



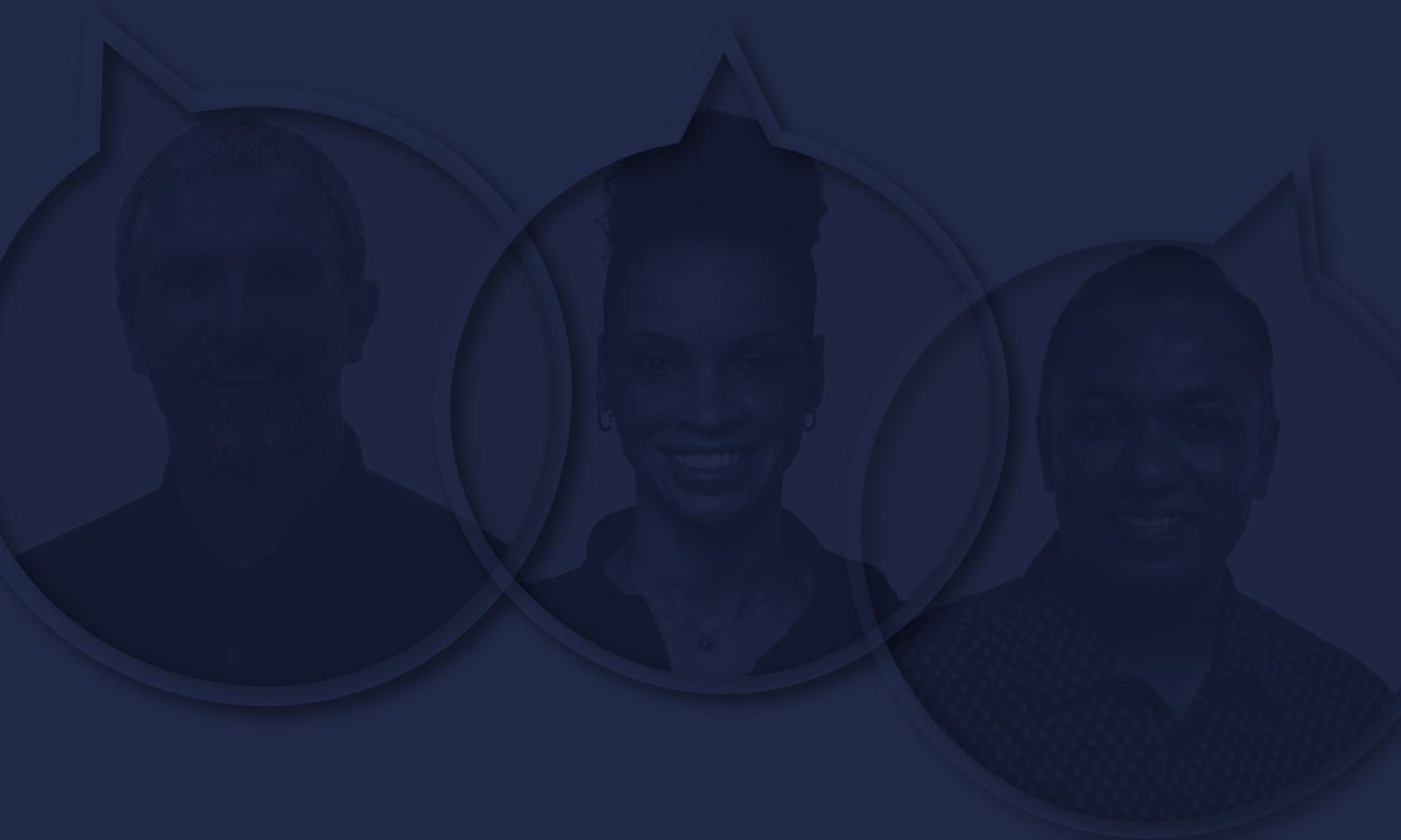
**DCG**

**DERBY COLLEGE GROUP**

A guide for Adult Students at DCG

# **SAFEGUARDING AND WELLBEING**

**KEEPING YOU SAFE**



**SAFEGUARDING IS EVERYONE'S BUSINESS**

# SAFEGUARDING

As an adult student at Derby College Group (DCG) you may find yourself at times in need of care and support or in a position where you feel you are at risk or maybe experiencing abuse or neglect. DCG places the highest importance on safeguarding and the safety and well-being of students is paramount.

The Designated Safeguarding Lead at DCG is:

## Robert Bamford

Director of Health and Safety

Email: [robert.bamford@derby-college.ac.uk](mailto:robert.bamford@derby-college.ac.uk)

Tel: 07395 600 045

The Deputy Designated Safeguarding Leads are:

## Guy Hodgkinson

Safeguarding Team Manager

Email: [guy.hodgkinson@derby-college.ac.uk](mailto:guy.hodgkinson@derby-college.ac.uk)

Tel: 07740 423971

Types of abuse and neglect you may need support with:

**Physical Abuse** may involve hitting, shaking, poisoning, burning, etc.

**Emotional Abuse** involves controlling another person by using emotions to criticise, embarrass, shame, blame and bully to wear down a person's confidence and self-esteem.

**Neglect / Homelessness** is the ongoing failure or inability to meet a person's basic needs such as food, weather appropriate clothing, and a safe, warm place to live and sleep.

**Domestic abuse** is an incident or pattern of incidents of controlling, coercive, threatening, degrading or violent behaviour by a partner or ex-partner, a family member or carer.

