

AUG 2024

Nova Training

SAFEGUARDING NEWSLETTER

QUARTER 1 - EDITION 2

SAFEGUARDING TEAM

SKINNY JABS

WHATSAPP SCAMS

SEXTORTION

NITROUS OXIDE

LGBTQ+ PRIDE MONTH

FAKE NEWS

***UNLICENSED "WEIGHT LOSS" DRUGS HAVE
CAUSED MANY TO FALL VIOLENTLY ILL***

***CRIMINALS WILL ATTEMPT TO GAIN ACCESS TO
YOUR WHATSAPP ACCOUNT IN AN ATTEMPT TO GET
MONEY FROM THE PEOPLE IN YOUR CONTACTS***



Welcome to Nova Training's second Safeguarding Newsletter. We aim to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. In this issue we feature the dangers of the skinny jab, what to look out for with Whatsapp group chat scams, sextortion, nitrous oxide, why is it so dangerous?, LGBTQ+ Pride Month and Fake news and False Information

Oliver Preece - Editor

Safeguarding Team



Sue Hobson

Deputy Safeguarding Lead

07415 213 071

Sue.Hobson@novatraining.co.uk



Sam Palmer

Designated Safeguarding Lead

07534 486 890

Sam.Palmer@novatraining.co.uk



Deepa Freebury

Deputy Safeguarding Lead

07411 668 813

Deepa.Freebury@novatraining.co.uk

If you are worried about yourself or a friend we can help!

Worries might include:

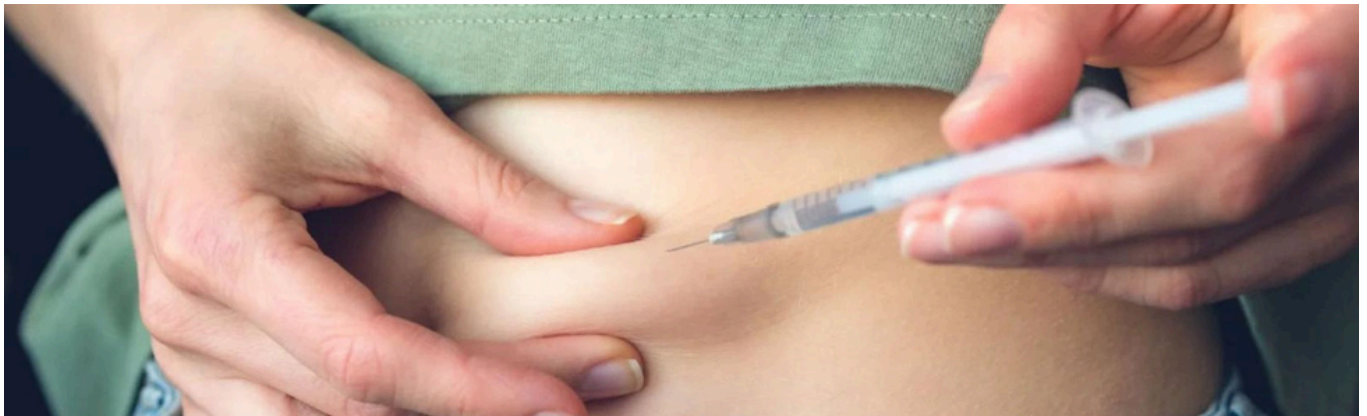
- Personal safety
- Stress and anxiety
- Bullying
- Friendship
- Worries about homework
- Health and mental health issues

For help, please speak to your centre manager or contact a member of the designated safeguarding team in confidence

**NOVA TRAINING IS
COMMITTED TO THE
SAFETY AND
WELL-BEING OF
OUR LEARNERS
AND STAFF.**

Should your concern be urgent, please be responsible and contact the police on 999 or 101

The Dangers of Skinny Jabs



Within the last year, a rise in unlicensed "weight loss" drugs has caused many to fall violently ill. Known as the 'Skinny Jab' it is an unlicensed version of semaglutide which is an active ingredient in Ozempic, a type 2 diabetes medication, and has been sold to many by unregulated sellers online and through social media.

