

What is Safeguarding and protection of children?

Safeguarding is the protection of children from harm and abuse. It involves promoting the welfare of children and young people, as well as protecting them from any kind of risk or danger.

The aim of safeguarding is to ensure that all children have a positive experience within their family, education, social and community environments by providing support and protection when needed.

Is safeguarding children the same as child protection?

No, safeguarding children is not the same as child protection.

Safeguarding and child protection are very closely linked, but they're not the same thing. Safeguarding is a broader term that involves identifying risks, as well as implementing strategies to reduce potential harm or abuse.

Child protection measures involve specific interventions to protect children from any form of significant harm. It should be noted that child protection measures may be necessary in cases where there is a risk of abuse or neglect, but not necessarily in all cases of safeguarding.

A simple way to know the difference is:

<https://socialworkhaven.com/safeguarding-children-and-child-protection/>

| SAFEGUARDING | CHILD PROTECTION |
|---|--|
| Safeguarding children is to prevent that harm from happening. | Child protection is how we respond to harm identified. |

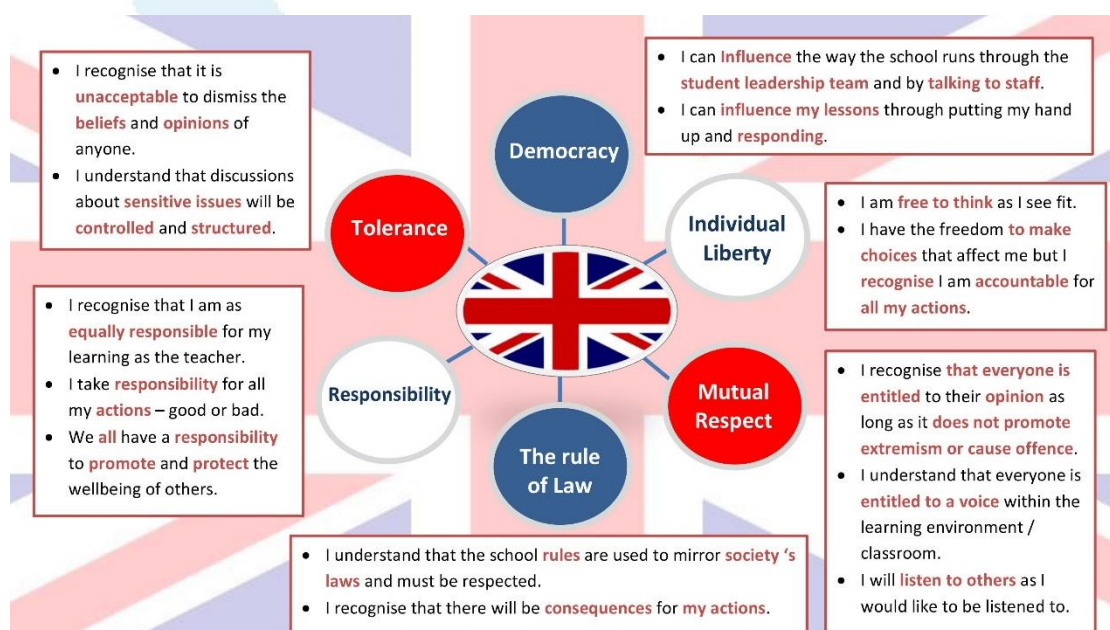


British Values

Fundamental British Values are not exclusive to being British and are shared by other democratic countries as a way of creating an orderly society, where individual members can feel safe, valued and can contribute for the good of themselves and others.

- **Democracy** – A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities. Examples include Team meetings and joint decision making. *‘An understanding of how citizens can influence decision-making through a democratic process’*
- **Rule of Law** – The need for rules to make a happy, safe and secure environment to live and work. Examples include Agreed ways of working, policies and procedures. *‘An appreciation that living under the rule of law protects individual citizens is essential for their wellbeing and safety’*
- **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. *‘An understanding of the importance of identifying and combating discrimination’ and/or ‘An acceptance that other people have different faiths and beliefs to oneself (or having none) should be accepted and tolerated, and should not be the cause of prejudicial or discriminatory behaviour’*
- **Individual Liberty** – Protection of your rights and the right of others you work with. *‘An understanding that the freedom to choose and hold other faiths and beliefs is protected in law’*

Segment taken from: <https://hdhs.org.uk/about/british-values-2/>





Peer Pressure

The people around you (your peers) influence your day-to-day decisions, even if you don't realise it.

Peer pressure means feeling like you must do something because people around you want you to or expect you to. It might be to make someone else happy or to fit in with a new group. It's okay to say no if you don't want to or feel uncomfortable. You have the right to choose what's best for you, even if it's not what other people think is best.

Peer pressure doesn't just have to come from those directly around us. As young people's lives move increasingly online, they have an almost infinite stream of content that can influence them to make decisions.

Some examples of peer pressure could be:

- Drink, smoke or take drugs
- Bully someone
- Lose weight or look a certain way
- Have sex or send sexual messages or images
- Get into trouble

Ways to Say No

It can be hard to say 'no' to your friends, especially when they're all joining in.

Sometimes it can feel like you have to do what they tell you to in order to be accepted. It can make you feel scared and alone.

It's not okay for friends to pressure you like this. And it's not your fault. Try these tips to help:

1. Say it with confidence - Be assertive. Practise saying 'no' so that it's easier when someone asks. Avoid situations which make you feel unsafe or uncomfortable. You could explain that you're going to pay for something instead of stealing it. You could also explain how the person who is putting pressure on you is making you feel. People should respect this and your choices, but this doesn't always happen.

2. Find friends who share the same values - Having friends who share your values and also don't want to do the same things as you, can make things easier. It's easier to say no to things together.

3. Think of an excuse - It should always be ok to say no to something you don't want to do, but if it feels too difficult then you could think of an excuse you could use, like 'I need to be home soon.'

4. Suggest something else to do - If you don't feel comfortable doing what your friends are doing, you could suggest something else instead. You can also leave the situation if you're feeling really uncomfortable.

5. Avoid certain situations - You could try avoiding situations where you may be under pressure to do something you don't want to do, such as not going somewhere you know people will be drinking alcohol or taking drugs.

6. Stand up for others - If you see someone else being pressured in to do something they aren't comfortable with, it could really help them if you stand up for them. You can persuade others to not give them a hard time, as long as you feel safe to do so


Segments taken from : <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>

Getting Help

If you're being peer pressured and you need support ChildLine have got advice to help.

Segments taken from: <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>


WAYS TO GET SUPPORT



Send an email

Send an email from your Childline account and we'll reply within 24 hours.


[Write an email →](#)



Call for free on 0800 1111

The fastest way to reach us. Call for free on any phone and it won't show on the bill.


[Call us →](#)



Log-in for a 1-2-1 counsellor chat

Chat with a counsellor in a safe space online about whatever is worrying you.

[Chat now →](#)



Sign with us

Chat to a counsellor with help from a British Sign Language interpreter.

[Chat with us →](#)

<https://www.childrenssociety.org.uk/what-we-do/blogs/unmasking-the-dangers-of-peer-pressure-on-young-people#:~:text=Research%20shows%20that%20there%20is,the%20pressure%20to%20fit%20in.>



If you need any help or advice, please contact –

Designated Safeguard Lead –

Arizona Sykes

Emergency Mobile 07425 783919

Office 01793 384449

Arizona.Sykes@f-tec.org.uk

Deputy Safeguard Lead –

Sarah Engley

Office 01793 384449

Accounts@f-tec.org.uk