

# SAFECHOICE

Keeping you up to date with safeguarding news and tips

October-December 2022

## Welcome to the Autumn edition of SafeChoice

### FREE Safeguarding training

Have you signed up for our sector specific safeguarding training?

Book now through the learning hub, or contact your Skills Coach to book on the next session!

## SOCIAL MEDIA - ONLINE SAFETY

Social media is a great way to stay in touch with family, and friends and keep up to date on the latest news, and allows you to share information with others. This can often include sharing videos, images, status updates, or posts with a group of followers.

Like everywhere, everyone can encounter threat in social media. With users having the freedom to create social media accounts without necessarily providing correct information, it has also led to a rise in fake online identities that can differ greatly from the person sat behind the keyboard. This behavior of creating fake accounts has allowed many users to spread harm or attempt to scam and manipulate other users online.



Below are some topics you need to be aware of to keep safe on social media:

- Set your profiles to private to control who sees what - become familiar with the privacy policies of the social media channels you use
- Turn your location information off
- Use a strong password - the longer it is, the more secure it will be
- Set up your security answers - this option is available for most social media sites
- Be selective with friend requests. If you don't know the person, don't accept their request.
- Click links with caution. Social media accounts are regularly hacked. Look out for language or content that does not sound like something your friend would post.
- Be careful about what you share. Don't reveal sensitive personal information ie: home address, financial information, phone number. The more you post the easier it is to have your identity stolen.
- Remember to log off when you're done.
- Block anyone who bothers you
- Think before you engage
- Report any of your concerns

# SAFEGUARDING ADULTS WEEK: 21 – 27 NOVEMBER 2022



This year the theme for Safeguarding Adults week will focus on 'Responding to Contemporary Safeguarding Challenges'.

This is a time for organisations and individuals to come together to raise awareness of important safeguarding issues, to feel confident in recognising signs of abuse and neglect, to be able to start conversations and record and report safeguarding concerns so we can all be better together.

To achieve this, each day of the week there will be a focus on a different safeguarding theme to explore how we can respond to contemporary safeguarding challenges.

## Safeguarding Adults Week – Themes for 2022

### **Monday: Exploitation and County Lines**

Research indicates that lockdown has increased the number of people at risk of exploitation. This is largely due to economic concerns and increased isolation. This day will be to raise awareness about how adults at risk could be exploited through county lines activity.

### **Tuesday: Self-Neglect**

The term "self-neglect" covers a wide range of behaviour neglecting to care for one's personal hygiene, health or surroundings. There has been a rise in self-neglect cases over the last two years, particularly for older people. On this day you can explore how you can spot the signs someone is at risk of self-neglect.

### **Wednesday: Creating Safer Organisational Cultures**

Promoting safer cultures is all about how organisations and individuals can take steps to minimise harm occurring in the first instance. It's also about embedding appropriate policies and procedures. In this way, people will know what to do if they have a concern to report.

### **Thursday: Elder Abuse**

Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

### **Friday: Domestic Abuse in Tech-Society**

Technology can help to keep people safe. But abusers can also use technology to cause harm.

This day marks the start of 16 Days of Action for Violence Against Women and Girls. So to support this campaign, awareness will be raised of the role technology has in exacerbating instances of domestic abuse.

### **Saturday and Sunday: Safeguarding in Everyday Life**

We often explore the importance of safeguarding in relation to organisations and workplaces. Yet safeguarding is just as important in our communities and everyday life. Many people are continuing to work from home and spending an increasing amount of time in their local area. It's crucial to raise awareness about the importance of safeguarding in the community.



# IMPOSTER SYNDROME

Impostor syndrome is an internal experience of believing that you are not as competent as others perceive you to be, as if you are a fraud. Despite being a “syndrome,” it is not a diagnosable mental illness. To put it simply, impostor syndrome is the experience of feeling like a phony in some area of your life, despite any success that you have achieved in that area.

## Types of Imposter Syndrome

Impostor syndrome can be broken down into five basic types:

**The Perfectionist.** This type of impostor syndrome involves believing that, unless you were perfect, you could have done better. You feel like an impostor because your perfectionistic traits make you believe that you’re not as good as others might think you are.

**The Expert.** The expert feels like an impostor because they don’t know everything there is to know about a particular subject or topic, or they haven’t mastered every step in a process. Because there is more for them to learn, they don’t feel as if they’ve reached the rank of “expert.”

**The Natural Genius.** In this impostor syndrome type, you may feel like a fraud simply because you don’t believe that you are naturally intelligent or competent. If you don’t get something right the first time around or it takes you longer to master a skill, you feel like an impostor.

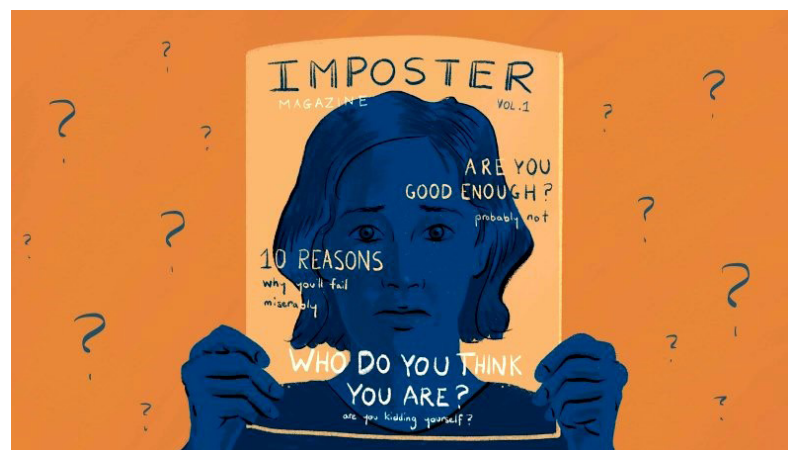
**The Soloist.** It’s also possible to feel like an impostor if you had to ask for help to reach a certain level or status. Since you couldn’t get there on your own, you question your competence or abilities.

**The Superperson.** This type of impostor syndrome involves believing that you must be the hardest worker or reach the highest levels of achievement possible and, if you don’t, you are a fraud.

For some people, impostor syndrome can fuel motivation to achieve, but this usually comes at the cost of experiencing constant anxiety. You might over-prepare or work much harder than necessary, for instance, to “make sure” nobody finds out you are a fraud. Eventually, anxiety worsens and may lead to depression.

The problem with impostor syndrome is that the experience of doing well at something does nothing to change your beliefs. The thought still nags in your head, “What gives me the right to be here?” The more you accomplish, the more you just feel like a fraud. It’s as though you can’t internalize your experiences of success.

Remember that if you are feeling like an impostor, it means you have some degree of success in your life that you are attributing to luck. Try instead to turn that feeling into one of gratitude. Look at what you have accomplished in your life and be grateful for your achievements. Let your guard down and allow others to see the real you.



**Whatever your concern, there is always help and support.**

GP Strategies is always here to support you if there’s anything you wish to discuss. Please contact our safeguarding support line on **0330 0183 531** (This number is available 24 hours a day, 365 days a year) or email **[safeguardingreporting@gpstrategies.com](mailto:safeguardingreporting@gpstrategies.com)**

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