



### Sun safety

Follow the five S's of sun safety:

**Sunscreen** – slop on SPF 30+ broad-spectrum waterproof sunscreen every two hours

**Sun hat** – put on a broad-brimmed hat that shades your face, neck and ears.

**Sunglasses** – wear wrap-around sunglasses with UV protection to shield the eyes.

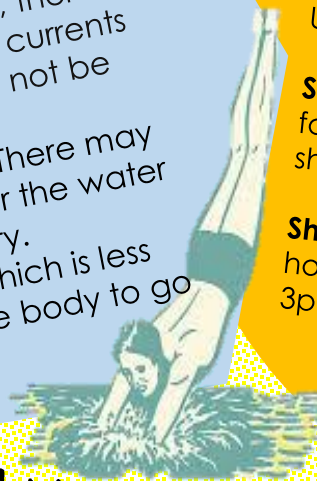
**Shoulders** – slip on a T-shirt or UV protective suit for children and remember to keep your shoulders covered.

**Shade** – seek shade, particularly during the hottest time of the day between 11am and 3pm when UV penetration is at its strongest.

**Remember to drink plenty of water so that you stay hydrated.**

### Water safety

1. Go swimming at properly supervised sites.
2. Avoid swimming near weirs, both upstream and downstream, there may be strong underwater currents and hazards that you may not be aware of.
3. Avoid rivers and lakes. There may be hidden dangers under the water which could result in injury.
4. Jumping into water which is less than 15C can cause the body to go into shock.



### Road safety

**Make sure your children know how to cross the road safely**

When youngsters are out and about with their mates, they can easily get distracted or might even take risks crossing roads.

1. **Stop** one step back from the kerb.
2. **Look** for traffic to your right, left and right again.
3. **Listen** whether it is safe to cross.



### Internet safety

1. Consider using home filters.
2. Know how to block unwanted calls and texts.
3. Make sure that you have an antivirus program.
4. Make sure that privacy settings are in place. Know why this is important and only share appropriate content with those who you know and trust in real life.
5. Check age ratings on games.

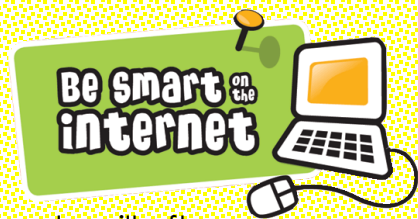
**More information can be found on the next page**

### Keeping safe when out

1. When out and about stick to well-lit areas where there are other people around.
2. Ensure curfews are set and adhered to and that there is regular communication throughout the day between you and your child.
3. Do not let your child play at unmaintained sites such as disused buildings. These potentially have risks such as :  
gas leaks, electric hazards and discarded items e.g. used syringes and chemicals.



## Guide for internet safety



As the summer holidays begins, many children and young people will often spend an increased amount of time online...

...whether it is using the latest apps, playing their favourite games, watching their favourite vloggers or simply keeping in touch with friends through social media, guardians need to be aware of their children's activities.

**Keeping in touch:** During the summer break, many young people may use social media to keep in touch with their friends or stay updated on what's happening. It's a good opportunity to find out which apps are their favourites and **remind younger children that they must be at least 13 to use most popular social networking sites.**



**Tip:** If you aren't sure what the different apps are or what they do, check out **Net-Aware** from the NSPCC and O2 [www.net-aware.org.uk](http://www.net-aware.org.uk)

**Time online:** Without the normal structure that typically comes with being at school, children may find it challenging to manage their time online appropriately.

Agreeing some **time limits and setting out expectations** before-hand can avoid difficult discussions later – if they have only just started to play a team game online only to find their allocated time is up, this can lead to frustrations.



**Tip:** Deciding whether to give children extended time online whilst off school can be challenging – consider a compromise.



**Tip:** Remember many console games are online multiplayer environments, but children may not make the connection and may think that 'stay safe online' messages only apply to websites or social media. Make sure they understand how **online safety rules apply to the gaming world too.**



**Sharing photos:** Many children and young people want to share photos and videos of their holiday activities. Make sure they understand that photos and selfies give away personal information without them realising it.



**Tip:** Turn off location settings when you take photos on your phone

**Remember, only sharing information with your real friends is really important** – stop and think carefully about who might see your social media post about the fantastic time you're having on holiday. If you have posted for all to see on Facebook, people will know that your house is empty.



**If you are worried about how someone has been communicating with your child, please contact the police or click on the CEOP**

<https://www.ceop.police.uk/safety-centre/>



## Useful contact information

### **NSPCC**

Worried about a child?

Trained helpline counsellors 24/7 for help, advice and support,  
call: **0808 800 5000**

### **My care, my support**

Find out about services and support for children and young people.

<http://www.mycaremysupport.co.uk/>

Social Care Emergency Duty Team: **0800 085 6666**

Out of hours duty care team: **01793 436699**

### **Health**

If you have an urgent concern about someone's health, but don't feel it is a life-threatening situation call the NHS: **111**

### **Danger**

**If someone you know is threatening to harm him/herself**

If someone is in immediate danger e.g. they are threatening to jump off a high building, or they have admitted to taking an overdose, without hesitation **Dial: 999**

If you are worried about anti-social behaviour call the Police  
Non-Emergency Number: **101**

### **Well-being**

There are a number of organisations that offer emotional support or confidential suicide prevention advice.

**Papyrus:** Telephone HOPELineUK: **0800 068 41 41**

**CALM** (Campaign Against Living Miserably): **0800 802 58 58**

**The Samaritans:** **0845 790 90 90**