

# LIFE IN MODERN BRITAIN

April 26

# PREVENT

## Challenging Extremist Narratives

“Challenging extremist narratives” means identifying, questioning, and countering the ideas and messaging used by extremist groups to recruit, radicalise, or justify harmful actions. It’s an important part of preventing violence and promoting social cohesion.

## Understanding Extremist Narratives

Extremist groups often rely on simplified, emotionally charged stories, such as:

- “Us vs. them” thinking (dividing the world into enemies and allies)
- Claims of injustice or victimhood
- Conspiracy theories or misinformation
- Glorification of violence or martyrdom

Understanding these patterns is key before trying to challenge them.

## Promoting Critical Thinking

One of the most effective responses is helping people question what they hear:

- Encourage checking sources and evidence
- Highlight logical fallacies and contradictions
- Ask questions like: Who benefits from this message? Is there proof?

## Offering Alternative Narratives

Instead of just saying “this is wrong,” it helps to provide better, constructive messages:

- Stories of peaceful coexistence
- Real-life consequences of extremism
- Positive identities that don’t rely on hate or exclusion

## Addressing Root Causes

Extremist ideas often appeal to people who feel:

- Marginalised or excluded
- Angry about political or social issues
- In search of identity or belonging
- Addressing these underlying issues (through education, community support, or open dialogue) reduces vulnerability to radicalisation.

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## Challenging Extremist Narratives

### Using Credible Voices

Messages are more effective when they come from:

- Former extremists
- Community leaders
- Peers or influencers

People are more likely to listen to voices they trust or relate to.

### Responsible Online Engagement

On social media and forums:

- Avoid amplifying extremist content unnecessarily
- Respond calmly rather than aggressively
- Report harmful or dangerous material when appropriate

A well-known real-life UK example of challenging extremism is the government's Prevent programme, which is part of the wider CONTEST framework.

## The Prevent Programme

Prevent aims to stop people from becoming terrorists or supporting extremism. It operates across schools, universities, healthcare, and local communities.

For more information based on Prevent, please explore the Life In Modern Britain Announcement from December 2025:

<https://semesterlearning.com/wp-content/uploads/2025/12/Life-in-Modern-Britain-Newsletter-December-2025-1.pdf>



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# BRITISH VALUES

## Responsible Expression

“Responsible expression” is a key idea linked to British Values, especially the balance between freedom of speech and respect for others.

### What is Responsible Expression?

Responsible expression means being free to share your views, while also:

- Respecting other people’s rights and dignity
- Avoiding harm (e.g. hate speech, incitement to violence)
- Being mindful of truth, accuracy, and impact
- It’s essentially about using your voice constructively, not destructively.



## Freedom vs Responsibility

In the UK, freedom of expression is protected under laws like the Human Rights Act 1998, which includes the right to free speech.

However, that freedom has limits. For example, laws such as the Public Order Act 1986 make it illegal to:

- Spread hate based on race, religion, or identity
- Incite violence or disorder

So, you can express opinions but not in ways that harm others or break the law.

### Why it Matters

Responsible expression supports:

- Peaceful communities
- Healthy debate and democracy
- Protection from extremism and hate
- It allows people to disagree without division, which is a core part of living in a diverse society like the UK.

### Overall Message

These examples show that in the UK:

- You are free to express your views
- But you must do so without harming others, spreading hate, or breaking the law
- That balance is at the heart of responsible expression and British Values.

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## EQUALITY, DIVERSITY AND INCLUSION

### Cultural Awareness & Anti-Racism

#### What is Cultural Awareness?

Cultural awareness means:

- Understanding that people come from different backgrounds, traditions, and beliefs
- Respecting those differences rather than judging them
- Being open-minded and willing to learn from others
- In the UK, this links strongly to British Values like mutual respect and tolerance.

#### What is Anti-Racism?

Anti-racism goes beyond not being racist. It means:

- Actively challenging racism when you see it
- Promoting equality and fairness
- Supporting people who experience discrimination

#### Real-Life UK Examples

Football – Standing Against Racism

After the UEFA Euro 2020 Final, players like Marcus Rashford, Jadon Sancho, and Bukayo Saka were subjected to racist abuse online.

- The public, government, and organisations strongly condemned the abuse
- Murals of Rashford were restored after being vandalised
- Social media companies were pressured to act

What this shows:

- Society actively challenged racism and supported those affected.

### Public Protests – Anti-Racism Movements

In 2020, the Black Lives Matter protests took place across UK cities like London and Manchester. Thousands peacefully protested against racial injustice. Sparked conversations about inequality in policing, education, and history.

