

Staying Safe This Summer

As school closes for the summer, we like to wish you a great holiday and remind you how important it is that you **stay safe and healthy**.

We all need help and advice sometimes. Whatever the problem is, talking about it can be the first step to solving it. If there is an adult you can trust like a parent, carer or a professional, talk to them. There are also lots of agencies you can contact for extra support, advice and guidance.

Stay Safe Online

Remember:

- **Check your security settings on your devices**
- **Never share your address, phone number or tell anyone you don't know where you are.**
- **Never agree to meet anyone you don't know.**
- **Don't go on private chat areas**
- **Block unwanted contacts if you feel uncomfortable** - at any time.
- **Report anything you are worried about** - you can do this anonymously.
- **Never send naked pictures of yourself or send pictures of other people.** This is unsafe and is also illegal.
- **Check out the ZIPIT app** which has been designed with you in mind to take control of your online chat
- **A really good place to find out more about apps online is the NHS Apps Library here:** www.nhs.uk/apps-library
- **Be aware of live streaming** - don't be pressured to do or say something you wouldn't do if you were actually with the person.

You can get support and advice for you or your friends from CEOP, if something has happened online which has made you feel unsafe, scared or worried.

The CEOP Thinkuknow website also has information and advice to help you to stay safe online.
www.ceop.police/safety-centre

Look After Your Emotional & Mental Health

Your emotional health and wellbeing is important. Talk to a trusted adult or friend about how you are feeling or about any concerns or worries. Childline have a number of resources and activities that could help. Support from ChildLine is available **online and by phone- ANYTIME.**

Lots of advice and information is available including:

- **Bullying, abuse, safety and the law**
- **Your feelings, friends and relationships**
- **Home and family issues**

More of a TYPER than a talker?

You can access support via the Childline web site - log on for 1-2-1 support, e mail or call their helpline free on 0800 11 11 (9am-midnight). You can access counselling live on line too
www.childline.org.uk



The CAMHS eClinic app is a free instant messaging service for young people to self-refer, book appointments and talk to a CAMHS Practitioner. The app can be downloaded via android or IOS.



Look After Your Physical Health

It is important to look after your physical and emotional health- you are important.

When you are out and about in the holidays, remember to look after your skin and wear sun cream and drink lots of water.

Try to keep a routine. Sleep is important for your health. Try to go to bed at a regular time. This will help when you return to school or college or start work in September. Have some treats but remember to eat healthy food too. It will help keep your body healthy and make you feel better. Remember to keep safe, follow these simple rules:

- **Try to do 60 minutes of physical activity a day**
- **Try and maintain a balanced diet** - poor nutrition can cause long term health problems
- **Try to get at least 8 - 10 hours of sleep each night**
- **Have time away from your devices**, especially just before you go to sleep
- **Don't walk alone at night**
- **Never take a short cut through an isolated area**
- **Stay safe near roads**, be sensible, don't take risks
- **Don't wear earphones when cycling** - you can't hear the road
- **Report any concerns or incidents about road or rail to the British Transport Police** on 0800 40 50 40 or text 61016.

Check your academy website for updates about school and to access more safeguarding links and information.

