

Faith & Safeguarding: Reflective Exercises

For Statutory Professionals

Reflective exercises for statutory professionals: Encourages professionals to consider faith as a meaningful context in safeguarding, promoting culturally aware and person-centred practice.



**thirtyone:
eight**



Hello there!

Welcome!

Reflective Practice for Statutory Professionals: Exploring Faith and Belief in Safeguarding

Faith and belief can shape how individuals understand safety, harm, and care—and influence decisions around discipline, gender roles, leadership, and help-seeking. For statutory professionals, reflection is key to recognising these dynamics and responding with cultural awareness and respect.

These reflection exercises are designed to support thoughtful, informed safeguarding practice. Each activity takes around 30–60 minutes and can be completed individually or as a team.

Your Thirtyone:eight Training Team

Reflective Exercise 1: Faith and Safeguarding – A Shared Goal

Prompt: Reflect on Sukhvinder’s statement from the panel discussion, “Safeguarding is faith. Faith is safeguarding.”

- In your own practice, have you seen instances of this?
- How can recognising shared values improve collaboration and trust?

Reflective Exercise 2: Navigating Divergence

Prompt: Recall a situation from your own practice or the transcripts where faith-based beliefs conflicted with safeguarding protocols.

- How did/could you respond? What worked well, and what didn’t?
- What strategies could help you navigate similar situations in future while maintaining respect and safeguarding integrity?

Reflective Exercise 3: Building Relationships Before Crisis

Prompt: What steps could you take to build relationships with faith-based organisations before a safeguarding issue arises?

- Think of a time when professional curiosity led you to ask questions or explore a community you didn’t know well.
- How might you use community events, local safeguarding boards, or ecumenical groups to foster connection?

Who we are:

Thirtyone:eight is an independent Christian safeguarding charity working across the UK. While rooted in Christian values, we serve organisations of all faiths and none, equipping them to protect vulnerable children and adults through training, consultancy, and resources. Our vision is for a world where every child and adult can feel—and be—safe.

Each year, we provide **safeguarding training** to over **11,000** people from the faith and community sector, support more than **12,000 organisations**, and respond to around **9,000 safeguarding helpline calls**. Our name comes from a verse in the bible, Proverbs 31:8: “Speak out on behalf of the voiceless, and for the rights of those who are vulnerable.” This is our mandate and the foundation of our work.

This resource has been developed to support statutory professionals in engaging confidently and respectfully with faith communities in safeguarding contexts.