

KEEPING YOURSELF SAFE

Your
safety and
wellbeing



WELCOME

In our everyday lives and at college, we have responsibility to keep ourselves safe on and off campus.

At college, everyone must adhere to the [Code of Conduct](#) and demonstrate the behaviour and [Attributes](#) expected of us.

This is to ensure we can learn and interact in an environment with mutual respect and understanding. Together we can create a safe, fulfilling and positive environment.

Our award-winning [Learning Philosophy](#) helps us to understand how to teach and enable people to learn effectively.

To bring this to life, we utilise the important relationship between the brain, motivation and emotions. It's a key topic to keeping yourself safe.

Keeping yourself safe

Here are the other topics you need to understand in order to keep yourself safe at college:

- » British Values
- » Sexual health – Speak Up Speak Out
- » Prevent – Extremism, Radicalisation and Incel
- » County lines
- » Online Safety
- » Behaviour – Code of Conduct and Attributes
- » Mental Health and Wellbeing

Being part of the community

What does it mean to be a student at Activate Learning?

Our students:

- » Are responsible for themselves and play an active role in college life.
- » Celebrate difference in our communities – we are all unique!
- » Know what they want to achieve and how to achieve it.

- » Are ready to learn, be engaged in lessons and stay motivated.
- » Look after their wellbeing – both physically and mentally.
- » Are respectful, polite and kind.
- » Form healthy relationships with their peers and act with integrity.



BRITISH VALUES

In our learning, campus, and workplace environments we promote the four fundamental British values of:

- » **Democracy and democratic processes** support you to have input into what and how you learn which will increase your motivation and engagement with your studies.
- » **Rule of Law** helps you to develop an understanding of the value and the reasons behind guidelines, rules and laws that govern and protect us.
- » **Individual Liberty** encourages choice and freedom to determine your own learning as well as recognising how to exercise these freedoms safely and respectfully.
- » **Mutual respect and tolerance** help you develop personal respect and respect for others, valuing diversity.

Other resources

Learn more about British Values in action at [Activate Learning](#)



SEXUAL HEALTH – SPEAK UP SPEAK OUT

Everyone should feel comfortable and safe in and outside college. Your wellbeing is important to your happiness, doing well in your studies and having an enjoyable experience on campus.

Our Speak up Speak out campaign is about creating a culture where we safeguard our students from any form of sexual harassment, abuse or violence.

Taking care of you and your sexual wellbeing

As part of the campaign, we explore the following topics:

- » Consent
- » Sharing nudes and sexting
- » Porn and revenge porn
- » Online sexual abuse
- » Sexist stereotypes and sexualised language
- » LGBTQ – homophobic and transphobic abuse
- » Peer-on-peer abuse
- » Sexual harassment and sexual violence
- » Healthy respectful relationships

If you need advice or further information, speak to our student Safeguarding team on **01865 550 401** or email safe@activatelearning.ac.uk.

Other sexual health resources

[Learn more about these topics and looking after your sexual wellbeing](#)



PREVENT – EXTREMISM, RADICALISATION AND INCEL

We want to ensure everyone's safety on campus and ensure an inclusive environment free from radical thinking or extremism.

Extremism

People who have certain beliefs about politics or religions which are hateful, dangerous or against the law are often known as extremists.

Radicalisation

A process by which an individual or group comes to adopt increasingly extreme political, social, or religious ideals and aspirations.

Incel

Incel stands for "involuntary celibate" – the name assumed by deeply misogynistic men who believe women, genetics and society are to blame for their lack of sexual intimacy.

What to do if you suspect this is going on

These are Safeguarding issues and to help **PREVENT** issues, if you hear or see something that concerns you tell someone.

You can speak to a trusted adult about your concerns and educate yourself on Prevent training.

At college

Email safe@activatelearning.ac.uk

Call **01865 550401**

Outside of college

Police - Call **101**

Emergency Services - Call **999**

Anti-terrorist hotline – Call **0800 789 321**
(immediate threat to life or property)

Other Prevent resources

[Prevent poster](#)

COUNTY LINES

County lines is a term used to describe gangs and organised criminal networks involved in exporting illegal drugs from one county to another in the UK. To communicate, they often use dedicated mobile phone lines or other form of 'deal line'.

These county lines gangs often exploit young people and vulnerable adults to move and store drugs and money throughout local communities. They will use tactics including coercion, intimidation, violence (including sexual violence) and weapons to do so.

Signs to look out for in your area include:

- » An increase in new visitors and cars to a house or flat
- » Change in resident's mood and/or demeanour (e.g., withdrawn/aggressive/ emotional)
- » Substance misuse and/or drug paraphernalia or unexplained injuries
- » Unexplained changes in the way young people you might know dress including unaffordable new clothes, etc.
- » Young people seen in different cars with unknown adults or in areas they have no connection with.
- » Unwillingness to explain their whereabouts
- » Truancy, exclusion, disengagement from school and an increase in anti-social behaviour in the community

What to do if you suspect this is going on, or if you have concerns

Trust your instincts! If you notice anything which may be related to County Lines, report it.

