

# Keeping safe over the summer



## Water safety

It is perfectly natural to want to cool off when it's hot. Unsuitable rivers and quarries hide dangers below, not taking into account the hazards of freezing cold water and currents. Teenagers especially are drawn in by peers and a keenness for risky behaviours.

With limited swimming over the last year, it will be important to remind you people how to stay safe in or alongside water.

Here are some links for further information:

[Open water safety](#)

[Being safe on the canal and in rivers](#)

[Water safety at the beach](#)

## Water Safety Code



## Sun Safety

The Teenage Cancer Trust found that nearly two-thirds (67%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. As the weather gets hotter in the UK, we need to be more knowledgeable about keeping safe in the sun than ever before.

The damage done to young skin can lead to skin cancer developing in later life, so it's vital to help young people protect themselves in the sun.

Here is some further information;

[Sun safety](#)



## Additional advice for parents

Many parents and carers will be looking for childcare providers and other out of school settings during the summer holidays.

Here is some guidance to your own safeguarding checks.

[Childcare and after school checks](#)

[Safeguarding away from home](#)

[Rail and trainline safety](#)

[NSPCC](#)

[Child line](#)

[Young minds](#)

[\[Click here to report concerns\]](#)



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## Mental health support

Need someone to talk to your teenager about mental health? Visit [Kooth](#)