



## Safeguarding Newsletter – February 2026

---

### Staying Safe Online & Protecting Young People

February's safeguarding focus highlights three important areas: Safer Internet Day, National Apprenticeship Week (supporting young learners), and awareness of sexual abuse and exploitation. These topics help raise awareness of how to stay safe online, understand appropriate behaviour, and know where to seek support if concerns arise. Safeguarding is everyone's responsibility, and creating a safe learning environment is something we all play a part in.

### Safer Internet Day – Staying Safe Online

Safer Internet Day takes place each February and promotes the safe and positive use of digital technology. The internet allows us to learn, work, connect with others, and access information, but it is important to understand the potential risks and how to stay safe.

Some common online risks include cyberbullying, online grooming, scams and phishing, and misinformation. Cyberbullying involves harassment or intimidation through online platforms. Grooming occurs when someone builds trust with a young person to manipulate or exploit them. Scams attempt to obtain personal or financial information, while misinformation involves false or misleading information shared online.

Tips for staying safe online include protecting your personal information, using strong passwords, being cautious when interacting with people you do not know online, thinking carefully before sharing content, and reporting harmful or inappropriate content. If something online makes you feel uncomfortable or unsafe, speak to someone you trust or report it through safeguarding channels.

### National Apprenticeship Week – Supporting Young Learners

National Apprenticeship Week celebrates the achievements of apprentices and highlights the positive impact apprenticeships have on individuals, businesses, and communities.

Many apprentices begin their careers at a young age, and transitioning into the workplace can bring exciting opportunities alongside new challenges. It is important that young learners feel supported, respected, and safe while developing their skills and confidence.



Employers and training providers have a responsibility to ensure apprentices are treated with dignity and respect, workplaces are safe and inclusive, bullying or harassment is not tolerated, and apprentices know where to go if they need help or support.

As an apprentice, remember that your wellbeing matters. If something does not feel right at work or in training, speaking up allows the right support to be put in place.

## **Sexual Abuse Awareness**

Sexual abuse refers to any sexual activity that occurs without consent or where someone is pressured, manipulated, or forced into sexual behaviour. It can happen to anyone regardless of age, gender, or background.

Abuse may occur in person or online and can include unwanted sexual comments or messages, pressure to send intimate images or videos, being touched without consent, being forced or manipulated into sexual activity, or sharing private images without permission.

Online platforms and social media can sometimes be used to manipulate or exploit individuals, which is known as online sexual exploitation.

Signs someone may need support can include sudden changes in behaviour or mood, withdrawal from friends or activities, increased secrecy around phones or online activity, or feeling anxious or distressed.

If you or someone you know experiences sexual abuse or exploitation, support is available and concerns will always be taken seriously.

## **Learner Wellbeing Reminder**

Looking after your wellbeing is an important part of staying safe and thriving during your apprenticeship. Small actions can make a big difference, such as taking breaks from screens, talking to someone if you feel overwhelmed, staying connected with friends and colleagues, and seeking support early if something is worrying you.



## Safeguarding Quiz!

Test your knowledge with these quick questions:

- 1) What should you do if someone you don't know online asks for personal information or photos?**
  - A. Share the information if they seem friendly
  - B. Ignore it and tell someone you trust
  - C. Send limited information
  
- 2) Safer Internet Day encourages people to:**
  - A. Stop using the internet
  - B. Use digital technology safely and responsibly
  - C. Only use the internet for work
  
- 3) If you see something online that makes you uncomfortable or worried, what should you do?**
  - A. Keep it to yourself
  - B. Share it with friends only
  - C. Report it or speak to a trusted adult or safeguarding lead
  
- 4) Apprentices have the right to:**
  - A. A safe and respectful learning environment
  - B. Be treated differently because they are learners
  - C. Ignore safeguarding concerns

## Reporting Safeguarding Concerns

If you have a safeguarding concern about yourself or someone else, please speak to a member of staff or report it through the safeguarding process.

Designated Safeguarding Lead: Cheryl Head, [cheryl@cips-training.com](mailto:cheryl@cips-training.com)

Deputy Designated Safeguarding Lead: Casey Beck, [casey@cips-training.com](mailto:casey@cips-training.com)

Or email the dedicated safeguarding email address: [safe@cips-training.com](mailto:safe@cips-training.com)



**Quiz Answers**

**1 – B**

**2 – B**

**3 – C**

**4 – A**