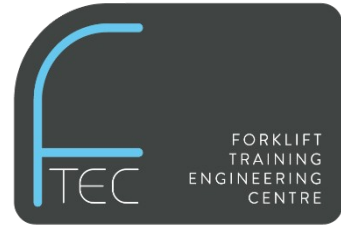
The newest type of fake news, [deepfakes superimpose somebody's face or head onto another person's body](#) in full live-action video, making it possible to create a video of *anyone* doing or saying *anything*. Most deepfakes fall into the "uncanny valley," a term that describes how digital videos (or robots) become deeply unsettling as they grow more realistic.

And as technology improves, there's no telling how convincing deepfakes may become in a few years. So it's crucial to **critically evaluate everything you see on the internet**.

#### Clickbait

Clickbait exists for one reason: **to be clicked on**. Clickbait will say and show anything to get you to click. Every website wants to encourage clicks, but clickbait does so through deception, sensationalism, or both.

Clickbait articles can be used by [hackers](#) and in [phishing attacks](#) to trick you into visiting malicious websites that can infect your device with [malware](#) or collect your personal data.



## Propaganda

Propaganda is where a writer strategically tries to **convincingly frame a bad political argument**. Since fake news is so easy to make and can be tricky to catch, propaganda like this has become a cornerstone of modern politics.

Propaganda may contain a fact or two, but these facts are merely an introduction to an emotional plea.

A scientist makes an isolated observation, and the writer follows up by saying, “See? Case closed.” Readers will fall for the author’s confidence and share the article without a second thought.

Modern propaganda seeks to validate pre-existing beliefs and spur action from the people who already agree with it. This is known as *confirmation bias* — when we choose to consume information that confirms the beliefs we already hold.

To identify propaganda, you need to **understand your own biases and recognise when they’re being used against you**.

**\*\*It is easier to detect fake news when you’re open to new ideas\*\***

(Segment taken from AVG 2021)

***Hot Topic – Have you ever come across fake news before? What did you do? Does the information provided help you identify it better? Discuss***

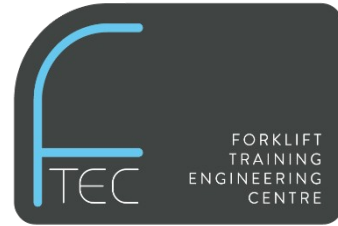
## Mental Health & Wellbeing

Our sense of wellbeing is generally how comfortable, healthy, or happy we feel about ourselves, how satisfied we are with life and how good we feel from one day to the next. Keeping a regular check on our wellbeing is important, as it can help strengthen and protect our physical and mental health too.

There are a number of ways that we can improve and develop our wellbeing. Try out our top tips by starting with one and building from there:

### **Get to know yourself and what wellbeing means to you**

It’s important to understand what wellbeing means to you and what you want your life to look and feel like. You could start by writing down what you notice about yourself when you feel energised, motivated, and happy. And, also what you notice about yourself when you feel tired,



unmotivated, and low in mood. This will help you understand and recognise all the things that make you feel good and where you can make some lifestyle changes too.

Keeping a mood diary can also help with this – [Daylio](#) is a great app.

### **Take time to participate in meaningful activities**

Have you ever been so absorbed in an activity that the time has passed by without you even noticing? Taking time to do something we enjoy allows our mind to switch off and our happy hormones to kick in. This might include socialising with friends, gardening, playing sport or trying something new.

### **Make positive lifestyle choices**

We can't be good all the time, but our lifestyle and choices are important. Making lifestyle changes like increasing physical activity, eating a healthy diet, prioritising self-care, getting enough rest and sleep will all help our sense of wellbeing. We have lots of useful tips to help you get started here.

**Manage your money** Planning and managing your finances in the short, medium and long-term can help us to feel more in control and this alone can help have a positive impact on our wellbeing. Find more information to help you plan ahead.

### **Be aware of your emotions (feelings)**

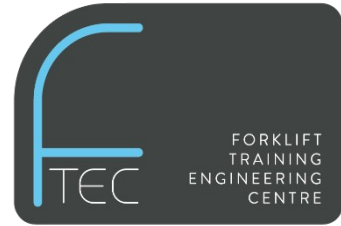
Finding helpful ways to express your emotions and talk about them is great for your wellbeing. By becoming more aware of your emotions and the relationship between your thoughts, feelings and how you act or behave will help. Start by writing down a list of all the emotions you can think of and how often you feel them – then separate them into positive and negative emotions. The more we experience positive emotions in our life, the more likely we are to have a better sense of wellbeing.

If you're struggling, don't forget you can chat with BEN online or call their helpline on **08081 311 333**.

If you need additional help, our helpline can support you to access further digital support programmes for stress, anxiety, depression, money worries, sleep, and resilience – including access to mindfulness activities.

**(Segment taken from BEN 06/21)**

***Hot Topic – Have you recognised anything you need to try to change going forward to help with your mental health and wellbeing? Discuss***



**If you need any help or advice, please contact –**

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**By Victoria Cartner July 2022**

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