

Get Set for hot topics.

Get Set have created a bank of resources called Hot Topics that will provide you with a variety of information, advice and guidance on a range of topics that can support you in your job role and personal life. There may also be some topics that can help you support others such as colleagues, family and friends.

Each month, you select a topic of your choice to complete. You will be provided with an introduction to the topic, information to read and information to watch and a choice of activities. You must complete a minimum of 1 activity per topic plus the impact statement showing what you have learnt and understood from that topic.

This will be discussed with your LDM at your next session and the topic ticked off as complete.

These topics will also support you in understanding Safeguarding, Prevent and British Values and how they play a part in your work and personal life. The Hot Topics are mandatory and must be completed once per month.

When completing the topics or at any point during your apprenticeship, if you feel you need to speak to the Safeguarding Team at Get Set, you can contact them on 03303 413 838 or safeguarding@getsetuk.co.uk. Alternatively, you can speak to your LDM.



Hot Topics

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Equity, Diversity & Inclusion

Equity, Diversity, and Inclusion (EDI) are principles and practices aimed at creating fair, respectful, and supportive environments for all people, especially in workplaces, schools, and communities.

Equity: Providing fair treatment, access, opportunity, and advancement for all individuals while striving to identify and eliminate barriers that have prevented the full participation of some groups.

Diversity: The presence of differences, including race, gender, age, religion, disability, sexual orientation, socioeconomic status, education level, national origin, language, physical appearance, and more.

Inclusion: The practice of creating environments in which any individual or group feels welcomed, respected, supported, and valued.

Relation to Prevent Duty

- Inclusive environments help individuals feel valued and reduce vulnerability to radicalisation. EDI promotes freedom of belief and expression, which must be balanced with safeguarding responsibilities under Prevent.

Relation to Safeguarding

- EDI ensures everyone is treated with dignity and respect, creating inclusive spaces where people feel safe to speak up. Inclusive practices help prevent bullying, abuse, neglect, and marginalisation.

Information to Read

- [ACAS](#)
- [Unconscious Bias](#)
- [Discrimination](#)
- [Mind & The Equality Act](#)

Information to Watch

- [Equalities Race](#)
- [Equity, Equality, Diversity & Inclusion](#)
- [That Little Voice](#)

Activities

Select a minimum of 1 activity to complete. Evidence of this must be shown to your LDM in your next session.

Poster or factsheet

- Create a poster or factsheet on this topic covering important information, and how to create an inclusive environment. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social media post

- Create a social media post raising awareness of this topic and it's importance, then add a screen shot of this to your Smart Assessor.

Now, complete your Impact Statement showing what you have learnt from this topic.

[Click HERE to access the Impact Statement](#) or use the QR code.



Prevent, Radicalisation & Extremism

Prevent is part of the UK's counter-terrorism strategy. It focuses on safeguarding individuals from being drawn into radicalisation and extremism.

Prevent: A preventative strategy to stop people from becoming terrorists or supporting terrorism.

Radicalisation: The process by which someone begins to adopt extreme views, which may lead to violence or terrorism. This often affects vulnerable individuals and can happen gradually through influences like social media or friendship groups.

Extremism: The beliefs or actions that go against fundamental British values. This includes intolerance, hate speech, or support for violence.

Relation to Safeguarding

- Radicalisation is a safeguarding concern, just like abuse or neglect. It can exploit vulnerability, leading individuals toward extremist ideologies or actions. Prevent focuses on spotting warning signs early and offering support before harm occurs.

Relation to British Values

- By promoting the British Values (Democracy, Rule of Law, Individual Liberty, Mutual Respect, and Tolerance) helps build resilience against extremist views.

Information to Read

- [ACT - Action Counters Terrorism](#)
- [Police.UK](#)
- [Counter Terrorism](#)
- [Get Set Prevent Policy](#)

Information to Watch

- [Prevent Introduction](#)
- [Ally's Story](#)
- [Radicalised by the Far Right](#)
- [Radicalisation & Extremism](#)
- [British Values](#)

Activities

Select a minimum of 1 activity to complete. Evidence of this must be shown to your LDM in your next session.

Poster or factsheet

- Create a poster or factsheet on this topic covering important information, warning signs and how to report any concerns. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social media post

- Create a social media post raising awareness of this topic and it's importance, then add a screen shot of this to your Smart Assessor.

