



SAFEGUARDING NEWSLETTER

SUMMER SAFETY

This edition of our Safeguarding Newsletter is full of important messages to help keep our children and young people safe during the summer holidays.

STAY SAFE ONLINE



Follow these top tips when online:



Choose a good password and keep this secret. The best passwords have a combination of letters, numbers, and other characters. Avoid using your name, birthday, or birth year.



When you are online or using apps check your privacy settings to see if your information is public or private.



Stop and think if someone online asks for your full name, address, phone number, school or a photograph. **Don't share these details with anyone online.**



If a message makes you feel uncomfortable you don't have to reply.

Always tell a parent or guardian if you are worried about anything you see online or on your phone.



Do not say anything or publish pictures that might later cause you or someone else embarrassment. Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.



You can't always believe what you see online, some of the information can actually be fake – this can include fake facts, images, videos and even people. If you haven't met someone in real life before you chat online be very careful as they may not be who they say.

County Lines is when gangs and organised criminal networks move illegal drugs into other areas of the country, often smaller areas.

Dealers will take orders from drug users through mobile phones and take advantage of young people to move and store drugs and money. They often do this through blackmail, intimidation and violence.

COUNTY LINES THE REALITY

DON'T GET TRAPPED IN IT!

It may start off as a couple of jobs a week for some much needed cash but **you will end up getting caught up in drug trafficking and gangs.**

If you feel like there is **no way out** or you are **worried about a friend** you can get **help and advice** at:

WWW.STAFFORDSHIRE.POLICE.UK/COUNTYLINES

#DITCH
THE
BLADE

Knife Crime

Are you feeling pressured to carry a knife as you think everyone else is? The reality is that **99% of 10-29 year olds DON'T carry a knife.**

Carrying actually increases your chance of being stabbed or slashed. The risk is real, your knife could be used against you.

Speak up now! You can get help and advice on how to ditch the blade at www.knifefree.co.uk

Keep busy this summer!

Space runs fun activities for 8-17 year-olds during the school summer holiday across Staffordshire and Stoke-on-Trent.

For more information about what is on and to book a place visit:
www.staffordshirespace.uk



www.staffordshirespace.uk

OUTDOOR FIRE SAFETY

Respect the outdoors and remember these points when you are out with your friends this summer:



Do not set deliberate fires!

They can put people's lives in danger, put a strain on firefighters and ruin the local area.



If you're found to be responsible for a fire, you will be arrested and get a criminal record.



Take your rubbish home or put it in a nearby bin.

Don't leave glass bottles lying on the ground. Sunlight shining through glass can start a fire.



Call 999 if you see a fire - don't try and tackle it yourself and leave the area as soon as possible.

**DON'T BE
BLAMED FOR
THE FLAMES**

Be Water Safety Aware

When the weather is warm the water can seem so inviting, but it is a risk that is simply not worth taking. Swimming in rivers, canals and lakes is dangerous. Remember these points when out and about this summer:



Only swim in properly supervised pools, the dangers of water include: very cold temperatures, hidden currents, fast flowing water, deep water, locks and weirs, pollution, hidden rubbish and debris. It may also be difficult to get out and there will not be lifeguards present.



If you see another person or a pet in trouble in the water do not enter the water yourself. Raise the alarm or if you have a mobile phone call 999 and ask for the fire service. Try and give an exact location of where you are and look for signs or landmarks. If there is a lifebuoy or throwline nearby throw it to them. If not, throw anything to them that will float.



If you fall into water by accident try to fight your instinct to thrash about, instead lean back and float on your back while you catch your breath. Once you are calm call for help or swim for safety if you are able.



NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Mental Health Support Team's in schools are open over the summer holidays *

If your child is experiencing a mild to moderate mental health difficulty, we may be able to help.

We can help with low mood, anxiety, sleep issues, worry and panic



Please call us on 07929846820**
9am-5pm Monday-Friday
20th July- 7th Sept

Please leave your name and number and one of our practitioners will give you a call back

*Identified schools in Cannock, Stafford, Burton and Uttoxeter areas covered

**PLEASE NOTE THIS NUMBER IS NOT TO BE USED IN AN EMERGENCY

You're Not Alone

If you feel unable to cope, worried about your own mental health or someone you care for, you're not alone – help is available.

Call your local NHS urgent mental health helpline 24/7
📞 0300 123 0907



These services also offer confidential advice:

Samaritans

– you can talk to someone 24 hours a day, 365 days a year. 📞 116 123

Shout Crisis text line

– a free, 24/7 text messaging support service for anyone who is struggling to cope.

📱 Text 'SHOUT' to 85258

Useful Contacts



We want young people to be happy, feel safe and listened to.

We want you to know there is always somewhere to turn to if you need help.

Here are some other helpful websites and numbers:

Childline – a free, private and confidential service where you can talk about anything. They can also advise on how you can report and remove a nude image shared online.

📞 0800 1111 🌐 www.childline.org.uk

NSPCC – help young people at risk and find the best ways to prevent child abuse from ever happening.

📞 0800 1111 🌐 www.nspcc.org.uk

Victim Support – there for anyone who has been affected by crime, whether it was reported or not, and no matter how long ago it happened. Victim Support will provide free, confidential support so you can move forward with your life. The Victim Support website also includes a live chat function.

📞 0808 1689 111

🌐 www.victimsupport.org.uk

Fearless – an independent charity that allows people to pass on information about crime 100% anonymously. They provide a route for passing details of crime securely and safely via the Fearless website.

📞 0808 1689 111

🌐 www.fearless.org/en