

February 2024 – Hot Topics

Prevent – Andrew Tate

Emory Andrew Tate - was born in December 1986, and his website says he is from Chicago, Illinois. Tate was a kickboxing world champion four times - but it was online where he found worldwide fame.

Tate has appeared in countless videos, flaunting an ultra-luxurious lifestyle of fast cars, private jets, and yachts which has led to a huge online following, especially young men.

In an interview with another YouTuber, he said he was "absolutely a misogynist", and added: "I'm a realist and when you're a realist, you're sexist. There's no way you can be rooted in reality and not be sexist." In that same video, he described women as "inherently lazy" and said there was "no such thing as an independent female".

'A misogynist is a person who dislikes, despises or is strongly prejudiced against women', Andrew Tate gained a large following of people who declared themselves to be misogynists and follow his ideologies.

Tate was arrested in 2022 along with his brother after stating that his job was 'to meet a girl, go on a few dates, sleep with her, test if she's quality, get her to fall in love with me to where she'd do anything I say and then get her on webcam so we could become rich together,' He was arrested due to an investigation into allegations of human trafficking and rape.

He also declared in a BBC interview that he was a 'force for good' and that he was 'acting under the instruction of God to do good things'

What does this mean to you?

Tate shows extremist views and it is important that these are prevented, due to his lavish lifestyle his following grew and it is important to educate others as to what his ideologies mean in practice and that they are harmful. If you speak to someone who agrees with Tate's ideologies it is the time to put measures into place such as referral to Prevent to stop them from harming others.

<https://www.bbc.co.uk/news/uk-64125045>

<https://www.theguardian.com/society/2024/feb/03/andrew-tate-symptom-not-problem-why-young-men-turning-against-feminism>

British Values – Race Equality Week

Race Equality Week is a UK campaign that asks its participants to address barriers to race equality in the workplace. The campaign invites organisations and individuals to take part in anti-racist activities such as raising awareness, engaging senior leaders in the importance of anti-racist work cultures and sharing activities throughout the week.

The theme for Race Equality Week 2024 is #ListenActChange and reflects the need for more action to tackle race inequality, not just words.

12.5% of the UK's working age population is from a black or ethnic minority background, 6% of management positions in the UK are held by black and ethnic minority people, 1 in 11 people among black and ethnic minority groups are unemployed, compared to 1 in 25 white workers.

70% of ethnic minority workers have experienced racial harassment at work in the last five years, 60% of ethnic minority workers say they have been subjected to unfair treatment by their employer because of their race and 40% of those who reported a racist incident have said they were either ignored or subsequently been identified as a troublemaker.

Racism in the workplace should not be tolerated and reported if it does occur, at Achieving Excellence we do not accept racism and if you feel that you need support with any incidents of this in your workplace, please contact us.



Safeguarding – Sexual violence awareness week

Sexual Abuse and Sexual Violence are never ok, it is never a victim / survivor's fault, and there is help for anyone experiencing abuse and violence.

Sexual Abuse and Sexual Violence can happen to anyone. Any age, any background, ethnicity, heritage, or culture, any faith or none. Any sexuality or gender identity or none. Children, older people, LGBT+ people and disabled people. Rich people, poorer people, people with any level of education. People with or without disabilities. Famous people, the people next door. It is true that men and boys can experience sexual abuse and violence, but research consistently shows that most victims and survivors of sexual violence are women and girls, and most perpetrators are male.

Over a five-year period (2018 to 2023) RISE recorded sexual violence experienced by 22% of those using our services currently and 33% who had experienced historic sexual violence and abuse.



1. 1 in 3 women worldwide experience physical or sexual violence, mostly by an intimate partner [Source UN Women](#)

2. 41% of UK girls aged 14 to 17 in an intimate relationship experienced some form of sexual violence from their partner [Source - Refuge](#)

3. 1 in 2 rapes against women are carried out by their partner or ex-partner [Source Rape Crisis England and Wales](#)

4. 91% of people prosecuted for sexual offences are men aged 18+ [Source Rape Crisis England and Wales](#)

5. 6 in 7 rapes against women are carried out by someone they know [Source Rape Crisis England and Wales](#)

If you are experiencing sexual abuse or sexual violence in England call the Rape Crisis England and Wales Support line on 0808 500 2222 or visit their [Support Line website](#) to start an online chat or in an emergency call 999.

