



# SAFE & SOUND

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

## In this edition

Drink Spiking  
(Safeguarding)

Managing your  
professional online  
reputation  
(Safeguarding and Prevent)

Compassion fatigue  
(Safeguarding)

Important dates  
(British Values)

## Still a growing concern

Drink- and drug-spiking has reached “epidemic” levels in the UK in 2021 (Home Office Select Committee, Jan 2022). Since then, there have been campaigns to raise awareness however, despite this Between May 2022 and April 2023, the police received 6,732 reports of spiking, which included 957 needle spiking were still reported. This also probably under represents the total number as so many incidents go unreported.

Recreational drugs like Ecstasy, Lysergic Acid Diethylamide (LSD), Ketamine, and other 'party drugs' are sometimes used to spike alcoholic drinks. Mixing alcohol and stimulants can be very dangerous and can cause serious medical problems, ranging from nausea to coma. Rohypnol (or Roofie) and Gamma Hydroxybutyrate (GHB) are the most commonly known 'date-rape' drugs. Both drugs can be used to commit physical and sexual assaults as they can sedate or incapacitate a victim, making them more vulnerable to attack.

Spiking a drink - whether with an extra shot of alcohol or another substance – is a serious crime. Anyone that does it could face serious criminal charges, and it can have very dangerous consequences for the health of the person whose drink is spiked.

Spiking a drink with the intention of making someone more vulnerable to assault, rape or robbery is an even more serious offence. Having sex with someone without their consent is always a crime – no matter what the circumstances are. Assault, rape and robbery all carry additional sentences.



## Drink spiking *Continued from page 1*

If you think a friend has had their drink spiked, and they are showing any of the symptoms described above there are a few things you can do:

- Tell a bar manager, bouncer or member of staff
- Stay with them and keep talking to them
- Call an ambulance if their condition deteriorates
- Don't let them go home alone
- Don't let them leave with someone you don't know or trust
- Don't let them drink more alcohol, this could lead to more serious problems

One of the effects of date rape drugs can be amnesia or loss of memory. That means it's possible that you won't be sure if you've been assaulted. But if you suspect you've been physically or sexually assaulted it's important to tell someone. Try to confide in someone you trust like a friend or family member.

You can go to the police or hospital accident and emergency department. If you don't feel able to do that right away, there are Rape Crisis charity helplines you can call for support and advice:

- England and Wales 0808 802 9999 (12-2.30 pm and 7-9:30 pm every day)
- Victim support website or call on 0808 1689 111

## Special dates in March/April

- 8th -17th March, British Science Week  
*A celebration of science, technology, engineering and maths*
- 10th March, Mother's Day (UK)  
*It is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society.*
- 10th March-9th April, Ramadam  
*The ninth month of the Islamic calendar is observed by Muslims worldwide as a month of fasting (sawm), prayer, reflection, and community.*
- 17th March, St Patricks Day  
*St. Patrick, patron saint of Ireland*
- 15th March, Red Nose Day  
*A fundraising event organized by Comic Relief. You can help people live free from poverty, violence, and discrimination.*
- 31st March, Easter Sunday  
*It is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary*
- April is National Pet Month  
*Celebrates and raises awareness of responsible pet ownership through our educational campaigns and resources across our various platforms.*

## 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



**Abbeydale**  
VET NURSE TRAINING

# Managing Your Online Presence

We all leave a digital footprint. We join social networking sites, post pictures and send messages - often with little thought for the future.

Sometimes it can be embarrassing when a picture of you doing something silly or inappropriate gets shared a bit too wide, but it doesn't generally matter all that much.

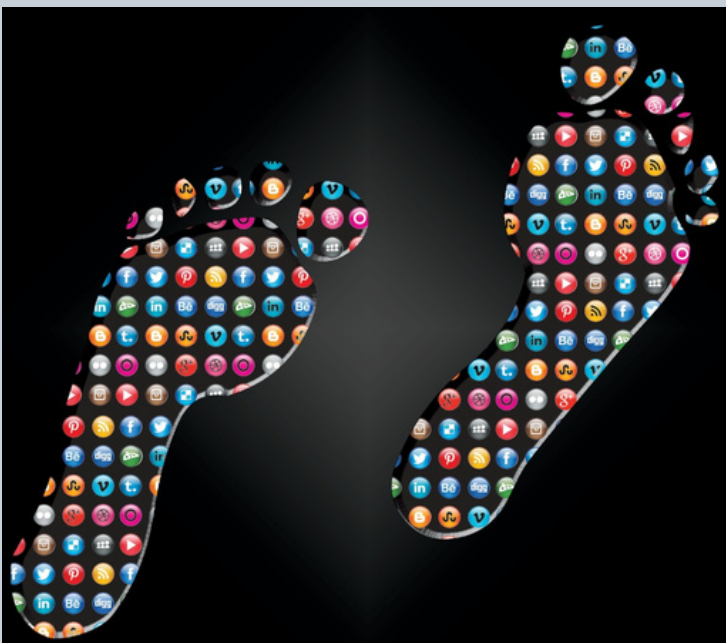
However, did you know many employers will look at Google searches of your name before offering you employment, in fact, as part of safer recruitment positions such as in education are actively being encouraged to do internet searches and check our social media accounts of all potential candidates for a job?

Ideally, you have managed your 'digital footprint' in a way that ensures that only the things that you want public are public. Nevertheless, it is often very difficult to control all mentions of you that are made online.

## Take control...

**Your first step is to find out what information is out there.** The best way to do that is to do a Google search for your name, because that is what potential employers will be doing. Put double quotes around your name to tell Google to search for it as a phrase, rather than two separate words, for example - search for "Joe Bloggs".

Unless you have a very unusual name, you're going to find that there is a lot of information available that doesn't relate to you; look through the first five pages or so of search results, as well as the first few pages of images. If you get too many results about other people with the same name as you, try including your country and/or city as part of your search term. You should also search for your email address and see what is found.



**It is worth remembering that nothing on the internet can truly be deleted. Once it has been published, it is effectively public knowledge. Try as you may, it will be very hard to remove all records of it. There are sites that scrape the internet, including social media and message boards, and archive pages or posts.**

**Trying to remove the record of something embarrassing, incriminating or just plain stupid may therefore be hard—especially if you are going into public life. It may also simply serve to draw more attention to the comments.**

**The best answer is JUST DON'T DO IT IN THE FIRST PLACE**



# Compassion fatigue

Compassion Fatigue has been described as “The cost of caring” for others in emotional pain. We are usually told to get through our days by being strong, reliable, a safe pair of hands always concentrate and focussed and not to show our feelings.

Compassion Fatigue (CF) refers to the profound emotional and physical exhaustion that helping professionals/caregivers can develop over the course of their career as helpers. It is a gradual erosion of all the things that keep us connected to others in our caregiving role: our empathy, our hope, and of course our compassion- not only for others but for ourselves too. When we are suffering from CF we start seeing changes in our personal and professional lives.

The symptoms of compassion fatigue can be worrisome and include:

- less ability to function
- more stress than usual
- caregiver feels traumatized
- working harder, getting less done
- irritability
- feeling bored
- more sickness, aches, and pains

## How to prevent and recover from compassion fatigue