The prescription medication is to be only prescribed at a doctor's discretion after several checks are completed first to make sure it is safe for you to use. The drug lowers your blood sugar levels and slows down how quickly food leaves your body causing you to have a lower appetite. While pharmacies struggled to get a hold of this drug, "diet kits" began to pop up as a new way to lose weight quickly.

As with any drug unlicensed selling of them can be dangerous as they can be tampered with or they could be diluted down and not function in the correct way that they should, this in combination with people not getting the proper checks completed before it is considered safe to use was a recipe for disaster.

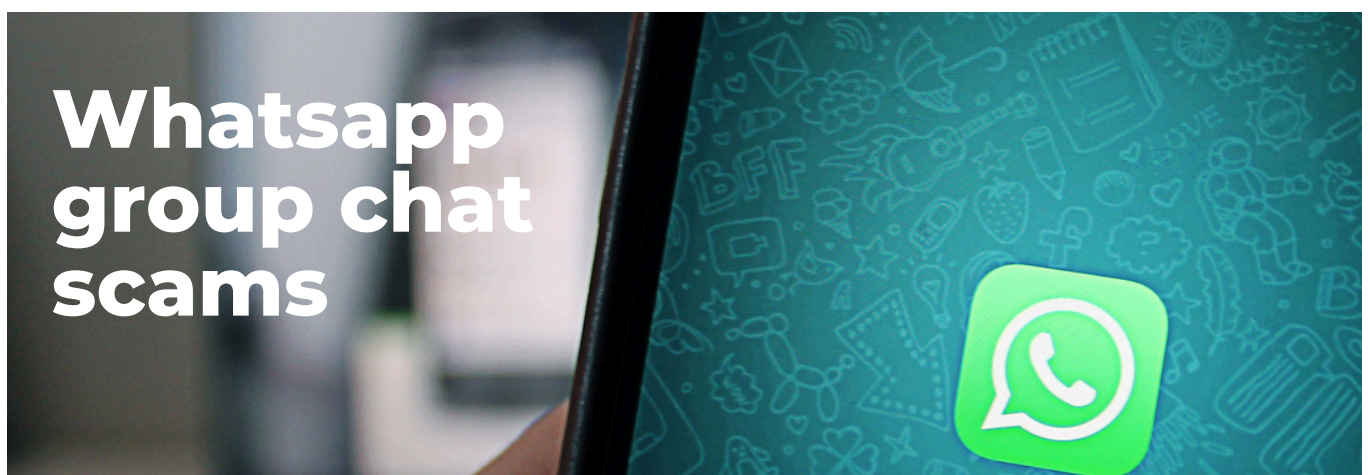


BBC news spoke to a lady called Maddy, 32, who was hospitalised after using the drug. Ordering a kit from "The Lip King" on Instagram, Maddy spent £200 on injections in hopes that they make her lose weight as advertised. Following her order she was sent a video of how to use the injection and advised her to take a dangerously higher dosage than would be recommended.

Following her first injection she fell ill, being bed-bound and vomiting straight away. Maddy left it for a few weeks and tried again after her illness had subsided. This time she was woken up vomiting blood and she was taken to A&E on a drip.

This is not the only person who has been affected by this and "The Lip King" is not the only seller and there are many out there charging extortionate amounts for medication that is needed by people for their health. It is illegal for this to be sold without a prescription and anyone offering this drug is committing a crime.

So how can you stay safe? Keep vigilant, if you see any advertisements that seem too good to be true or if someone is advertising a miracle weight loss injection, think about where this has come from and if the person should even be selling it at all. If you have concerns about your weight or health speak to a medical professional, they will be able to point you in the right direction, it will not be instant but guidance from a medical professional will keep you safe and healthy. Tell people you know, if you know anyone who may be using or may be looking into using the skinny jabs tell them about the dangers of them and their actual purposes, make everyone aware of it so the shortages for the people who actually need it can be stopped.



