

F-TEC – Open Minds

F-TEC Newsletter January/February 2023

Happy New Year!

Examples of British Values

Fundamental British Values underpin what it is to be a citizen in a modern and diverse Great Britain valuing our community and celebrating diversity of the UK.

These values are **Democracy, Rule of Law, Respect and Tolerance, Individual Liberty.**

Democracy

A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities.

- Leadership and accountability
- Joint decision making
- Team meetings
- The right to protest and petition
- Receiving and giving feedback

Rule of Law

The need for rules to make a happy, safe and secure environment to live and work.

- Legislation
- Agreed ways of working, policies and procedures
- How the law protects you and others
- Codes of conduct

Respect and Tolerance

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 others.

- Embracing diversity
- The importance of religion, traditions, cultural heritage and preferences
- Stereotyping, labelling and prejudice
- Tackling discrimination

Individual Liberty

Protection of your rights and the right of others you work with.

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

Segment taken from Buckinghamshire New University

Top Tips for Staying Secure Online...

National Cyber Security Centre Top Tips are:

Protect your email by using a strong and separate password

Cyber criminals can use your email to access many of your personal accounts, leaving you vulnerable to identity theft.

Install the latest software and app updates

Software and app updates contain vital security updates to help protect your devices from cyber criminals.

Turn on 2-step verification (2SV)

2-step verification is recommended to help protect your online accounts.

Password managers: how they help you secure passwords

Using a password manager can help you create and remember passwords.

Backing up your data

Safeguard your most important data, such as your photos and key documents, by backing them up to an external hard drive or a cloud-based storage system.

Three random words

Use three random words to create a single password that's difficult to crack.

Segment taken from National Cyber Security Centre – [National Cyber Security Centre](#)

Gaming and Online Safety...

Socialising Online

A staple of gaming is the community that surrounds it. Groups and audiences can gather around a specific game, character or theme to build specific fan bases that can interact with each other. Young people may like to socialise online because:

- It gives them a platform to be with friends outside of school
- There is usually a competitive element at play, which can feel rewarding
- It can build confidence and social skills which may not be attainable physically
- It gives opportunity to young people who have difficulty socialising with friends and others

Reporting and Blocking

Gaming communities can range from supportive and educational, to toxic and harmful. In some instances, it can even lead towards more radical content being promoted. When faced with something or someone being harmful online, make sure young people know how to:

- Report the player or piece of content
- Mute or block the player
- Manage their privacy settings or communication options
- Speak with a trusted adult for support

Segment taken from SWGFL – [SWGFL](#)

Your guide to coping with the January Blues...

Short days, cold weather, the end of the holidays, and for some, abandoned New Year's resolutions make for an explosive cocktail: the so-called "January blues".

In the UK, The Samaritans have assessed that 20% of people experience depression at this time of year, compared to 4.5% at any other time.

Check out our tips to deal with the January blues and cope with low mood during darker days.

Exercise

Can't seem to get rid of this one, can we? According to various studies, keeping active helps reduce depression and anxiety while also boosting self-esteem and cognitive functioning.

No need to run a marathon or to take up acrobatics. A simple walk or bike ride can do if you're able to schedule those into your diary. Find a solution that works for you. Why not take this opportunity to catch up on your favourite podcast or call a friend?

Eat well

In winter, we tend to get attracted to foods that are not always what's best for us. While cheese, potatoes and charcuterie might be winter staples for some, eating them regularly can affect your mental health along with your arteries.

Try to incorporate more healthy foods into your diet to fight low mood in winter. Leafy greens can help boost your immune system, and research such as this [study from 2018](#) show that omega-3 fatty acids you find in mackerel, salmon, walnuts and even chia seeds can help reduce depression symptoms.

Read more about the best foods to fight depression [here](#).

Set realistic goals

January is the time of year we make New Year's resolutions. It's also the time of year we drop them. Setting over-ambitious goals in the middle of winter can be a recipe for disappointment.

Review your goals for the year and ask yourself how you can make them more realistic and achievable. Sometimes, it's not about aiming for the moon. Taking baby steps toward your goals is great too!

Do something fun

The post-holiday blues can make everything feel very dull in January. After the holiday cheer, getting back to work and our daily routine provides a stark contrast. But who said the beginning of the year had to be boring?

Take the time to do things you enjoy. It could be curling up in bed with a good book, starting a new sketchbook, playing cards with friends, going swimming... Whatever floats your boat! Make sure your hobbies are not the first thing to go when you're busy. You should allocate time to them in the same way you allocate time to your more "serious" activities.

Get on a social media detox

Several studies suggest a strong link between social media usage and symptoms of both depression and anxiety. Often used right before bed, social media has also been found to affect the amount and quality of sleep of users.

A [2018 study](#) published in the Journal of Social and Clinical Psychology found that limiting social media use to half an hour each day could help improve wellbeing. Why not try a light social media detox to beat the January blues?

Practice gratitude

Practicing gratitude can help us pay more attention to the good things in life and “reprogram” our minds to focus on the positive.

One way to practice gratitude is to write down five things you’re grateful for every night before bed. It’s a way to look back on your day in a positive light and put your worries in perspective.

Segment taken from Talk Life – [January Blues](#)

If you need any help or advice, please contact –

Designated Safeguard Lead – Katherine Roberts Mobile 07425 783919 Office 01793 686182

Katherine.Roberts@f-tec.org.uk

Deputy Safeguard Lead – Sarah Engley Office 01793 686182

Accounts@f-tec.org.uk

By Katherine Roberts January 2023