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Online Safety

Online safety, also known as internet safety or cybersecurity, refers to practices and precautions taken to protect yourself, your data, and your devices while using the internet. It involves being aware of online threats and taking steps to avoid them.

The internet can be an amazing place to explore, but it's also good to practice online safety. Some tips include being careful about sharing personal information, reporting anyone who makes you feel uncomfortable online, and getting familiar with privacy settings.

Relation to Safeguarding

- Safeguarding is about protecting children and vulnerable individuals from harm, including online risks such as cyberbullying, grooming, exposure to inappropriate content and online radicalisation.

Relation to Prevent

- By learning about online safety, you can learn how to spot extremist content and suspicious online behavior that could be promoting radicalised content and know how to report this using the correct channels.

Information to Read

- [What is Phishing?](#)
- [Creating Strong Passwords](#)
- [Your Digital Footprint](#)
- [Cyber Security at Work](#)

Information to Watch

- [Online Safety for Grown-ups](#)
- [Safety Net](#)
- [How Private Is Your Information?](#)
- [Avoid The Phishing Bait](#)

Activities

Select a minimum of 1 activity to complete. Evidence of this must be shown to your LDM in your next session.

Poster or factsheet

- Design a poster for your team on a key cyber safety tip (e.g., phishing, password safety, digital footprint). Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social media post

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Resilience & Mindset

Resilience and mindset are important personal qualities that help people cope with challenges and thrive in learning, work, and their personal life.

Resilience: The ability to bounce back from difficulties, adapt to change, and keep going when things get tough. It helps people manage stress, overcome obstacles, and stay motivated during setbacks.

Mindset: The way we think about ourselves and our abilities. A growth mindset, believing that we can improve through effort and learning, helps us face challenges positively, while a fixed mindset can hold us back.

Relation to British Values

- Resilience & Mindset are deep rooted in British Values, showing the importance of navigating cultural differences, learning from mistakes, listening to others and understanding peoples views and opinions.

Relation to Safeguarding

- Building resilience empowers people to speak up, challenge unsafe situations, and protect themselves and others. Resilient people are better able to identify risks, seek help, and make safer choices, reducing their vulnerability to harm.

Information to Read

- [What is a Growth Mindset?](#)
- [Building Resilience in the Workplace](#)
- [Emotional Agility](#)
- [Managing Stress Effectively](#)

Information to Watch

- [The Power of Belief](#)
- [What Is Resilience?](#)
- [Building a Growth Mindset](#)
- [Secrets of Resilient People](#)

Activities

Select a minimum of 1 activity to complete. Evidence of this must be shown to your LDM in your next session.

Poster or factsheet

- Design a poster for your team on a key mindset or resilience tip. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social media post

- Create a social media post raising awareness of this topic and it's importance, then add a screen shot of this to your Smart Assessor.

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Addictions & Gambling

Addiction is a chronic condition shown by taking part in “brain rewarding actions” despite adverse consequences. It can be substance-based (i.e. drugs, alcohol) or behavioral (i.e. gambling, gaming).

Addictions alter brain function, particularly in areas related to reward, motivation, and self-control, making it difficult for people to stop the behavior on their own and without intervention. Addiction including gambling can lead to severe personal, social, and financial consequences.

Relation to Safeguarding

- Gambling and addiction can pose a risk to individuals and others including physical and mental harm, financial exploitation, neglecting basic care needs of themselves and others, domestic abuse. Safeguarding exists to protect those who are vulnerable and provide the support needed.

Relation to British Values

- Individual Liberty encourages people to make free choices, however Rule of Law regulates Gambling to try and prevent addictions forming.

Information to Read

- [Gambling Related Harm](#)
- [Problem Gambling](#)
- [NHS - Addiction](#)
- [Mind - Support Resources](#)

Information to Watch

- [Understanding Gambling](#)
- [What is Addiction?](#)
- [How an Addicted Brain Works](#)

Activities

Select a minimum of 1 activity to complete. Evidence of this must be shown to your LDM in your next session.

Resource Map

- Create a resource map showing organisations that can support individuals through addictions and/gambling, hotlines and online tools. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social media post

- Create a social media post raising awareness of this topic and it's importance, then add a screen shot of this to your Smart Assessor.