WhatsApp, the popular messaging service has been subject to over 600 reports of fraud from victims in group chats over the past year. Mostly targeting bigger group chats the criminals will attempt to gain access to your WhatsApp account in an attempt to get money from the people in your contacts

How does this work? The fraudster will first call a member of the group through an audio call in an attempt to gain trust and they will claim to be another member of the group. They then send you a one-time passcode to join an upcoming video call with group members and will ask you to share the passcode with them so they can be registered to join the video call. In actual fact the passcode is not really a passcode for a video call, it is a registration code to allow the scammer to get access to your WhatsApp account and register it on a new device.

Once they have access to the account they will enable two-step verification which then makes it impossible for you to access your account. They then message other members of the group chat or friends and family in your contacts to ask them to urgently transfer money as they are in desperate need of help.

The head of the National Fraud Intelligence Bureau at the city of London police has urged people in big group chats to stay vigilant and monitor everyone who joins the groups as it could be anyone who is looking to commit this crime. Never share your account details, passcodes or verification codes with anyone. If you think that you are being targeted by someone, report the message and block the sender.

For extra protection, make sure to enable two-step verification, this will stop anyone from instantly gaining access to your account and provide an extra level of security.

To avoid being a victim of these scams remember to:

- Set up two-step verification (2SV), go into the app settings, then account, the two-step verification and select available
- Call the person, if a family member or a friend makes a suspicious or unusual request on WhatsApp call them outside of WhatsApp to make sure they are the ones that sent the request
- Report any spam or suspicious messages and block the sender within WhatsApp.

If you have been a victim of fraud or cybercrime please report it at www.actionfraud.police.uk or call 0300 123 240



sextortion

/ˌsekˈstɔːr.jən/ noun.

the practice of forcing someone to do something, particularly to perform sexual acts, by threatening to publish naked pictures of them or sexual information about them.

Sextortion is a growing crime and is a form of blackmail and intimate image abuse. Also known as webcam blackmail, it involves the threat of sharing images or videos often 'nudes or sexually explicit content to gain money or force someone to do something against their will. People may use fake identities to befriend people online and they will build a relationship and trust with them so that they can manipulate, coerce or threaten a victim into sending intimate videos or images. They may even record sexual content without the victim's consent or knowledge via a webcam or the camera on a device.

Once they have them they will use the images and videos to blackmail the victim demanding money or more sexual content. They will often threaten to share them with their friends, family or other contacts and could also threaten to share them online or through social media. They can be individual people but are often part of organised criminal gangs and could be operating

outside the UK. Anyone can be targeted but young people and young adults are at a greater risk.

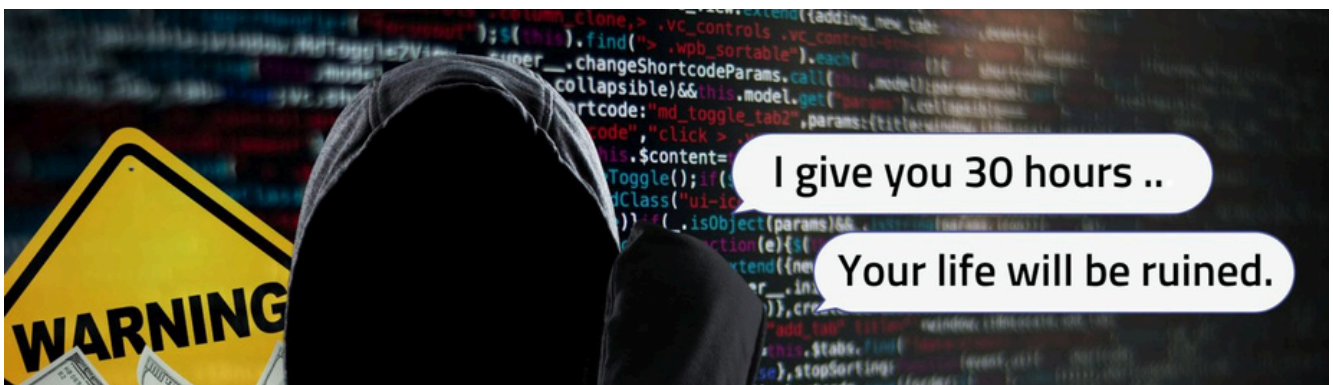
Every person who experiences this will react differently. Some common feelings due to this could be: guilt, shame, embarrassment, self-blame and humiliation, it can also be extremely distressing. You may also find that you experience interruptions to your sleep or your thought processes, feel stressed, experience low mood, low self-esteem or anxiety. You could also feel unsafe as you may be unsure of who has seen the images and you may be fearful that the images will be shared elsewhere in the future. These are common feelings that you may have but it can affect everyone differently.

