

British Values are defined as...

Understanding that we all don't share the same beliefs and values. Respecting those values, ideas and beliefs of others whilst not imposing our own onto them.

Radicalisation & Extremism

Prevent
Radicalisation and
Extremism by
Acting
Early

It can be hard to know what to do if you're worried someone close is expressing extreme views or hatred, which could lead to them harming themselves or others. Working with other organisations, the [police](#) protect vulnerable people from being exploited by extremists through a Home Office programme called [Prevent](#).

Act early and tell us about your concerns in confidence. You won't be wasting our time and you won't ruin lives, but you might save them.

What to look out for

There are many factors that can make someone vulnerable to radicalisation. They can apply to any age, social class, religion, ethnic or educational background.

More important than any one specific sign is the sense that something is not quite right with the person you're worried about. You could spot one sign or a combination of signs that are increasing in intensity.

Sometimes they can be indicators of other underlying issues or challenges that are not connected to radicalisation. If you are concerned, trust your instincts and contact us or one of the organisations listed on the website for advice.

Share a concern

If you're worried about someone, call the ACT Early Support Line on 0800 011 3764, in confidence, to share your concerns with our specially trained officers.

This support line is available every day 9:00am – 5:00pm. Calls outside of these hours will be transferred to specialist Counter Terrorism officers.

If you are a member of public sector staff such as a teacher, GP, police officer or social worker we would encourage you to continue to use your designated safeguarding route to make referrals to Prevent or seek further advice. The advice line is designed for members of the public to use, especially friends and family, or those who work with vulnerable or young people in volunteering roles.

If you're deaf, hard of hearing or have a speech impairment, a police non-emergency number is available as a text phone service on 18001 101.

Remember in an emergency, please make sure you're safe and dial 999.

Segment taken from ACT – [Action Counters Terrorism](#)

Mental Health and Wellbeing

Relaxing and Reducing Stress - Find ways to relax

If there's something that helps you relax, try to find time to fit it into your day. For example, this could be having a bath or going for a walk. If you find it difficult to switch off, you could try some of the tips and exercises in our relaxation pages.

Take a break if you need to

If you're feeling overwhelmed by a stressful situation, try to take a break. A change of scene can help you to relax and relieve feelings of anxiety, even just for a few minutes.

Do something you enjoy

Try to make time to do an activity you like on a regular basis. This could be something small, like cooking a meal, ringing a friend or listening to music.

Try to manage stress

If you're under a lot of pressure, you may start to feel overwhelmed or out of control. Stress can also cause physical side effects.

Try mindfulness

Mindfulness is a way of paying attention to the present moment, using techniques like meditation, breathing exercises and yoga. It's been shown to help people become more aware of their thoughts and feelings. This means that instead of being overwhelmed by your feelings, it becomes easier to manage them.

Give yourself some tech-free time

If you find that being on your phone or computer a lot is making you feel busier and more stressed, try to take a break. This could be for just an hour or two. If you find this difficult, try putting your phone in another room or setting an alarm to time yourself.

Segment taken from Mind – [Tips for Everyday Living](#)

BEN – Physical Health

What is physical health?

Our physical health, like mental health, varies all the time. One day we can feel aches and pains and another we can feel fitter, healthier and more energised. This is true for everyone, including someone living with a long-term or chronic health condition.

Physical health and mental health are linked and can affect each other. If we feel unwell, our mood is often affected, and we can be quieter than usual. Looking after our physical health and wellbeing

can help our mental health. Whether you need help to sleep better, stay physically fit or manage a long-term health condition, we can help.

Here's some ways you can stay fit, healthy and active:

- Increase your physical activity
- Nutrition is important
- Get enough sleep
- Keep hydrated
- Prioritise self-care

Segment taken from BEN – [Physical Health](#)

If you need any help or advice, please contact –

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