

# SAFE & SOUND

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

## ANTI-BULLYING WEEK 2026

 **BREAK THE SILENCE**  
#ANTIBULLYINGWEEK

#BREAKTHESILENCE

Monday 16 to  
Friday 20 November

Starts with  
**ODD SOCKS DAY 2026**  
Monday 16 November

#ODDSOCKSDAY



## In this edition

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(Safeguarding)

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## Anti-Bullying Week 2026: Break the Silence

This November, Anti-Bullying Week 2026 takes place from 16 to 20 November with the theme "Break the Silence". Led by the Anti-Bullying Week 2026: Break the Silence campaign, the message is simple but powerful: bullying often continues because people feel unable to speak up, and real change starts when we have the confidence to talk about it and support one another.

When many people think of bullying, they picture schools and young people. However, bullying can occur at any age and in any environment, including colleges, training settings, online communities, and workplaces. Adults can experience behaviours such as exclusion from teams, persistent criticism, intimidation, gossip, belittling comments, or the misuse of power and authority. These behaviours can significantly affect confidence, wellbeing, and job satisfaction.



## Understanding Microaggressions

Bullying is not always obvious. Sometimes it appears in the form of microaggressions: subtle comments, actions or assumptions that may seem minor in isolation but can have a cumulative negative impact. Examples might include repeatedly interrupting someone, making assumptions about a person's background or abilities, or excluding colleagues from conversations and opportunities.

"No, where are you really from?"

"That's so gay"

M i c r o a g g r e s s i o n s

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# Bullying *Continued from page 1*

While a single incident may not always be intended to cause harm, repeated microaggressions can leave individuals feeling isolated, undervalued, or unwelcome. Being aware of how our words and actions affect others is an important step towards creating a respectful and inclusive environment.

## Breaking the Silence

The theme for 2026 encourages everyone to:

- Speak up if they experience or witness bullying.
- Listen and support others without judgement.
- Challenge inappropriate behaviour respectfully.
- Foster a culture of kindness, inclusion and respect.
- Seek support when needed.

"If I've worked from eight in the morning until nine at night on the needs of the animals in my care – the last thing I want to deal with is a whingeing assistant!"



Remember, speaking out is not about creating conflict. It is about ensuring that everyone feels safe, valued, and able to thrive. Whether in education, the workplace, or everyday life, we all have a role to play in creating environments where bullying is not tolerated.



## Contacts

Abbeydale:  
Kirsty 07855684730  
Sam 07711333023

National Bullying Helpline:  
0300 323 0169

BVNA Helpline:  
01279 969 281

ACAS helpline:  
0300 123 1100

Vetlife:  
0303 040 2551

## Special dates in October/November

- 10 October – World Mental Health Day: A global awareness day that promotes understanding of mental health and wellbeing.
- 18 October – World Menopause Day: An important awareness day that highlights the impact of menopause on individuals in education and the workplace.
- 13 November – World Kindness Day: A celebration of kindness and compassion towards others. It aligns perfectly with anti-bullying messages and can encourage learners and staff to reflect on the positive impact that everyday acts of respect, inclusion, and support can have on those around them.



# British Values and Veterinary Nursing: More Than a Requirement

As part of education and professional practice in the UK, you may hear the term British Values. These values help create safe, respectful, and inclusive environments where people can learn, work, and thrive. They are not just relevant in schools and colleges; they are equally important in veterinary practice, where teamwork, professionalism, and respect for clients and colleagues are essential.

The five British Values are:

1. Democracy
2. Rule of Law
3. Mutual Respect
4. Individual Liberty
5. Tolerance



## Why British Values Matter in Veterinary Nursing

Veterinary nursing is built on professionalism, compassion, and teamwork. The principles of British Values underpin many of the behaviours expected of Registered Veterinary Nurses, including effective communication, ethical decision-making, inclusivity, and respect for diversity.

Whether supporting a worried client, working collaboratively within a busy practice, advocating for animal welfare, or studying alongside learners from different backgrounds, veterinary nurses demonstrate British Values every day.

By embracing these values, we can help create a profession that is welcoming, inclusive, and dedicated to providing the highest standards of care for both animals and the people who care for them.

## British Values in Veterinary Nursing

Creating respectful, inclusive and professional practices for animals, people and our communities.

**DEMOCRACY**  
Everyone's voice matters. We listen, value opinions and **work together** to make decisions.

**THE RULE OF LAW**  
We follow laws, policies and professional standards to keep people and animals **safe** and ensure quality care.

**INDIVIDUAL LIBERTY**  
We support **freedom** of choice and expression, promoting confidence, independence and informed decision-making.

**MUTUAL RESPECT**  
We treat everyone with kindness, dignity and **respect**, valuing differences and diverse perspectives.

**TOLERANCE OF DIFFERENT FAITHS AND BELIEFS**  
We respect and value all faiths, beliefs and cultures. We are open-minded and **inclusive**.

Professionalism, compassion and respect underpin everything we do.

These values help us build trust, work as a team and provide the best possible care for animals and the people who love them.

British Values are at the heart of veterinary nursing – in our education, in our workplaces and in our communities.

**Together. we make a positive difference every day.**

# County Lines and Cuckooing



County Lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively), usually by children or vulnerable people who are coerced into it by gangs. The 'County Line' is the mobile phone line used to take orders of drugs. Importing areas (areas where the drugs are taken to) are reporting increased levels of violence and weapons-related crimes because of this trend.

