



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 and beyond.

Water Safety - what is the importance of water safety?

On average, around 400 people drown in the UK each year. Often, we underestimate just how dangerous the water can really be. Whether it be a lake, ocean, or swimming pool, being in any body of water poses a range of risks.

Drowning, in its essence, is when too much water gets into the lungs, which then prevents oxygen from getting to the blood. This, in turn, means that there is a lack of oxygen getting to the brain and the rest of the body. Another scary thing about drowning is how quickly it can happen. In fact, it can take less than 2 minutes after a person is submerged underwater for them to completely drown.

This is why teaching children all about water safety is so important.

What are the 4 Parts of the Water Safety Code?

The code has all of the information that children need to enjoy their time in the water whilst still keeping their wits about them and staying safe. It is also really reassuring for parents/carers letting their children going in the water, as they can be sure that they have all of the tools they need to stay safe.

The 4 parts of the Water Safety Code are:

Spot the danger

- Make sure to check for hazards.
- If you are in a swimming pool, stay in whichever depth you are comfortable with.
- If you are in open water, make sure to stay close to land.

Take advice

- Always read the signs, they are not there to be ignored
- Make sure there is a lifeguard present before you go into the water.
- Wear a buoyancy aid or life jacket if you need one.

Go with a friend

- Swimming with your friends and family is much safer than going in alone, as they are able to get help in the event of an emergency.

Learn what to do in an emergency

- Find the nearest phone and call either 999 or 112 to get help.
- Shout loudly to get the attention of people who can help.
- Leave the saving to the lifeguards: never go into the water yourself to try and help someone.

Important Water Safety Rules

Here are some more important rules for staying safe in the water:

- If you are on rocky, rough, or uneven surfaces, make sure to wear protective footwear.
- If you are in the open water, don't swim out too far.
- Pretending to drown is not funny, and should not be done as a joke.
- Try not to bring glass containers to the beach. If glass breaks and gets mixed into the sand, it can make walking very dangerous.
- When in the sea, always face the waves, instead of turning your back on them.
- Before you try going into the water, especially open water, make sure you know how to swim.

Some of the Biggest Dangers Associated with the Water

- Always make sure that you are wearing plenty of sun protection before venturing outside. This is especially important if you are going into the water because the reflection from the water makes the sun's rays stronger, meaning you are more likely to burn.
- When you're swimming, it can be easy to get dehydrated. This is why it is so important to drink water to stay on top of your hydration.
- At the first sight of a storm, you should get out of the water. If lightning strikes the water while you are in it, the consequences can be fatal.
- Don't swim in the dark. If you can't see where you are going or what is around you, you

STAY SAFE!

Stranger Danger - A Guide for Parents & Carers

This information is to help you make your child aware of strangers, and how to remain safe whilst in the community.

STRANGER AWARENESS

Most strangers are normal people who are nice, but a few may not be. Children see strangers every day in streets, in shops, at the park, and in their communities. Parents and carers can protect their children from suspicious strangers by teaching them about strangers and their behaviour.

WHO IS A STRANGER?

A stranger is anyone that your child doesn't know well. Children often think that "bad strangers" look scary, like the baddies on the television. This isn't true! Nice looking strangers can be just as bad. Talk to your child about strangers, explain that no one can tell if a stranger is nice from how they look. Tell your child that they should be careful around all strangers. You should reassure them that most strangers are good. If children need help, if they are lost, being threatened by a bully or being followed by a stranger then the safest thing for your child to do in many cases is to ask a stranger for help. You can make this easier for them by showing them which strangers are "safe strangers" and can be trusted.

SAFE STRANGERS!

Safe strangers are people children can ask for help when they need it. Police officers, Fire-fighters, Nurses, Teachers, Shop Assistants in large supermarkets and Security Guards, are adults your child can trust, and can be easy to recognise when they're at work. If your child is in a place where they are unable to locate a helpful stranger in a uniform then your child should go to a public place to ask for help. You can help your child recognise safe strangers by pointing them out when you're out in your community. Show your child places they can go if they need help, such as local shops, restaurants and the homes of family friends in your neighbourhood.



