

Guidance - Cadets with Specific Religious Needs

United Kingdom

Currently in the UK religions are broken down into:

70% of young adults in the UK identify as non-religious, while 10% identify as Catholic, 7% as Anglican, and 6% as Muslim. Only 7% of British young adults attend religious services weekly.

[The BBC Bite Size](#) web page is a really useful tool which goes through each UK based religions' key points, holidays and festivals as well as any additional supportive information. For example, any requirements in terms of dress or food.

Some cadets/parents may have concerns when it comes to meeting their religious needs. Every effort should be made to adjust or accommodate the cadet where possible. A multi-faith or contemplation room/area can be set aside to meet prayer requirements.

Young people can have a variety of religious needs, including:

Spiritual development: Young people may sense a change in awareness, wonder, mystery, and a sense of connectedness. Spirituality can help children understand themselves and others, and their place in the world.

Finding a sense of community: Faith can help young people find a sense of community and support from a religious leader.

Developing resilience: Some young people say that faith can help them develop resilience and inner strength.

Understanding the world: Faith can help young people understand the world and their identity.

Finding comfort: Young people may find comfort through prayer or studying religious texts. Some ways to support young people's religious needs include:

- Acknowledging religious holidays and celebrations
- Providing opportunities to participate in cultural events and community activities
- Encouraging young people to share and explore values with others
- Understanding a child's faith and how it can play a role in family life
- Being aware of child protection concerns linked to faith, culture, or beliefs

Adjustment

Adjustments can be made to uniform, for example berets can be replaced by Black Hijab or turban. Where meals are being provided then care must be taken to provide food that meets the religious needs of the cadets and in times of fasting, there is an opportunity for the cadets to break their fast and still have food available.

Resources

[Young people and religion: creative learning with history](#) – Open University 12 hour program
for Cadets – Free