

VOLUME NO.3, ISSUE 2

## **SAFE & SOUND**

Providing you with news and updates around Safeguarding,
Prevent, and British Values



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## Spotlight on Gambling Risks in Young Adults

Gambling may seem like harmless fun, especially when wrapped in the excitement of online games, sports betting, or flashy casino apps. But for young adults, the risks can be far-reaching. With easy access and persuasive marketing, it's all too common for casual play to spiral into compulsive behaviour—impacting mental health, relationships, and financial stability.

The blurred lines between gaming and gambling are especially concerning. Features like loot boxes and in-game purchases can mimic gambling mechanics, fostering risky habits from an early age. That's why education and awareness are key.

The Young Gamers and Gamblers Education Trust (YGAM) is working to equip young people, families, and educators with the tools to understand and prevent gambling-related harm. Their resources promote informed choices and resilience in the face of digital temptations.

If you or someone you know is struggling, BeGambleAware offers confidential support and guidance. Their helpline—0808 8020 133—is free, available 24/7, and staffed by trained professionals who understand the challenges.

Let's keep the conversation open and judgment-free. Gambling harm is preventable, and help is always within reach.

### Vaping concerns

Vaping is increasingly common among children and teens. According to the 2025 ASH Smokefree GB Youth Survey, 20 % of 11–17-year-olds (around 1.1 million) have tried vaping, with 7 % currently vaping and 40 % of those vaping daily. A recent NHS England report showed that nearly 1 in 10 secondary school pupils vape regularly, up from 6 % in 2018 to 9 % in 2023.

#### Health Risks and Gateway to Smoking

Young vapers face serious health concerns. The largest global review found that children who vape are three times more likely to start smoking later in life and have higher risks of asthma, pneumonia and mental-health issues such as depression and suicidal thoughts.



#### **Illicit Vapes and Toxic Contents**

Criminal gangs are flooding the UK with unregulated vapes that often contain dangerously high nicotine levels and metal residues like lead and nickel. These illicit products carry risks of heart palpitations, respiratory problems and long-term addiction, especially among vulnerable young users.

#### **Ban on Disposable Vapes**

To curb youth use and environmental damage, single-use disposable vapes were banned from sale and supply in England and Wales from 1 June 2025. Retailers may no longer offer these products online or in-store, and enforcement carries fines up to £200 for first offences.

#### **Getting Help to Quit**

NHS Smokefree helpline: 0300 123 1044 and the Better Health "How to quit vaping" guide.

Local stop smoking services: free support and nicotine replacement therapy—find your nearest service on the NHS website



## 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 organisation 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 OR Code.





# ▲ AL-ANON FAMILY GROUPS UK & EIRE 'You are not alone'



Al-Anon Family Groups UK & Eire launches 'You Are Not Alone!' A campaign to highlight the powerlessness and isolation of many families living with alcoholism.

Al-Anon Family Groups offer vital support across the UK for anyone affected by someone else's drinking—whether that person is a partner, parent, child, or friend. These meetings provide a safe, confidential space to share experiences, listen, and find strength among others who truly understand. You don't need to speak if you're not ready, and there's no pressure to commit—just come as you are.

Al-Anon meetings are available in-person, online, and in hybrid formats, making it easier than ever to access help wherever you are. The organisation also runs Alateen, a dedicated space for young people aged 12–17 who are living with or impacted by a loved one's alcohol use.

If you're wondering whether Al-Anon is right for you, their free helpline—0800 0086 811—is open seven days a week, offering confidential guidance and reassurance. You can also explore meeting options and resources on the Al-Anon UK website.

#### al-anonuk.org.uk

#### Important events

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

#### 4 -5 September Milad-un-Nabi (Islam) and Onam (Hinduism)

This day commemorates the birth of Prophet Muhammad (peace be upon him), the founder of Islam. It's observed on the 12th day of Rabi' al-Awwal, the third month of the Islamic lunar calendar. For many Muslims, it's a time of reflection, prayer, and celebration of the Prophet's teachings of compassion, justice, and unity.

#### 8 September International Literacy Day

Aims to spotlight the importance of literacy as a fundamental human right and a cornerstone of social equity, peace, and sustainable development.

#### 20 October Diwali (Hinduism)

It is one of the most celebrated festivals in Hinduism, and is also observed by Jains, Sikhs, and some Buddhists. The word comes from the Sanskrit dipavali, meaning "row of lights," and the festival is often called the Festival of Lights. It symbolises the triumph of light over darkness, good over evil, and knowledge over ignorance.

#### 31 October HALLOWE'EN

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.