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Sustainability & Green

Sustainability is about meeting our current needs without compromising the ability of future generations to meet theirs. In the workplace, this means making decisions that are environmentally responsible, fair to all individuals and financially prudent.

Whether you work in construction, healthcare, retail, or hospitality, sustainability plays a crucial role in how businesses operate and grow. This includes thinking about emissions from energy use (heating, lighting, computers), travel and transport (commuting, deliveries) waste (paper, packaging, food) purchasing (materials, equipment, services).

Relation to British Values

- Environmental laws and regulations being followed by the public and companies uphold sustainability standards along with respecting rights to clean air, water and a safer environment for all.

Relation to Safeguarding

- Having sustainable practices leads to safer and healthier environments for everyone to live and work in, which is a key aspect of Safeguarding.

Information to Read

- [Sustainability at the BBC](#)
- [Sustainable Workplaces](#)
- [Adopting Green Choices](#)

Information to Watch

- [Sustainability in 4 Minutes](#)
- [Climate Change](#)
- [Sustainability in the Workplace](#)
- [A Greener Workplace](#)

Activities

Select a minimum of 1 activity to complete. Evidence of this must be shown to your LDM in your next session.

Poster or Factsheet

- Create a poster or factsheet on this topic, covering important information and how to become a more sustainable workplace. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social media post

- Create a social media post raising awareness of this topic and it's importance, then add a screen shot of this to your Smart Assessor.

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Mental Health Awareness

Mental health is often referred to as a journey. As it can often be ongoing and requires support and action to be taken, not only on a personal level but also at work. Mental health can also be a workplace issue and should be given the attention and or support that it deserves just like any other health issues.

Unlike physical illnesses that are easier to spot and define, the signs of mental problems can go undetected, sometimes for years, resulting in prolonged suffering and a lack of much needed support. Employees are trained on how to do their jobs safely; they should also understand how to take care of their mental health and that of others.

Relation to Safeguarding

- Often people that have a mental health condition can show signs of neglect, where essential physical and emotional needs can be overlooked such as not eating properly, ignoring their emotions and neglecting their responsibilities such as work and studies.

Relation to British Values

- British values play a crucial role in shaping mental health policies and practices, promoting inclusivity, respect, and support for individuals facing mental health challenges.

Information to Read

- [Spotting the Signs](#)
- [Tips for Everyday Living](#)
- [Helplines](#)
- [Every Mind Matters](#)

Information to Watch

- [We All Have Mental Health](#)
- [Better Days Ahead](#)
- [What is Mental Health?](#)
- [How to Help](#)

Activities

Select a minimum of 1 activity to complete. Evidence of this must be shown to your LDM in your next session.

Poster or Factsheet

- Create a poster or factsheet on this topic, covering important information such as the warning signs and how to support. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Wellness Action Plan

- Create a wellness action plan to be able to spot the signs of mental health and where to get help for these signs, then add a screen shot of this to your Smart Assessor.

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Healthy Lifestyles

A healthy lifestyle isn't just about diet and exercise. Healthy Living is about taking responsibility for your decisions and making smart health choices for today and for the future. So healthy living would consist of:

Physical: Good Nutrition, Eating Right, Getting Physically Fit, Beneficial Exercise, Adequate Rest and Proper Stress Management

Emotional Wellness: Self-Supportive Attitudes, Positive Thoughts and Positive Self-Image

Spiritual Wellness: Inner Calmness, Openness to Your Creativity and Trust in Your Inner Knowing

Relation to Safeguarding

- Experiencing harm or being in unsafe environments can lead to anxiety, depression, trauma, and other mental health issues. Safeguarding reduces these risks.
- Good health and wellbeing make individuals more resilient and better able to recognise, resist, and report unsafe situations.

Relation to British Values

- Health and wellbeing link to British Values because maintaining good health and mental wellbeing supports individuals in actively participating in a safe, fair, and inclusive society.

Activities

Select a minimum of 1 activity to complete. Evidence of this must be shown to your LDM in your next session.

Create a poster or factsheet

- Create a poster or factsheet on this topic, covering important information such as what a balanced diet should include. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social Media Post

- Create a social media post to promote the benefits of a healthy lifestyle, then add a screen shot of this to your Smart Assessor.

Now, complete your Impact Statement showing what you have learnt from this topic.