A common feature in county lines drug supply is the exploitation of young and vulnerable people. The dealers will frequently target children and adults - often with mental health or addiction problems - to act as drug runners or move cash so they can stay under the radar of law enforcement.

In some cases, the dealers will take over a local property, normally belonging to a vulnerable person, and use it to operate their criminal activity. This is known as **cuckooing**.

How do you know if County Lines drug dealing is happening in your area?

Some signs to look out for include:

- An increase in visitors and cars to a house or flat
- New faces appearing at the house or flat
- New and regularly changing residents (e.g different accents compared to the local accent)
- Change in resident's mood and/or demeanour (e.g. secretive/ withdrawn/ aggressive/ emotional)
- Substance misuse and/or drug paraphernalia
- Changes in the way young people you might know dress
- Unexplained, sometimes unaffordable new things (e.g clothes, jewellery, cars etc)
- Residents or young people you know going missing, maybe for long periods of time
- Young people seen in different cars/taxis driven by unknown adults
- Young people seeming unfamiliar with your community or where they are
- Truancy, exclusion, disengagement from school
- An increase in anti-social behaviour in the community
- Unexplained injuries

## What to do if you have concerns

The best advice is to trust your instincts. Even if someone isn't involved in county lines drug dealing, they may be being exploited in some other way, so it's always worth speaking out.

You can speak to your local police by dialling 101, or in an emergency 999. If you would rather remain anonymous, you can contact the independent charity Crimestoppers on 0800 555 111.

# Cannabis edibles

There has been an increase in young people using edible cannabis products and experiencing the effects of overdosing due to a lack of knowledge surrounding edibles.

Edibles are food products that contain drugs, typically this is high concentration cannabis. It can be added to food through cannabis oil or infused into butter or oil used to make the food items.

Edibles can come in a wide variety of forms such as cakes, cookies, brownies, sweets, lollipops, yoghurt, or tea among others.



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# Cannabis edibles continued

They can look very similar to branded products such as Haribo's, Smarties and chocolate bars. They often have a THC (the psychoactive component of cannabis) marking on the packaging like in the images. This is to highlight the fact they contain cannabis and will give the psychoactive effects of cannabis when consumed.

The concern surrounding the use of edibles, is the increased chance of overdosing on the drug, which can cause hospitalisation. This is because consuming cannabis as opposed to smoking it takes longer to feel the effects of the drug. It can usually take between 1–3 hrs for the drug to take effect when consumed, often causing users to consume more, believing the drug is not working. As an illegal drug, the amount of THC in the cannabis product also goes unregulated so it is hard to know how much is being consumed in these edible products. They are also easily available and can be bought over the internet. They can be laced with other drugs such as MDMA, this is part of the unknown danger. Any product containing THC is illegal and classed as a Class B drug.

## Further resources and support.

Adolescent Development Team - SORTED,  
sorted@hillingdon.gov.uk, 01895 250 721  
ARCH Hillingdon - 01895 207 777,  
arch.hillingdon@nhs.net

Crime Stoppers - crimestoppers-uk.org,  
0800 555 111

Frank - 0300 123 6600,  
frank@talktofrank.com,  
text – 82111

# Human Papilloma Virus (HPV)

Thirty per cent of people have never heard of HPV and 40% have a poor understanding of it, according to a YouGov poll. Yet Human Papilloma Virus (HPV) is incredibly common – 80% of people will get it at some point.

HPV infections can be spread by any skin-to-skin contact and are usually found on the fingers, hands, mouth, and genitals. It can be transmitted by sexual contact. Most of the time HPV does not cause any problems and there are no symptoms, however many cases of cervical cancer are caused by HPV.

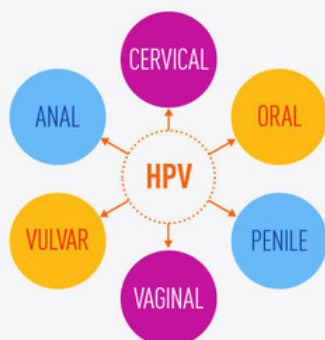
## How to protect yourself against human papillomavirus (HPV)

You cannot fully protect yourself against HPV, but there are things that can help.

Condoms can help protect you against HPV, but they do not cover all the skin around your genitals, so you're not fully protected.

The HPV vaccine protects against the types of HPV that cause most cases of genital warts and cervical cancer, as well as some other cancers. It does not protect against all types of HPV.

## HUMAN PAPILLOMAVIRUS CAN CAUSE SEVERAL TYPES OF CANCER



cancer.gov/hpv

## Testing for human papillomavirus (HPV)

HPV testing is part of cervical screening. There's no blood test for HPV.

During the cervical screening, a small sample of cells is taken from the cervix and tested for HPV.

Screening is offered to all women and people with a cervix aged 25 to 64. It helps protect them against cervical cancer.

Some sexual health clinics may offer anal screening to men with a higher risk of developing anal cancer

## Treating human papillomavirus (HPV) infections

There's no treatment for HPV. Most HPV infections do not cause any problems and are cleared by your body within 2 years.

Treatment is needed if HPV causes problems like genital warts or changes to cells in the cervix.

[HPV Vaccine: Why It's Important For Men Too | HuffPost UK Life \(huffingtonpost.co.uk\)](https://www.huffpost.co.uk/2017/07/11/hpv-vaccine-why-it-s-important-for-men-too/)