If someone has posted sexual images or videos of you online, you can report them and the content to the websites or social media platforms to get them removed. The website <https://reportharmfulcontent.com/report/> lists the most common platforms and how to contact them.

If after reading this you think you are being threatened or blackmailed do not panic there are steps you can take:

- Don't pay them any money or don't send them any more if you have already paid them, they will likely demand higher and higher amounts and there is not guarantee that after paying them they will stop threatening you or they won't post the images or videos
- Don't meet any further demands
- Stop all communication, block them and report them
- Gather evidence. Keep all the messages they have sent you, take screenshots of any messages they have sent, and keep important information they may have sent you. This could be, bank details, email addresses, phone numbers and any information on their profile, if you decide to report to the police this information could help them.
- Tell someone you trust, this could be a family member, a friend or someone you trust in the centre. There are also other support agencies if you do not think you can talk to someone you know such as victim support or the revenge porn helpline. Talking to someone could help you to feel better about what has happened and they could support you through next steps.

There are a few things you can do that might help you feel safer online. You can review your privacy settings on all your accounts, and you could consider making your accounts private or at least restricting who can see it. Be aware of the risks and think how well you know the person and can you trust them before you share intimate pictures or videos. If you do send someone an image you can use the stop non-consensual intimate image abuse tool to prevent your images being shared online.





Nitrous Oxide, why is it so dangerous?

Nitrous oxide is a colourless gas sold in small canisters which is usually inhaled through balloons. It is a class C drug meaning it is illegal to be in possession, gift or sell it. If you are found to be in possession of it you can get up to two years in prison and/or an unlimited fine. If you are found to be supplying someone with it be that through giving it to someone or selling you can get up to 14 years in prison and/or an unlimited fine. So yes it is illegal, but why is it so dangerous to use?

There are many physical health risks with taking this which makes it so dangerous. As the canister it comes in is pressurised, if you inhale it directly from the canister it can cause injury and if inhaled in an enclosed space it can also be very dangerous. If you do take too much NO₂ you can risk falling unconscious and/or suffocating from the lack of oxygen in which people have died. You can experience dizziness which may cause you to act carelessly or dangerously. If you do regular heavy use of nitrous oxide it can lead to a vitamin B12 deficiency and to a form of anaemia. If you are severely deficient it can lead to serious nerve damage which results in tingling and numbness in the fingers and toes which can be very painful and make walking difficult. It can eventually lead to paralysis and lasting damage. Regular use can stop white blood cells from forming properly which can cause illnesses. If you use too much you can end up fainting, having an accident or worse.

If you or someone that you may know needs help due to the usage of Nitrous Oxide there are support groups out there. Re-Solv is a national UK charity which works to help support anyone whose life has been affected by gas and solvent usage such as Nitrous Oxide. They can help adults, young people and families. You can call them on 01785 817885 or call, text or Whatsapp them on 07496 959930. On their website <https://www.re-solv.org> you can live chat with them or you can email them at c4r@re-solv.org. They are available Monday to Friday 10 am until 4 pm and you can leave a message with them if outside those hours.