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Information to Read

- [NHS - Live Well](#)
- [What is a Healthy Lifestyle?](#)
- [The Importance of a Balanced Diet](#)
- [Self Care & Managing Stress](#)

Information to Watch

- [Healthy Lifestyle](#)
- [How to Sleep Well](#)
- [5 Ways to Wellbeing](#)
- [A Balanced Diet](#)

Safeguarding

Safeguarding is the process of protecting people's health, well-being, and human rights, so they can live free from harm, abuse, and neglect. It applies to children, young people, and vulnerable adults, ensuring they are safe and supported.

- **Protection from harm** (abuse, neglect, exploitation, or unsafe environments)
- **Promoting well-being** (physical, emotional, and mental health)
- **Safe environments** (in schools, workplaces, care settings, and communities)
- **Empowerment** (helping individuals to make informed choices and stay safe)
- **Accountability** (organisations and professionals have a duty of care)

Relation to British Values

- Safeguarding supports British Values by protecting rights, promoting safety, and ensuring respect and fairness for everyone.

Relation to Prevent

- Prevent is a strand of safeguarding, ensuring individuals are protected from the specific risk of radicalisation and extremist influence

Activities

Create a poster or factsheet

- Create a poster or factsheet on this topic, covering important information such as what Safeguarding is, how to report concerns and it's link to British Values and Prevent. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social Media Post

- Create a social media post to highlight the importance of Safeguarding, then add a screen shot of this to your Smart Assessor.

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Information to Read

- [Get Set UK](#)
- [Get Set Safeguarding Policy](#)
- [Safeguarding Network](#)
- [NSPCC Key Topics](#)

Information to Watch

- [What is Safeguarding?](#)
- [Safeguarding case study](#)
- [Mental Health & Safeguarding](#)

Bullying, Stalking & Harassment

Bullying, stalking, and harassment are harmful behaviors that undermine a person's safety, dignity, and well-being, and they are taken seriously under safeguarding and the law.

- **Bullying:** Repeated, intentional behavior that hurts, intimidates, or humiliates another person. It can be physical, verbal, emotional, or online (cyberbullying).
- **Stalking:** Persistent and unwanted attention or contact from someone, which causes fear, distress, or anxiety. This can include following, monitoring, or repeatedly contacting a person.
- **Harassment:** Unwanted behavior (verbal, physical, or online) that offends, intimidates, or humiliates someone. It can be related to personal characteristics (e.g., race, gender, disability) or be more general in nature.

Relation to Safeguarding

- Safeguarding protects individuals from the harm caused by bullying, stalking, and harassment, ensuring they feel safe, respected, and supported.

Relation to Prevent

- Bullying, stalking, and harassment link to the Prevent Duty because they can increase vulnerability, undermine resilience, and in some cases push individuals towards extremist influences

Information to Read

- [Police.uk](https://www.police.uk)
- [Suzy Lamplugh Trust](https://www.suzy-lamplugh-trust.org)
- [Cyber Helpline - Online Bullying](https://www.cyberhelpline.org.uk)
- [Act Against Bullying](https://www.actagainstbullying.org)

Information to Watch

- [How to tell if there is bullying at work](https://www.youtube.com/watch?v=Hj8v8v8v8v8)
- [What is and isn't stalking?](https://www.youtube.com/watch?v=Hj8v8v8v8v8)
- [Harassment in the workplace](https://www.youtube.com/watch?v=Hj8v8v8v8v8)
- [What is Cyberbullying?](https://www.youtube.com/watch?v=Hj8v8v8v8v8)

Activities

Create a poster or factsheet

- Create a poster or factsheet on this topic, covering important information on Bullying, Stalking & Harassment and how to recognise signs and report. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social Media Post

- Create a social media post to highlight the importance of Bullying, Stalking & Harassment, then add a screen shot of this to your Smart Assessor.

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Money Management & Fraud

Effective money management protects financial well-being, while awareness of fraud helps individuals stay safe from exploitation and financial harm.

Money Management

The process of budgeting, saving, spending, and investing wisely to make the most of financial resources. Good money management helps people meet their needs, avoid debt, and plan for the future.

Fraud

A criminal act where someone deceives others for financial gain. This can include scams, identity theft, online fraud, or tricking people into giving away money or personal details.