**Exploitation** involves being given things, like gifts, drugs, money, status and affection, in exchange for performing sexual activities, stealing or dealing in drugs

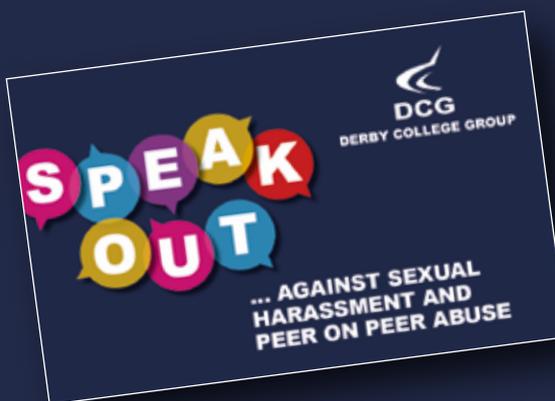
**Female Genital Mutilation** is a procedure carried out, usually on young girls, involving partial or total removal of the external female genital organs or any other injury to the female genital organs for nonmedical reasons.

**Modern Slavery** involves forced labour for little or no money.

**Forced marriage** is when you face physical pressure to marry (for example, threats, physical violence or sexual violence) or emotional and psychological pressure (for example, if you're made to feel like you're bringing shame on your family).

**Bullying** is unacceptable and should not be tolerated. It can affect anyone and we are all potential targets - at college, in the community, at work, on line or at home. Bullying is behaviour by an individual or group, repeated over time, that is intended to hurt another individual or group either physically or emotionally.

**Sexual abuse and sexual harassment** encompasses a wide range of behaviours including forcing someone to take part in sexual activities, sending unwanted sexual images or messages online, pressurising someone to share sexual images or videos of themselves, using sexualised language and making sexual comments about a person's appearance or personality. DCG adopts a whole college zero-tolerance approach to sexual harassment and sexualised language. The College aims to create an environment where staff model respectful and appropriate behaviour, where students are clear about what is acceptable and unacceptable behaviour, and where they are confident to ask for help and support when they need it.



## HELP AND SUPPORT

If you, or someone you know, is experiencing any of the above, DCG are here to help. Email [safeguarding@derby-college.ac.uk](mailto:safeguarding@derby-college.ac.uk) and someone will get back to you as soon as they can or if you're on site during office hours, you can call and speak to one of the Student Safeguarding Team face to face.



# MENTAL HEALTH

Mental Health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community.

If you are finding it difficult to manage how you think, feel and act with respect to daily stresses, it could be a sign of poor mental health. Mental illnesses are conditions that affect a person's thinking, feeling, mood or behaviour.

**Anxiety** is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes, especially if they could have a big impact on your life.

**Depression** is a mental health problem that involves having a low mood or losing interest and enjoyment in things. If you experience milder depression, you might have low mood but still be able to carry on with your daily life. But things may feel harder and less worthwhile.

**Eating Problems** result from a relationship with food that you find difficult. Changing your eating habits every now and again is normal but if you feel like food and eating is taking over your life, it may become a problem.

**Loneliness** is felt by all of us from time to time. Feelings of loneliness are personal, so everyone's experience will be different.

**Panic Attacks** are a type of fear response. They're an exaggeration of your body's normal response to danger, stress or excitement.

**Self Harm** is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences.

**Suicidal thoughts and feelings** can mean having abstract thoughts about ending your life or feeling that people would be better off without you.

## HELP AND SUPPORT

Email: [safeguarding@derby-college.ac.uk](mailto:safeguarding@derby-college.ac.uk) and someone will get back to you as soon as they can or if you're on site, you can call and speak to one of the Student Safeguarding Team face to face.



Visit this website for all the self help, support and information resources you need at: [derbyandderbysshireemotionalhealthandwellbeing.uk/adult](http://derbyandderbysshireemotionalhealthandwellbeing.uk/adult) or [moodle.derby-college.ac.uk/course/view.php?id=1246574](http://moodle.derby-college.ac.uk/course/view.php?id=1246574)



## BRITISH VALUES

At DCG we promote British Values, these are:

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

**The rule of law** - The need for rules to make a happy, safe and secure environment to live and work.

**Individual liberty** - Protection of your rights and the rights of others around you.

**Mutual respect and tolerance of different faiths and beliefs** - 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.



## PREVENT

It can be hard to know what to do if you're worried someone is expressing extreme views or hatred, which could lead to them harming themselves or others. Extremism and radicalisation might include interest in violent groups associated with faith, religion, the far-right, animal rights and other causes. Working with other organisations, the police protect vulnerable people from being exploited by extremists through a Home Office programme called Prevent.



**If you have concerns about someone, please report it – you won't be wasting police time and you won't ruin lives but you might save them. Call the ACT Early Support Line on 0800 011 3764, in confidence, to share your concerns with specially trained police officers.**

## ONLINE SAFETY

Online Safety is being aware of the nature of the possible threats that you could encounter whilst engaging in activity through the Internet, these could be security threats, protecting and managing your personal data, online reputation management, and avoiding harmful or illegal content. It's about focusing on the positive and enriching side of digital life whilst recognising its challenges and how to best approach them.

- Consider what information should be kept private and decide on rules for making and meeting online friends.
- Ensure you know the possible risks of accepting friend requests from strangers online.
- Make sure you are using strong passwords to protect online accounts. It is important that passwords are kept safe. Do not share them with anyone or use the same password for several accounts.
- Do not allow other people to use your devices when using your personal information.
- Safety settings are important when using webcams and any applications or devices which allow voice or video chat
- Ensure that you know how to block and report inappropriate content. Talk to someone about this and where possible do not retaliate or respond to incidents. Keep any evidence you have, should the matter be investigated at a higher level.
- Remember, once a picture, video or comment is sent or posted online, it can be very difficult to remove as other people can forward it and share it with others, without you knowing.

## HELP AND SUPPORT

Email: [safeguarding@derby-college.ac.uk](mailto:safeguarding@derby-college.ac.uk)  
or call 0800 028 0289 and ask for someone from the safeguarding team.

