

S.A.F.E course guide

Welcome to the S.A.F.E e-learning course, designed specifically for adults who have experienced domestic abuse. S.A.F.E stands for Safety, Awareness, Freedom and Empowerment. The course takes approximately 2 hours to complete, but you can complete it at your own pace and in bite-sized chunks. Your progress will be saved automatically when you sign out, so you can pick up where you left off when you log back in.

There are two versions of the course available. Both versions cover the same material, but one includes an extra module about the impact of domestic abuse on children. We recommend accessing this version if you have children, but it is also available to those without children.

The S.A.F.E course content includes:

- The different types of abuse
- Some of the common patterns of domestic abuse
- Myths and truths about domestic abuse
- Healthy relationships and core values
- Brief overview of the Impact domestic abuse has on children.
- Potential warning signs of abuse
- Dealing with grief and loss
- Moving on process ... and much more!

Please ensure it is safe before engaging with this e-learning course. Each section includes an escape button that redirects to the BBC News website, providing an extra safety measure in case you need to leave the site quickly. If privacy is a concern, we suggest deleting browsing history after use.

Please note that due to the sensitive nature of the content, some topics in this course may trigger distressing emotions. You can take a break from the course and return to it when you feel ready. It is a voluntary course and you are not obliged to complete it. If you require support, please reach out to trusted individuals or professionals. We recommend completing this course in private and avoiding use under the influence of alcohol or when you are feeling emotionally distressed.

List of useful support services:

NHS Mental health support line: 0800 001 4331

Shout – Text service. Free 24/7 text mental health support service. **Text 85258**

LDASS – 01522 510041 (option 2)

Samaritans - Free 24-hour helpline - phone 116 123

Registering and accessing the S.A.F.E. e-Learning course

The remaining sections of this user guide explain the steps required to access the S.A.F.E course. The S.A.F.E course is accessible through the Safeguarding Lincolnshire Enable training portal hosted by Virtual College.

Step 1 – Registration

1. Visit the Lincolnshire Safeguarding Children Partnership website:
<https://www.lincolnshire.gov.uk/safeguarding/lscp>

2. Click on the Training link:

Lincolnshire COUNTY COUNCIL
Working for a better future

Search...

My Account Menu

Home > Childcare and family support > Lincolnshire Safeguarding Children Partnership

Lincolnshire Safeguarding Children Partnership

■ Contents

The LSCP	Report a concern about a child
Training resources	Campaign resources
Child sexual exploitation	Report a child death
Improving child protection and safeguarding	

LSCP
Lincolnshire Safeguarding Children Partnership

3. Click on the New User Login link to be taken to the registration page to obtain a new learner Record and log in details:
 - o The direct URL link is:
<https://safeguardinglincolnshire.vc-enable.co.uk/register>

people, adults and their families.

It is delivered through a mix of with face-to-face training and e-learning courses.

Our programme identifies the aims and learning outcomes for all courses and identifies which groups of staff the training is appropriate for.

We use the National Competency Framework for Safeguarding Children and Adults.

- [Login to access training](#) ↗
- [Register to access training](#) ↗

For training queries, email safeguardingtraining@lincolnshire.gov.uk.

< Previous
Report a concern about a child

> Next
Campaign resources

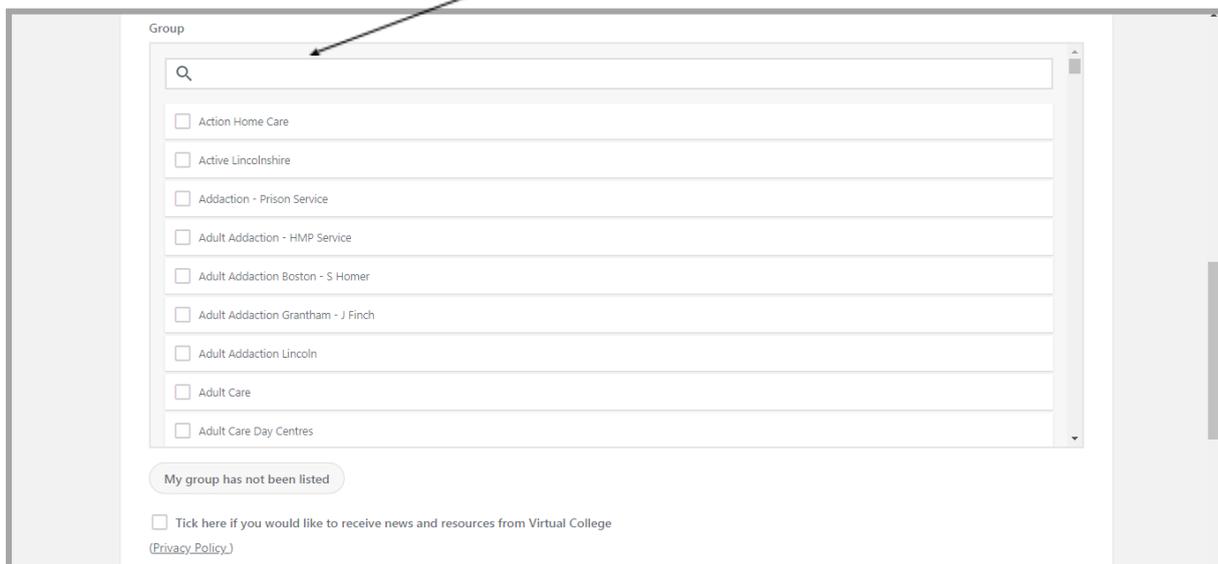
4. Fill in the fields marked with a *



The screenshot shows the top of a registration page. On the left, there is a logo with silhouettes of people and the text "Working Together, Learning Together". On the right, the "Enable" logo is displayed. Below the header, the word "Registration" is centered. Underneath, there are two input fields: "First Name *" and "Last Name *", both with empty text boxes.