Childline
I have ~~no one~~
to talk to

0800 1111
www.childline.org.uk

However, if you are in an emergency please contact someone you trust, Childline on 0800 1111 if you are under 19, you can call your doctor or dial 999 in an emergency for an ambulance.

More information for re-solv can be found at <https://www.re-solv.org/>

LGBTQ+ Pride Month



As always June of this year was pride month, a time for supporters and members of the LGBTQ+ community to come together and celebrate their history, achievements and ongoing struggle for equality. As mentioned in the last edition there are parades and festivals from up and down the country which bring together individuals and organisations from all walks of life to celebrate.

These events are not limited to June however, they stretch all around the country up until September, visiting every major city and town you can think of. At Nova Training we have been attending some of these events to show our support: Dudley, Kidderminster and Dereham.

Being in the LGBTQ+ community can come with challenges, especially for young people. In 2022 the Trevor Project conducted a poll on 34,000 LGBTQ+ youth aged between 13 and 24, of those 34,000 73% reported symptoms of anxiety and 58% reported symptoms of depression. 45% had said they seriously considered suicide. Pressure and distress that can come from feeling the need to conceal their identities, the fear of harassment or discrimination, or feelings of rejection and or self-doubt can come from them being treated as who they are is something to be ashamed of.

Additionally, stressful or even traumatic experiences can impact their mental health. For example, being bullied, having little or no family support, lack of access to mental health care, physical harm, being threatened with conversion therapy or being misgendered. Having someone to support them or on their side or even just someone they can talk to is a massive help, it could be a doctor, an adult, role models or even being allowed to use their chosen names and or pronouns at school or home.

If you or someone you know feels like this as well as talking to someone about themselves and their feelings there are companies and organisations out there that can and will help to provide support and guidance, below I have listed a few however further organisations can be found at:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/useful-contacts/>



akt - They support LGBTQ people aged between 16-25 who are homeless, at risk of becoming homeless or living in a hostile environment.

<https://www.akt.org.uk/>



Consortium - This is a directory of services and groups for people who are lesbian, gay, bisexual and transgender.

<https://www.consortium.lgbt/member-directory>

Galop - They provide helplines and other support services for LGBT+ adults and young people who have experienced hate crime, sexual violence or domestic abuse. 0207 704 2040 (LGBT+ hate crime helpline), 0800 999 5428 (LGBT+ domestic abuse helpline), 0800 130 3335 (Conversion therapy helpline),

help@galop.org.uk or galop.org.uk



LGBT Foundation - A charity for advice, support and information for people identifying as LGBTQ+. 0345 3 30 30 30.

<https://lgbt.foundation>

The above four are just some of the many charities, companies, organisations and communities that can help LGBTQ+ people of any age.





FAKE NEWS ?

Fake News and False Information

This past month in the United Kingdom fake news and false information have been the root of the riots and violence spread across the country. Fake news can often seem believable and to people who may not be aware they can spread it, gradually this evolves to become “fact” and in some cases like the one we have seen in England can insight violence for something that is not true.

It is important to understand how to check if something is fake news and why it is important to remain cautious with news on the internet.

What is fake news?

Fake news is false information that is shared as if it were news to mislead and deceive others. There are many reasons why people may share or create fake news, people can make money through advertising in the posts or from people interacting with such posts, they could want to promote ideas and beliefs about organisations, companies' ideologies or even their own opinions. Some people also just want to trick or entertain people and do this through the medium of fake news.

There are two distinct types of fake news, misinformation and disinformation.

Misinformation is false or misleading information which is shared without the intent to mislead or deceive people.

