

# SAFEGUARDING & PREVENT JUNE 2026

As we move into the summer period, routines often change, social activity increases, and more events take place in the community.

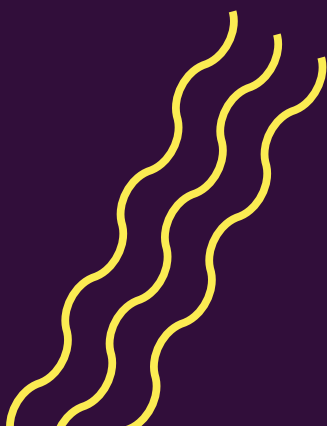
This edition of the Safeguarding Newsletter focuses on **staying safe, informed, and aware during the summer months**, both in-person and online.

We explore how to stay safe at large events, protecting yourself online, understanding risks linked to warmer weather, and promoting respectful, inclusive environments for all.

The aim is to support you to feel confident in recognising risks, making informed choices, and looking out for yourself and others.

## IN THIS EDITION, WE WILL EXPLORE

- Community safety at summer events
- Summer health and sun safety
- Online safety and emerging digital risks
- Understanding and challenging antisemitism



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### SAFEGUARDING IN THE COMMUNITY: STAYING SAFE AT SUMMER EVENTS

Festivals, concerts, sporting events, and public gatherings can be enjoyable experiences. However, large crowds and busy environments can increase risks.

Being aware of your surroundings and planning ahead can help you stay safe and support others.

**Safeguarding is about awareness, not fear. Small actions can make a big difference.**

#### KEY SAFETY TIPS



Plan ahead and know your route home



Stay with people you trust where possible



Keep your belongings secure



Be aware of exits and safe spaces



Trust your instincts if something feels wrong



Trust your instincts if something feels wrong

UK festival safety guidance

[Drinkaware guidance](#)

#### Additional awareness

- Drink and substance safety
- Crowd awareness and avoiding unsafe situations
- Knowing how to get help quickly

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### SUMMER SAFETY: ENJOYING THE SUN RESPONSIBLY

Warmer weather and longer days can have a positive impact on wellbeing.

Exposure to sunlight helps the body produce Vitamin D, which supports mood and overall health.

However, too much sun exposure without protection can increase the risk of sunburn, dehydration, and longer-term health concerns.

**Balancing enjoyment and protection is key.**

#### Benefits of sunlight

- Supports Vitamin D levels
- Can improve mood and energy
- Encourages outdoor activity

#### Staying safe in the sun

- Use sunscreen with appropriate SPF
- Stay hydrated throughout the day
- Take breaks in the shade
- Wear suitable clothing and sunglasses
- Avoid peak sun times where possible

[NHS Sun Safety](#)  
[Cancer Research UK guide](#)

What simple habits could you build into your routine to stay safe in warmer weather?

Cancer Research UK  
sun safety awareness  
(click to go to video)



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### ONLINE SAFETY: STAYING AWARE IN A DIGITAL WORLD

Online spaces are part of everyday life. While they offer connection and opportunities, they also present risks that are becoming more advanced.

**Understanding these risks helps you protect your identity, privacy, and wellbeing.**

#### KEY RISKS TO BE AWARE OF

##### Fake accounts and catfishing

Not everyone online is who they say they are

##### Location sharing

Snapchat map and location tagging can reveal where you are in real time

##### Oversharing

Posting personal details can increase vulnerability

##### AI-generated scams

Messages, voices, or images may be fake but convincing

##### Deepfakes and manipulated images

AI can create realistic but false content

##### QR code scams

Codes can link to harmful or fake websites

##### Password risks

Weak or reused passwords increase vulnerability

**How do you decide whether something online is trustworthy or not?**

#### How to protect yourself

- Turn off location sharing where possible
- Check privacy settings regularly
- Think before you share
- Use strong and unique passwords
- Verify messages and links
- Speak to someone if something feels wrong

[ThinkUKnow \(CEOP\)](#)

[NSPCC online safety hub](#)

[BBC Own It \(videos and quizzes\)](#)

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### SAFEGUARDING AWARENESS: UNDERSTANDING AND CHALLENGING ANTISEMITISM

**Antisemitism** is discrimination or prejudice against Jewish people.

Safeguarding includes creating environments where everyone feels safe, respected, and free from discrimination.

Raising awareness helps individuals recognise inappropriate behaviour and respond in a **safe and respectful way**.

#### Awareness points

- Comments, jokes, or stereotypes can be harmful
- Online content may spread misinformation
- Discrimination can happen in subtle or direct ways
- Challenging prejudice helps create safer environments

#### What you can do

- Be mindful of language and behaviour
- Challenge inappropriate comments respectfully
- Report concerns where needed
- Support inclusive and respectful environments

[Holocaust Educational Trust resources](#)  
[Anti-Semitism Trust](#)  
[What is Anti-Semitism](#)

Why is it important to challenge harmful language, even when it may seem small or unintentional?





## RAISING A SAFEGUARDING CONCERN

As your training provider, Instep has a duty of care to its learners, we need to ensure that you are protected from harm, abuse and exploitation. If you would like to raise a safeguarding concern, please either phone 07849 643815 or email [safeguarding@instepuk.com](mailto:safeguarding@instepuk.com) you can also scan the QR code above to raise a concern.

### Meet Instep's safeguarding team:



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If you have any suggestions for future updates please advise your Coach