What this shows:

- People can come together to challenge racism and push for change.

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# SAFEGUARDING

## Mental Health Awareness

### What is Mental Health Awareness?

Mental health awareness means:

- Understanding what mental health is and how it affects people
- Recognising signs of conditions like anxiety, depression, or stress
- Reducing stigma so people feel able to ask for help
- Promoting support, empathy, and early intervention

### Public Campaigns – “Time to Change”

The Time to Change campaign ran nationally to challenge stigma around mental illness. Encouraged people to talk openly about mental health

Shared real-life stories of people with conditions like depression and bipolar disorder have helped change attitudes in workplaces, schools, and communities

What this shows:

- Reducing stigma makes it easier for people to seek help without fear of judgement.

### NHS Support and Crisis Services

The NHS provides mental health services including:

- Talking therapies (like CBT)
- Crisis helplines and urgent care teams
- GP referrals for specialist treatment

What this shows:

- Mental health is treated as seriously as physical health in the UK healthcare system

### Public Figures Speaking Out

Footballers like Marcus Rashford and other UK athletes have spoken openly about mental health struggles. This helps with:

- Helps normalise conversations around anxiety and pressure
- Encourages young people to seek help

### Why Mental Health Awareness Matters

- Break down stigma and discrimination
- Encourage people to seek help early
- Build supportive schools, workplaces, and communities
- Improve overall wellbeing in society

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## APPRENTICE EMPLOYMENT SUPPORT & GUIDANCE

### EMPLOYMENT CONTRACTS & WORKER STATUS

#### What is an Employment Contract?

An employment contract is a legal agreement between an employer and a worker. It sets out:

- Pay (wages or salary)
- Working hours
- Duties and responsibilities
- Holiday entitlement
- Rights and protections at work

#### Worker Status in the UK

UK employment law recognises different types of worker status, which affect rights and protections:

##### 1. Employee

An employee has the strongest legal rights. They typically:

- Work under a formal contract
- Have set hours and duties
- Are closely managed by an employer
- Rights include:
  - Statutory sick pay
  - Paid holiday
  - Maternity/paternity leave
  - Protection from unfair dismissal (after qualifying period)

##### 2. Worker (intermediate status)

A worker is not fully employed but still has some rights. They typically:

- Do regular or casual work
- Are not fully controlled like employees
- Rights include:
  - National Minimum Wage
  - Paid holiday
  - Protection from discrimination

##### 3. Self-Employed

A self-employed person runs their own business. They can:

- Choose how and when they work
- Can work for multiple clients
- Invoice for their services
- No entitlement to paid holiday or sick pay
- They manage their own taxes (HMRC self-assessment)

ACAS



CITIZENS ADVICE



# FURTHER READING & GUIDANCE

## PREVENT

If you believe there is an act of terrorism occurring or imminent, or if a person is in immediate harm or danger **CALL 999 IMMEDIATELY.**

For non-urgent concerns or advice

If there is no immediate threat, you have several options to report a concern or seek advice:

- Call the confidential ACT Early Support Line on 0800 011 3764. This line is for friends, family, and community members to share concerns with specially trained officers. It is open every day from 9am to 5pm.
- Call the National Anti-Terrorist Hotline on 0800 789 321 to report possible terrorist activity or suspicious behaviour (e.g., an unattended package or suspicious vehicle).
- Contact your local police by calling the non-emergency number 101 and asking to speak to the Prevent team.
- Report extremist or terrorist material online anonymously via the GOV.UK website.
- Contact your local authority's Prevent team or the designated safeguarding lead (if applicable in a school or workplace) for local procedures and support.

## BRITISH VALUES

For further reading into the the human rights act, please visit link below:



educate.against.hate

## EQUALITY, DIVERSITY & INCLUSION



Find and read your workplace equality, diversity and inclusion policy and procedures

## EMPLOYMENT RIGHTS

For more information and further guidance on apprentice employment rights, please visit the following website:



## SAFEGUARDING

For worries and concerns, please call...

SEMESTER SAFEGUARDING HOTLINE:

**01792 278154**

Designated Safeguarding Lead: Emma Johnson (Operations Manager)  
Emma@semesterlearning.com

Designated Safeguarding Deputy: Leah Collings (Brown) -  
leah.collings@semesterlearning.com



A copy of our Safeguarding (Keeping Apprentices Safe) can be downloaded from our website by visiting this website.