Disinformation while similar to misinformation is shared with the intent to mislead or deceive people and is spread by people deliberately to spread lies to the public, make the public act and think a specific way and can even be used to earn money through clicks.



FAKE NEWS

How to identify fake news

While looking through the internet and print it is important to keep an eye out for these 9 things that can help you spot fake news:

1. Errors - Errors in spelling, punctuation and grammar (SPaG) are a great way to detect if something is untrustworthy. Sites that have errors all over the place are probably not going through quality checks as more reputable news sites would have to, which can put into question whether the organisation is real. Please Note: Small errors like missed punctuation every so often do not mean that the site is untrustworthy, errors slip through the cracks all the time even with more reputable sites, so keep an open mind when looking for errors and if they seem to be frequently repeated then it might be fake news.
2. Is it a joke? - Sometimes people will share misinformation because they take a joke to be serious. Information can often be shared online that is intended to entertain people and not actually to inform people. While it may be a joke to someone it may not be a joke to others and they could take it as factual. It is important to think if the information you are reading could be a joke to somebody.
3. Is it from a reliable source? - If information is being shared as a joke then it is likely that the site is known for releasing parody articles, checking this beforehand is vital to identifying if it is real or not. Check the content of the articles to see if it is contradicted by any other articles released about the topic to see if the information matches, the more articles you can check the better. Check if the site looks professional, check for legitimate contact information and if there are a lot of pop-up advertisements remain cautious, some genuine news sites do also use pop-up ads so make sure to check the content as well.
4. Is there a bias? - Bias is an underlying opinion, point of view or perspective of the world that guides your actions. Everyone has a bias towards something and in fake news, it can be difficult to check, as before check other sites and publications on the topic and check to see how the topic is represented. See if the author has missed out on any facts or presented information positively or negatively. Some creators want to persuade their audience without telling them about it directly, so omission of information can point them in this direction.
5. Confirmation bias - Confirmation bias is the willingness to believe something as it aligns with our own existing beliefs. This could be information about how great a political leader is and the reader believes it because it is what they want to hear, due to this some organisations will release the information that they know aligns with their leader's beliefs
6. Is it advertising something? - Some companies will sponsor news organisations to talk about their products as if it were a piece of news in the hope that it gets more people to buy it. The advertisements are not always clear however if it sounds like it is trying to get you to buy something it could be fake news



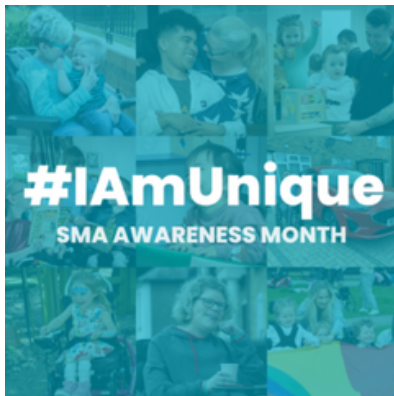
FAKE NEWS

7. Check the date - As simple as it seems an article that was released on april fools day that does not seem believable is most likely not and is probably a joke, even more trustworthy news sites will release fake news on April fools day so knowing that the site is trustworthy is not always enough. However, not just April fools day checking the date of the article against the content shared within it is a good way to see if the news story is true. For example an article dated in June talking about the weather on Christmas is unlikely to be true.
8. Look at the images used - On social media especially the images used to promote articles can sometimes have nothing to do with the article itself and is just there to get people to click on the full article. Some sites are made so people earn money based on the amount of clicks that they get, so if the image looks like it could be clickbait due to the nature of it the content may not be trustworthy. Images can also be altered to make the news story more legitimate, look out for signs of editing such as, airbrushing, retouched and cropped images. Look out for any missing objects, repeated images, patterns that do not match up and any filters or smudges.
9. Does the headline seem legitimate? - People that receive money for the amount of clicks that they receive may also make the headline clickbait. Check if the headline is particularly dramatic, sounds made-up or is just impossible. Often the story on the website with these headlines is quite bland but the hope is you will share it based on the headline and image that they have exaggerated based on the more dramatic parts of the story in order to drum up more clicks

Questioning whether the news is actually real and checking for these nine things is a great way to see if it is fake or not in order to stop any sharing of misinformation. The spreading of misinformation can spiral out of control as we have seen recently and it can happen fast and gradually get out of control.