At college

Speak to a trusted adult about your concerns by email - safe@activatelearning.ac.uk or call **01865 550401**

Outside of college

Speak to a trusted adult about your concerns (whether about yourself or a friend)

Speak to your local police by dialling **101** or **999** in an emergency

Contact Crimestoppers on **0800 555 111** if you wish to remain anonymous crimestoppers-uk.org

Call Childline on **0800 1111**

Other Prevent resources

[National Crime Agency - County Lines](#)

ONLINE SAFETY

Online safety protects people using devices and networks online from harm through awareness, education, information and technology.

It is about being aware of possible threats that you could encounter whilst engaging in activity online. These could be security threats, protecting and managing your personal data, online reputation management, and avoiding harmful or illegal content. It is being aware of yours and others' safety when using digital technologies.

It isn't about criticism and chaos, it's about focusing on the positive and enriching side of digital life whilst recognising its challenges and how to best approach them.

Staying safe online

You can stay safe online at college by:

- » Knowing my online actions may have offline consequences
- » Being aware that copyright laws exist
- » Knowing that my internet use is monitored to protect me
- » Knowing that it can be a criminal offence to use someone else's account and systems without their permission
- » Understanding that I can break the law if I send threatening and offensive messages
- » Understanding that I can break the law if I send nude or semi-nude images

Privacy

You can protect your privacy online at college by:

- » Keeping my password and personal information secret
- » Knowing I must always check that my privacy settings are confidential

Reporting

You can protect yourself at college by reporting:

- » Inappropriate content displayed
- » Faulty equipment
- » Account misuse
- » If you experience bullying online

Responsibility

You can take responsibility online at college by:

- » Respecting the IT systems and equipment at Activate Learning
- » Checking the reliability of the online content, in case it is untrue
- » Being responsible or I will lose my right to use digital technology

Respect

You can respect online usage at college by:

- » Only opening messages which I believe are safe
- » Always using technology to support my studies and further my education
- » Understanding that the college has internet filters in place to protect me
- » Always thinking before I post as once I upload content it can become public and difficult to delete

Helplines:

NSPCC - **0808 800 5000**

Revenge porn helpline - **0345 6000 459** or email help@revengepornhelpline.org.uk

Other online safety resources

[Student IT Acceptable Use Guidelines](#)

[SWGFL – what is online safety?](#)

[NSPCC – online safety](#)

[Reporting harmful content online](#)

[Social media, online gaming and keeping children safe online](#)



BEHAVIOUR

Our Attributes and Code of Conduct illustrate the behaviour expected of everyone on campus.

Attributes

We work closely with employers to identify the characteristics and skills they are looking for in potential employees.

We help you to identify your desirable attributes and which you can strengthen throughout your programme. This ensures your future employability is the focus throughout your studies.



We help you to develop your people skills so you can become a master in communication and customer service.

- » Collaborative
- » Customer Focused
- » Communicative



We teach you how to adapt to changing situations and persevere to reach your goals, giving you the best chance to thrive and succeed.

- » Adaptable
- » Persevering
- » Self-Reliant



We help you to develop a reflective attitude towards yourself. That way, you can play to your strengths and be able to work on your weaknesses.

- » Self-Aware
- » Respectful
- » Reflective



We build your confidence to prepare you for the workplace. You'll present your real self to employers: a motivated, proactive and inquisitive individual.

- » Motivated
- » Inquisitive
- » Proactive



We encourage positive risk-taking alongside creative problem-solving, boosting your leadership skills and resourcefulness.

- » Creative Problem Solver
- » Resourceful
- » Risk Taker

Code of Conduct

Our Attributes and Code of Conduct are all about conducting yourself in a considerate way. This will help you develop strong employability skills.

Our Code of Conduct helps make our campuses safe and supportive places in which to learn. We ask and expect every learner to agree to keeping to these rules.

Other behaviour resources

Learn more about Attributes at [Activate Learning](#)

Learn more about the Code of Conduct at [Activate Learning](#)



MENTAL HEALTH AND WELLBEING

Your mental health and wellbeing is the most important thing to ensure you lead a fulfilling life in and out of college

At Activate Learning, we have a host of dedicated resources to ensure your emotional wellbeing is supported allowing you to thrive in your studies.

These include:

- » Dedicated Safeguarding, Student Support and Student Enrichment teams
- » Counselling services and college nurse

Other mental health and wellbeing resources

- » [Mental health support for students at Activate Learning](#)
- » [10 ways to wellbeing](#)
- » [Activate Learning celebrates Mental Health Awareness Week 2022](#)
- » [Looking after your wellbeing during exam season](#)
- » [How we support our students overcome the long-term effects of bullying](#)







www.activatelearning.ac.uk

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