How to recognise dangerous situations and what to do...

Perhaps the most important way parents and carers can protect children is to teach them to be wary of dangerous situations. Help your child recognise the warning signs of suspicious behaviour. This can be in a number of ways. If an adult asks them to keep a secret, asks them to do something without their parent or carer's permission or makes them feel uncomfortable in any way. Teach your child that an adult should never ask a child for help, and teach them to find a trusted adult right away and tell them what has happened. Talk to your child about dangerous situations and what they should do.

Make sure that your child knows that it is okay to say **NO** to an adult in a dangerous situation and to **SHOUT** to keep safe, even if they are indoors.

HERE ARE A FEW POSSIBLE EXAMPLES OF WHAT BAD STRANGERS MAY DO TO GAIN YOUR CHILDREN'S CONFIDENCE AND TRUST:

! A stranger tries to trick your child into helping them by saying there is an emergency or an accident.

! A stranger asks for help, perhaps by saying they have lost an animal or pet and need your child's help to find it.

! A stranger tries to bribe your child with sweets or gifts to get your child to go with them.

! A stranger asks your child if they would like a lift.

! While your child is walking home from a friend's house, a car pulls over and a stranger asks for directions.

! While your child is stood waiting to be collected from school a stranger approaches your child and says their parent is sick and has asked them to collect the child and take them home.

! Your child is invited into a neighbour's house for a drink or a snack without asking your permission.

! An adult your child knows, says or does something that makes the child feel bad or uncomfortable.

Abductions and attempted abductions are few and far between and a number of the reports turn out to be 'false calls'. But please remember there are cases where children have been approached and coerced in to accompanying the offender who was known to them.

Wednesday 8th May 2013

April Jones: police officer describes moments after girl went missing on 1st October 2012

Sunday 4th August 2002

Police concerned for missing girls Holly Wells and Jessica Chapman

WHAT CAN YOU DO AS A PARENT OR CARER?

AS WELL AS TEACHING YOUR CHILD HOW TO RECOGNISE AND HANDLE DANGEROUS SITUATIONS AND STRANGERS, THERE ARE A FEW MORE THINGS PARENTS CAN DO TO HELP THEIR CHILD STAY SAFE AND AVOID DANGEROUS SITUATIONS.

- Never leave a young child to play unsupervised in shops, parks or cars.
- Teach your child that if someone scares them tries to touch them and makes them feel uncomfortable then tell them '**NO**' or '**STOP**'.
- Show them safe places to play and paths to take, and safe places to go if there's trouble.
- Explain that if they ever feel scared or uncomfortable, they should get away as fast as they can and tell an adult. Tell them that sometimes adults they know may make them feel uncomfortable, and they should still get away as fast as possible and tell another trusted adult what happened. Reassure your child that you will help them when they need it.
- Make sure they know that it's okay to say **NO** to an adult and to run away from adults in dangerous situations.
- Encourage your children to play/go out with other children. There's safety in numbers!
- Listen to your child. It is really important to believe what your child is trying to tell you. This will help you address any concerns or issues they need your help with.
- Teach your child to remember the Three W's...
 - **WHO** they are going with,
 - **WHERE** they are going and;
 - **WHEN** they will be back. ...So they can tell you !

Useful Contacts

If you have any information relating to crime in your area please contact the Police on 101 or in the event of an emergency call 999

- You can also contact Crimestoppers anonymously on 0800 555 111 - www.crimestopper-uk.org
- For more crime prevention advice visit: <https://www.staffordshire.police.uk/cp/crime-prevention/>
- For people with hearing and speech difficulties Fax: 0161 856 6644
- Contact via Type talk Contact: 18000 for emergency calls: 18001
- Victim Support UK: 0845 3030 900 www.victimsupport.org.uk Provides free and confidential support through trained volunteers to help if you or your child is a victim of crime
- National Society for the Prevention of Cruelty to Children 0844 892 0225 - www.nspcc
- Child Line: 0800 1111 - www.childline.org.uk
- Direct Gov: Information and advice for parents on safety, childcare and schooling. www.gov.uk

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.

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