August



August is **Spinal Muscular Atrophy Awareness Month** which seeks to raise awareness for the disease in hopes of finding treatment and a cure for SMA and to make people aware of what it is and how it can affect people. It is a progressive neurodegenerative disease which affects the motor nerve cells in the spinal cord which impacts the muscles used for breathing, eating, crawling and walking. It can affect anyone so the hope is to find a cure to help them.

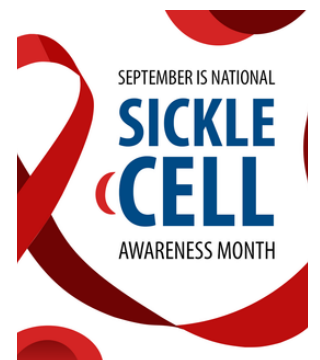
August 2024, Key Dates and Events

- August 9th - International day of the world's Indigenous people
- August 19th - World Humanitarian Day
- August 22nd - International Day commemorating the victims of acts of violence based on religion or belief
- August 23rd - International Day for the remembrance of the slave trade and its abolition

September

Sickle Cell Awareness month

Sickle cell disorders are a group of illnesses that affect your red blood cells. It is a genetic condition and it causes your normally round red blood cells to become sickle-shaped stopping the blood cells and in turn the oxygen carried by them from moving freely which causes pain. Sickle Cell Awareness Month aims to raise awareness of the disorder and celebrate the achievements of those living with it.





Childhood Cancer Awareness Month

Everyday in the UK 10 children and young people will receive the news that they have cancer. Childhood cancer awareness aims to raise awareness and support for children suffering from cancer in the hopes of getting them the help and support that they need.

Blood Cancer Awareness month

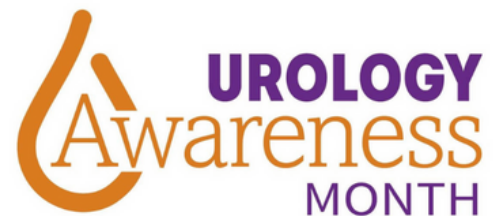
This September like every September is Blood Cancer Awareness Month which aims to give blood cancer and those suffering with it the attention that other cancers do and to fundraise to help research into blood cancer in hopes of getting a cure.



World Alzheimer's Month

Every September people from all corners of the globe unite to help raise awareness and support around Alzheimer's disease and all types of dementia. This year with the tagline "Time to act on dementia, Time to act on Alzheimer's" they seek to change the attitudes around Alzheimer's to help reduce stigma and discrimination around the condition whilst also focusing on the steps being taken by organisations and governments to be more accepting.

This month is **Urology Awareness Month** which aims to raise awareness of urology diseases like bladder, kidney, prostate and male reproductive cancers and non-malignant conditions like incontinence, urinary tract infections (UTIs), erectile dysfunction and kidney stones. It brings together professionals from all over the world to highlight stats and facts on urological health and to raise funds for research.



September 2024, Key Dates and Events

- September 10th - World suicide prevention day
- September 13th - World afro day's 'big hair assembly'
- September 18th - International Equal Pay Day
- September 21st - World Alzheimer's Day
- September 22nd - Autumn equinox
- September 23rd - Bi visibility day
- September 23rd - International day of sign languages
- September 23rd-29th - UK National Inclusion Week

October

Breast Cancer Awareness Month

Globally, it is breast cancer awareness month, a month which aims to raise awareness of breast cancer to help people get diagnosed early and work on a cure. People will tell their stories and share guidance and support with others.



