



7-Minute Briefings

What is a 7-minute briefing?

The Salisbury Diocese Safeguarding Team have introduced '7-minute briefings' to provide concise, focused learning sessions on various safeguarding topics. These offer insights from national Lessons Learned reviews and other themed learning, along with challenge questions for teams and individuals to reflect on in relation to their ministry context.

The concept of 7-minute briefings is inspired by a technique from the FBI, based on research indicating that seven minutes is an ideal time span for concentration and learning. In a world of increasing pressure and demands on time, 7 minutes is a manageable amount of time to set aside for learning in most settings.

Clearly such short briefings will not have all the answers, but it is hoped that they will act as a catalyst to help people discuss and reflect. In reality, many settings will be able to dedicate a greater length of time and enable more ongoing conversations.

If you have suggestions for future briefings you would find helpful, please send suggestions to safeguarding@salisbury.anglican.org

How to use a 7-minute briefing?

The briefings can be used in a variety of ways:

- Individuals can use the briefing independently for their own learning and development and share informally with others.
- Leaders, clergy, Parish Safeguarding Officers or trustees could facilitate a discussion in meetings such as PCC meetings, church leadership meetings, supervision and peer support sessions.
- Used as part of a bigger event to compliment overall learning and development.

The briefings are NOT suitable for use during a church service.

Trauma informed approach

Issues addressed within the 7-minute briefings could have an emotional impact on those engaging with them. If someone has experienced trauma or abuse, they may be particularly affected and there is a possibility of re-traumatisation. Audiences should be given advanced warning before the briefing takes place so they can ensure their own emotional and psychological safety and can decide if they are willing to attend or not. At the beginning of the briefing there should be a 'trigger warning' to let people know it contains sensitive material that people may find distressing. The briefings should be delivered face-to-face where possible and pastoral and signposting support could be offered alongside the briefing.

7 Minute Briefing Modern Slavery

1. Background – Modern slavery is a serious crime that violates human rights and encompasses a wide range of types of exploitation including;

- Sexual exploitation including sexual abuse and forced prostitution
- Domestic Servitude – being forced to work in someone’s else’s home, perhaps cooking, cleaning and looking after children with little freedom or pay
- Forced Labour – making someone work against their will, typically under threat of punishment or coercion
- Criminal exploitation - making another person commit a crime
- Other forms of exploitation: organ removal; forced begging; forced marriage and illegal adoption.

Human trafficking refers to the movement of a person from one place to another using deception and coercion, abuse of power or someone’s vulnerability and for the purposes of exploitation.

7. Questions to consider - Where might you or someone from your church/parish come across victims of modern slavery? Are you confident you would know what to do if you suspected it?

- Could your church/parish raise awareness of modern slavery via the Clewer Institute resources – <http://clewer.org.uk>
- Modern Slavery Training is available via the Church of England Training Portal - <https://safeguardingtraining.cofeportal.org/>

6. What to do – If you have a concern regarding modern slavery:

- In an emergency call the police emergency number.
- If there is no immediate danger call police non-emergency number, and/or the National Modern Slavery Helpline 0800 0121 700
- Once referred to statutory agencies, report concern to the Diocesan Safeguarding Team – safeguarding@salisbury.anglican.org, 01722 438651

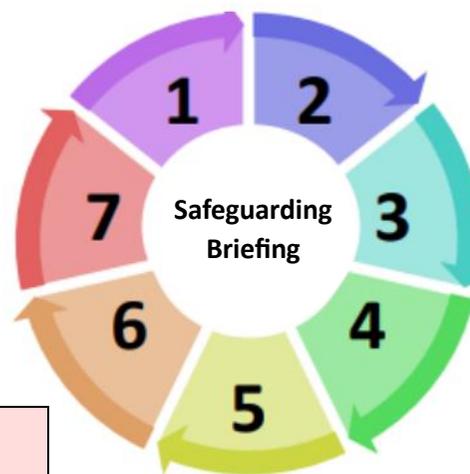
2. Why it matters

An estimated 50 million people are victims of modern slavery worldwide. In 2024, 19,125 potential victims in the UK were referred to the Home Office (12% increase from the previous year). Modern slavery happens across all areas of the Diocese of Salisbury.

The impact of modern slavery – whether financial, sexual or criminal – can leave victims with life-long trauma, horrific physical injuries and a long journey to recovery.

3. Information

Victims of modern slavery can be found in areas and industries such as farming, fishing, nail bars, construction, cleaning companies, brothels, car washes, restaurants/takeaway’s and private dwellings.



4. Spot the signs

Some signs and indicators to be aware of:

- Appearing to be under others control – always accompanied.
- Restricted movement – do not have documents that would allow them to travel (e.g. passport), always picked up/dropped off at work
- Few/no possessions – wearing the same clothes
- Physical appearance – signs of physical or psychological abuse
- Poor living conditions – dirty, crowded or cramped, overcrowded accommodation.
- Fear – may seem fearful of employers or fearful about talking about their situation.
- Unusual relationships – having relationships which do not seem right for example young teenager appearing to be in a relationship with a much older adult.

5. Barriers to reporting

- Language
- Unaware of support and/or unable to access support
- Fear of repercussions
- Involvement in criminal activity (fear of prosecution)
- Lack of trust in authorities
- Unaware they are a victim
- Immigration status
- Self-blame, shame, stigma

(Oct 2025)