



# SAFE & SOUND

Provide you with news and updates around safeguarding, prevent and British Values



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## Let's gabble about gambling!

With online gambling at an all time high it seems a good topic for us to talk about.

Gambling can be a bit of harmless fun but it can also turn into something more. I know when I have won a game of bingo the rush of calling 'house' and winning that fiver is exhilarating! But sometimes the temptation to keep betting more and raising the stakes for a bigger payout can become obsessive and turn from fun to an addiction. Times are tough financially, the cost of living crisis and rising costs adding to the pressure could possibly lead us down the path to gambling for a source of income or just as a distraction from every day worries. Gambling can put us in a far worse position than we were before, leading to debts that can spiral out of control. Other than the financial consequences, gambling can also have an impact on mental health causing depression, anxiety, and even suicidal thoughts. It is important to know there is help and support out there for us. Be gamble aware ([www.begambleaware.org](http://www.begambleaware.org)) have a free 24-7 phone line or live chat service as well as access to resources and information. The Young Gamers and Gamblers Education Trust (YGAM) is a national charity that provides information and resources and it also has a platform containing links to other organizations where direct help and support can be accessed ([www.ygam.org/support-and-advice](http://www.ygam.org/support-and-advice)). If bills and debts are becoming unmanageable the citizens' advice bureau can offer help and advice too ([www.citizensadvice.org.uk/debt-and-money/](http://www.citizensadvice.org.uk/debt-and-money/)). You may have noticed that I have used the word 'us' throughout this article rather than 'you' this is because gambling is something that can affect all of us and there is no shame in any of us asking for help.



# Vaping concerns

The proportion of the population using e-cigarettes this year is 9.1%, the highest rate ever, equal to 4.7 million adults in Great Britain,

The most commonly used type of e-cigarette device remains a refillable tank system, with 50% of current vapers reporting this type as their main device. However, disposable vapes have become more popular in 2023 (31%), compared with 2022 (15%), this has risen particularly quickly among younger adults. Among 18-24 year olds, over half of current e-cigarette users (57%) use disposables as their main type.

Instead of burning tobacco, e-cigarettes work by heating a liquid containing nicotine. This means the most harmful elements of tobacco smoke, tar, and carbon monoxide, are not produced.

The latest evidence shows that in the short and medium term, e-cigarettes pose a small fraction of the health risks of tobacco cigarettes. However, vaping is not risk-free, particularly for those who have never smoked and can have negative effects on the heart and lungs. It is too early to tell the health effects of long-term e-cigarette use.

Another potential concern from e-cigarettes is nicotine dependency, although the risk is thought to be lower than for smoking. The risk of nicotine dependency varies between e-cigarette products, with disposable 'pod' vapes allowing particularly high levels of nicotine to be inhaled and therefore greater risk. The majority of adults currently vaping use nicotine strengths below 13 mg/ml. Only 1.2% of current vapers use e-liquids over the legal limit of 20 mg/ml.

However, it is not just nicotine you could be inhaling, The Inter Scientific laboratory, in Liverpool, which works with vape manufacturers to ensure regulatory standards are met, analyzed 18 vapes. They found that most were illegal and had not gone through any kind of testing before being sold in the UK. These vapes also contained more than twice the daily safe amount of lead and nine times the safe amount of nickel!

Disposable Vapes are classed as waste electrical and electronic equipment (WEEE). This means that consumers should dispose of them at a household recycling centre or at the shop where they bought the device. Incorrect disposal of these items can potentially release, plastic, electronic and hazardous chemical waste into the environment.

The disposable vapes that have surged in popularity over the last year are brightly coloured, pocket-size products with sweet flavours.





# Phishing attacks

'Phishing' is when criminals use scam emails, text messages or phone calls to trick their victims. The aim is often to make you visit a website, which may download a virus onto your computer, or steal bank details or other personal information. Cybercrime analysis shows that the under-25 age group is most vulnerable to fraud attacks while the oldest age group is second most vulnerable and loses the most money.



## 5 COMMON TYPES OF PHISHING



### EMAIL PHISHING

Scammers create emails that impersonate legitimate companies and attempt to steal your information.



### SPEAR PHISHING

Similar to email phishing, but the messages are more personalized. For example, they may appear to come from your boss.



### CLONE PHISHING

Scammers replicate an email you have received, but include a dangerous attachment or link.



### WHALING

Scammers target high-ranking executives to gain access to sensitive data or money.



### POP-UP PHISHING

Fraudulent pop-ups trick users into installing malware.

## How to spot a phishing scam

You can identify a phishing scam by looking for email messages that:

- Create a sense of urgency
- Invoke strong emotions, like greed or fear
- Request sensitive data
- Contain links that do not appear to match legitimate resources for the organization that is contacting you

**Always remember that legitimate companies and organizations will never ask for passwords, social security numbers, and other sensitive data via email.**

Report any suspicious emails, texts, websites, adverts, or phone calls to the National Cyber Security Centre. Use the QR Code.





# Important events

**September / October HARVEST FESTIVAL** Christian (Western, Anglican, and Free Churches)

**6 / 7 September (Wednesday / Thursday) JANAM ASHTAMI / KRISHNA JAYANTI** Hindu  
 Birthday of Krishna. Many Hindus fast till midnight, the time of Krishna's birth. In the temples, Krishna is welcomed with singing, dancing, and sweets. In some homes and temples, an image of the new-born Krishna is put in a cradle.

**20 (Wednesday) to 26 (Tuesday) September HIGAN** Japanese

**23 September (Saturday) SHUUBUN NO HI** Japanese

Marks the autumn equinox. As at the spring equinox, harmony and balance are the themes; sutras are recited and the graves of relatives are visited.

**8 October (Sunday) to 15 October (Sunday) INTER FAITH WEEK OF PRAYER FOR WORLD PEACE**

Prayers from the literature of several different world religions are published each year in a special leaflet. They are composed and used by many different religious communities.

**31 October (Tuesday) HALLOWE'EN** Heathen

Halloween / Hallowe'en is a holiday celebrated on the night of October 31. Traditional activities include trick-or-treating, bonfires, costume parties, visiting 'haunted houses', and carving jack-o-lanterns. Irish and Scottish immigrants carried versions of the tradition to North America in the nineteenth century.

## MeeToo App for iOS and Android

MeeToo is a free, anonymous app where young people can talk about difficult things. Built on research showing the positive impact of peer support for mental health, MeeToo provides a safe, pre-moderated (by humans) space for young people aged 11+ to experiment with opening up about whatever may be on their mind.

Posts can be responded to by other users, as well as a team of trained university psychology students and MeeToo counsellors who help to guide discussions and ensure that no post goes unanswered.



## Our values...

- V** valuing ideas
- E** empowering our learners
- T** teamwork
- N** nurturing resilience
- U** unleashing potential
- R** respecting others
- S** student-centred approach
- E** eliminating discrimination