Down Syndrome Awareness Month

Down Syndrome Awareness Month is a month to raise awareness and celebrate people with Down syndrome and their achievements, in hopes of breaking down barriers and promoting advocacy for them.

Black History Month

October is Black History Month which aims to celebrate the achievements of black people around the world and showcase the inequality that they have experienced in the past. This year's theme is "Reclaiming Narratives" which looks to put a bright light on their stories, allegories and history as well as looking to correct the inaccuracies in history and showcasing untold success stories.



Lupus Awareness Month

Lupus is an autoimmune disease which causes the body's own antibodies to attack the body's tissue which can cause severe illness. This month in the UK looks to raise awareness of the disease in both the public and medical profession as well as improve everybody's understanding of how lupus can affect someone. Their hope is that by raising awareness for lupus everyone can help to control its impact.



World Menopause Month

World Menopause Month is in October held alongside world menopause day. It aims to raise awareness around menopause and the effect it can have on women in the hope of improving the support options available for health and wellbeing.

Global Diversity Awareness Month

Everyone is different and every country is diverse including the UK. That is why this October is Global Diversity Awareness Month, a month that aims to pay tribute to all the diverse minds, beliefs and cultures around the world. It encourages people to accept everyone appreciate cultural differences and understand and appreciate the multicultural society that we live in.



October 2024, Key Dates and Events

- October 1st - Anniversary of the introduction of the Equality Act
- October 1st - International day of older persons
- October 5th - World Teachers Day
- October 6th - World Cerebral Palsy Day
- October 10th - World Mental Health Day
- October 10th - World Sights Day
- October 11th - International day of the girl child
- October 11th - National Coming Out Day
- October 15th - International day of rural women
- October 16th - International Pronouns Day
- October 17th - International day for the eradication of poverty
- October 18th - Anti-slavery day
- October 18th - World menopause day
- October 18th - Show Racism the Red Card's wear red day
- October 26th - Intersex Awareness Day
- October 29th - World Stroke Day

Conclusion and Key Contacts

Thank you for taking the time to read this quarter's newsletter and we hope that the information in here will prove to be useful and will make everyone feel a little safer and that it has brought to light some of the dangers of money muling, vaping spiking and buying and selling items online. If you or someone that you know does have a safeguarding concern please do not hesitate to contact the safeguarding team as detailed on the first page of this newsletter or contact any of the below contacts if necessary.





Young Minds - the UK's leading charity fighting for children and young people's mental health. Young minds want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need when they need it no matter what. - www.youngminds.org.uk



Shout 85258 - Shout is a free, confidential, 24/7 text message service for anyone in need of support in the UK. their trained shout volunteers can help with issues including anxiety, depression, suicidal thoughts, relationship problems, sexuality, money worries. Text SHOUT to 85258.

Papyrus - prevention of young suicide is a UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional well-being in young people. www.papyrus-uk.org



Childline - Childline is always available to help anyone under 19 in the UK with any issues they may be going through. They can talk about anything whether it is big or small. It is free, confidential and available at any time. - 0800 1111 - www.childline.org.uk

Kooth - An online mental well-being community with free, safe and anonymous support - www.kooth.com



NSPCC - For over 100 years the NSPCC has helped make children safer from abuse with their campaigns and services they strive to make a difference in everything they do between 2016 and 2021 they helped 6.6 Million children. - 0808 800 5000



Mind - poor mental well-being can make it more difficult to cope with daily life. If you need non urgent information about mental health support and services call - 0300 123 3393



Samaritans - no matter what you are going through a samaritan is always available to talk to 24 hours a day 365 days a year - Call 116 123 or email jo@samaritans.org

Talk to Frank - For everything that you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice 24 hours a day and 7 days a week - 0300 123 6600 or text 82111



Beat - The UK's eating disorder charity aims to end the suffering and pain caused by eating disorders. 0808 801 0677 or help@beateatingdisorders.org.uk