Equality and Diversity – LGBT History Month

February celebrates LGBT + history month, LGBT + celebrates the lives and contributions of those who are lesbian, gay, bisexual or transgender. Throughout history individuals within this group have been discriminated against and ostracised due to their sexual orientation.

This year marks 21 years since Section 28, the law that banned “promotion of homosexuality” in the UK, was repealed. It was an attack on LGBT+ visibility, including it being illegal to be seen to promote or talk about homosexuality within schools or for gay couples to show affection towards each other in the community. In 1967 UK’s Sexual Offences Act is law and this decriminalises gay sex in private between men.

Additional legislation that supports the LGBT+ community:

2000 - LGBT people can serve in the Armed Forces

2001 - the age of consent is equalised at 16

2003 - Section 28 abolished in England, Wales and Northern Ireland

2005 - Gender Recognition Act grants legal status to trans people

2005 - Civil Partnerships introduced in the United Kingdom

2007 - Equality Act seeks to protect equal access to goods and services

The LGBT+ History Month 2024 celebrates: Medicine – #UnderTheScope

The 2024 theme celebrates LGBT+ peoples’ contribution to the field of Medicine and Healthcare both historically and today, this also interlinks with the theme of ‘claiming our past, celebrating our present and creating our future’



Health and Well-being – World Cancer Day

World Cancer Day held every 4 February is the global uniting initiative led by the Union for International Cancer Control (UICC). By raising worldwide awareness, improving education and catalysing personal, collective and government action, we are all working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all - no matter who you are or where you live.

Created in 2000, World Cancer Day has grown into a positive movement for everyone, everywhere to unite under one voice to face one of our greatest challenges in history.

While we live in a time of awe-inspiring advancements in cancer prevention, diagnosis and treatment, many of us who seek cancer care hit barriers at every turn. Income, education, geographical location and discrimination based on ethnicity, gender, sexual orientation, age, disability and lifestyle are just a few of the factors that can negatively affect care.

This year's World Cancer Day's theme, "Close the Care Gap", is all about making sure our leaders know that we demand a commitment to prioritising cancer, to creating innovative strategies designed to confront inequity and to investing our resources to achieve a just and cancer-free world.

With so many different types of cancers, the symptoms are varied and depend on where the disease is located. However, there are some key signs and symptoms to look out for, including:

- Unusual lumps or swelling – cancerous lumps are often painless and may increase in size as the cancer progresses.
- Coughing, breathlessness, or difficulty swallowing – be aware of persistent coughing episodes, breathlessness or difficulty swallowing.
- Changes in bowel habit – such as constipation and diarrhoea and/or blood found in the stools.
- Unexpected bleeding – includes bleeding from the vagina, anal passage, or blood found in stools, in urine or when coughing.
- Unexplained weight loss – a large amount of unexplained and unintentional weight loss over a short period of time (a couple of months)
- Fatigue – which shows itself as extreme tiredness and a severe lack of energy. If fatigue is due to cancer, individuals normally also have other symptoms.
- Pain or ache – includes unexplained or ongoing pain, or pain that comes and goes.
- New mole or changes to a mole – look for changes in size, shape, or colour and if it becomes crusty or bleeds or oozes.
- Complications with urinating – includes needing to urinate urgently, more frequently, or being unable to go when you need to or experiencing pain while urinating.
- Unusual breast changes – look for changes in size, shape or feel, skin changes and pain.
- Heartburn or indigestion – persistent or painful heartburn or indigestion
- Heavy night sweats – be aware of very heavy, drenching night sweats.

If you have any concerns regarding your health, please speak to your GP or consult the NHS website.