5. Select your groups from the list:

- o The list is long and may take a few minutes to load.
- o The group you will need to select is: **Charity - S.A.F.E Course EDAN**

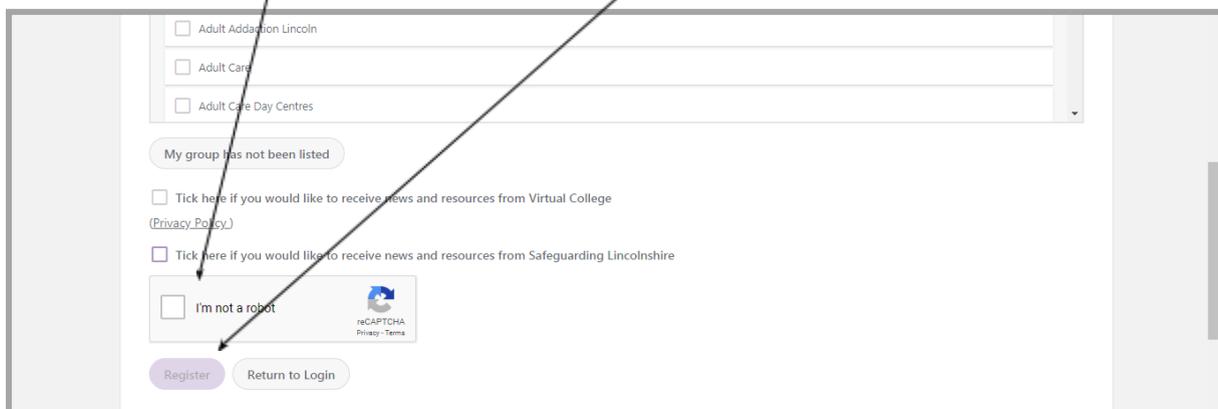


This screenshot shows a dropdown menu titled "Group". At the top is a search bar with a magnifying glass icon. Below it is a list of groups, each with a checkbox:

- Action Home Care
- Active Lincolnshire
- Addaction - Prison Service
- Adult Addaction - HMP Service
- Adult Addaction Boston - S Homer
- Adult Addaction Grantham - J Finch
- Adult Addaction Lincoln
- Adult Care
- Adult Care Day Centres

 Below the list is a button that says "My group has not been listed". At the bottom, there is a checkbox for "Tick here if you would like to receive news and resources from Virtual College" with a link to "(Privacy Policy)".

6. Click in the I'm Not A Robot box and then Register at the bottom of the screen to finish:



This screenshot shows the bottom part of the registration form. It includes the same group selection list as the previous screenshot. Below the list is a button "My group has not been listed". There are two checkboxes for receiving news:

- Tick here if you would like to receive news and resources from Virtual College (with a link to "(Privacy Policy)")
- Tick here if you would like to receive news and resources from Safeguarding Lincolnshire

 Below these is a reCAPTCHA box with the text "I'm not a robot" and a small robot icon. At the bottom, there are two buttons: "Register" and "Return to Login".

An automatic email from Virtual College will be sent with your log in details. It may take several minutes to come through and please be sure to check your spam/junk inbox.

The email from **Virtual College** will say '**Welcome to Safeguarding Lincolnshire**'.

The email will provide step-by-step instructions on how to activate your new Learner Record (you have to do this first before accessing the S.A.F.E course).

The instructions in the email will look something like this:

Step 1 - Click on the link provided

Step 2 –Input your username, which has to be your email address.

Step 3 - You will be asked to create a password, then confirm it and click to confirm the account.

You can click the Help & Support link to view a collection of user guides and video tutorials. You can also use the Help & Support link to submit a query. Alternatively, you can call Virtual College on 01943 885095.

You will then automatically be taken back to the homepage.

Accessing S.A.F.E online course - When Log-in Details have been received.

1. Log in at <https://safeguardinglincolnshire.vc-enable.co.uk>

2. Once logged in click on the Learning tile to request e-Learning:

3. You will first see the Active Learning. Scroll down to the Available Learning section. Choose one of the two e-learning courses: Click Start to begin.

- o S.A.F.E
- o S.A.F.E (including learning on how domestic abuse impacts on children)

4. This page shows the e-learning course description. Click start:

The screenshot shows a dashboard with a navigation bar (Dashboard, Learning, Awards, Groups, Events) and a search bar. A modal window titled "S.A.F.E." is open, displaying the following text:

S.A.F.E

The S.A.F.E course has been specifically designed for adults who have experienced domestic abuse.

The aim of the course is to support survivors to gain more knowledge and understanding of domestic abuse and some of their own experiences.

The course is delivered over several learning modules, these are:

The modal window has a "Close" button and a "Start" button. An arrow points from the instruction above to the "Start" button.

5. Click start to begin the course:

The screenshot shows the course page for "S.A.F.E." with the following details:

Learning / Module

You have not started this learning item. [Start](#)

S.A.F.E

Allocated 27-May-2021 15:09 | [New](#)

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