Relation to British Values

- Money management and fraud link to British Values by promoting fairness, responsibility, and protection under the law, while ensuring individuals can exercise freedom safely.

Relation to Safeguarding

- Safeguarding relates to money management and fraud by protecting people specially the vulnerable, from financial harm, exploitation, and neglect, ensuring their well-being and security

Information to Read

- [Organising your finances](#)
- [Saving and Budgeting](#)
- [Action Fraud](#)
- [Could this be a scam?](#)

Information to Watch

- [What is budgeting?](#)
- [Start budgeting](#)
- [How private is your information?](#)
- [Amazon Account Scam](#)

Activities

Create a poster or factsheet

- Create a poster or factsheet on this topic, covering important information such as budgeting and how to recognise online scams. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social Media Post

- Create a social media post to highlight the importance of Money Management & Fraud, then add a screen shot of this to your Smart Assessor.

Now, complete your Impact Statement showing what you have learnt from this topic.

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Healthy Relationships

Healthy relationships are positive connections between people that are built on respect, trust, and communication. They can be with family, friends, colleagues, or partners.

Key Features of Healthy Relationships

- **Respect:** Valuing each other's feelings, opinions, and boundaries
- **Trust:** Being honest, reliable, and supportive
- **Communication:** Listening, expressing feelings openly, and resolving conflicts calmly
- **Equality:** Sharing responsibilities and making decisions together
- **Support:** Encouraging each other's well-being and personal growth

Relation to Safeguarding

- Healthy relationships support safeguarding by promoting safety, respect, and well-being, while helping to prevent and protect against abuse or harm.

Relation to Prevent

- Healthy relationships link to the Prevent Duty by fostering respect, inclusion, and resilience, reducing the risk of individuals being influenced or exploited by extremist ideologies.

Activities

Create a poster or factsheet

- Create a poster or factsheet on this topic, covering important information on Healthy Relationships, consent and how to recognise unhealthy relationships. Display it in your workplace or share it digitally and add a screen shot of this to your Smart Assessor.

Mini Presentation

- Prepare a short (3–5 minute) presentation on this topic that you can present to your team or your LDM on your next meeting.

Social Media Post

- Create a social media post to highlight the importance of Healthy Relationships, then add a screen shot of this to your Smart Assessor.

Now, complete your Impact Statement showing what you have learnt from this topic.

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Information to Read

- [Maintaining healthy relationships](#)
- [Disrespect Nobody](#)
- [Healthy & Unhealthy relationships](#)
- [Dating and building healthy relationships](#)

Information to Watch

- [Honesty is the best policy](#)
- [Disrespect Nobody](#)
- [Setting boundaries](#)
- [What is Consent?](#)

Uploading to Smart Assessor

Once you have completed your Hot Topic activity, you need to upload this to Smart Assessor.

1. Navigate to your **Enrichment Course** tab within your home screen.



2. Drag and drop or browse for your Hot Topic evidence, add this then click **Upload**.

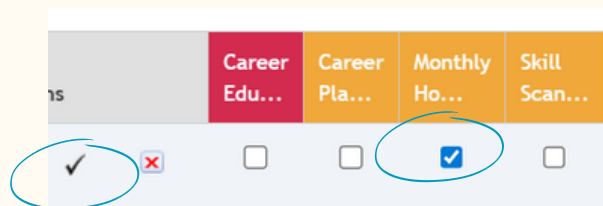


3. Check the name of your document, then scroll down to the bottom and tick the box to **sign as Learner**.

Signatures

Signed in Agreement :	Name :	Signed :	ES :	Date :	Signature req:
Primary Assessor		<input type="checkbox"/>			<input type="checkbox"/>
Secondary Assessor		<input type="checkbox"/>			<input type="checkbox"/>
Learner		<input type="checkbox"/>			<input type="checkbox"/>
Employer		<input type="checkbox"/>			<input type="checkbox"/>
IQA		<input type="checkbox"/>			<input type="checkbox"/>

4. When you return to the evidence page, tick the **Monthly Hot Topic Box** on the line of your evidence, then click on the tick icon to map it.



5. After clicking on the tick icon, you can map it again the month. Once mapped, click **save and return** to return back to your evidence page.

Monthly Hot Topics

☐ Select All PC's

☒ Map

Month 1

001 - Month 1 Hot Topic