

Staying Safe over Summer

Parents Safety Guide and
activity guide

Online



It's essential to prioritise the safety of young people especially during the summer when they may spend more time online. Stay informed about the platforms they use and have open conversations about responsible online behaviour. Teach them about strong passwords and two-factor authentication. Familiarise yourself with parental control tools and privacy settings. Discuss cyberbullying, phishing, and inappropriate content. Create a supportive environment for reporting concerns. By actively engaging and promoting safe practices, you can ensure a secure online experience for your child.

See inside for further help, support and useful links

Outdoors

Water Safety

The recent hot weather has encouraged young people to cool off in water. Unsuitable rivers and quarries hide dangers below, not taking into accounts the hazards of freezing cold water and currents in the sea. Encourage young people to follow posted rules and signs at beaches or pools and to check with a lifeguard if they are unsure about the conditions.

Sun Safety

The Teenage Cancer Trust found that nearly two-thirds (61%) 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 resources below may offer support on Sun Safety.

See inside for further help, support and useful links



Self care

The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling. The Anna Freud Centre's Schools Division has created #SelfCareSummer packs to help young people find strategies to support their mental health and wellbeing over the holidays.

See inside for further help, support and useful links



Stay safe Online this summer!



Further information guides can be found at :

[National Online Safety.com](https://www.nationalonlinesafety.com)

Useful links for parents for help and support should you need it over the summer:

[Think U Know](#)
[Childline](#)

Stay safe in the water this summer!



#RESPECTTHEWATER

WATER SAFETY CODE



Stop and Think, Spot the Dangers

If you are thinking of being near or entering the water, have you considered the following?



Be aware of cold water shock

For more info visit www.watersafetyscotland.org.uk/coldwatershock



Keep off all frozen waters



Check for safety signage



Avoid alcohol and drugs



The **depth** of the water may hide **underwater ledges, hidden currents and unseen items**



Be aware of other water activities



If it is **safe to enter the water**, ensure you have a safe way out



At the coast, consider rip currents, wind and the tide



Stay Together, Stay Close

It is better to go near the water with a friend or family member



If you are in trouble in the water, float until you feel calm

Lean back, extend your arms and legs

Float until you can control your breathing. Then call for help or swim to safety



In an Emergency, Call 999



If you see someone in trouble **DO NOT** enter the water



Look for a throw line or life ring to help whilst you wait on the emergency services



Call 999 or 112

TOP TIP: Thinking of taking part in a planned activity?

To enjoy your activity to the full, check that your provider is fully insured, with skilled staff and the relevant accreditation.

Learn what to do in the event of cold water shock here:



Useful links

[Royal Life Saving Society UK \(RLSS UK\)](#)

[Water Safety at the beach](#)

[RNLI - Float to Live](#)

[RNLI - Activity sheets and posters](#)


[Colin the Coastguard](#)

Stay safe in the sun this summer!

Stay sun-safe this summer!


Protect your skin from harmful UV rays by wearing sunscreen with a high SPF, even on cloudy days. Apply it generously and reapply every two hours or after swimming or sweating. Wear protective clothing like hats and sunglasses to shield yourself from the sun's rays. Seek shade during peak sun hours, typically between 10 am and 4 pm. Stay hydrated by drinking plenty of water, and remember that even if you're in the water, the sun can still cause damage, so keep applying sunscreen. Enjoy the summer sun responsibly and keep your skin protected!

Over-exposure to UV causes over 80% of all skin cancers - the UK's most common and fastest rising cancer.
When UV levels reach 3 or above, use the five S's of Sun Safety:



1. SLIP on sun t-shirt and keep shoulders covered
2. SLOP on SPF 30+ broad spectrum UVA sunscreen
3. SLAP on a broad brimmed hat to shade your head
4. SLIDE on quality sunglasses to protect your eyes
5. SHADE from the sun, particularly between 11 and 3

For information on sun safety and skin cancer visit: skcin.org



[Teenage Cancer Trust Resources](#)

[Tips for Staying Safe in the Sun \(CBeebies\)](#)

[Sun safety in schools \(Skcin\)](#)

Self care this summer!

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them.

[Download here](#)

Other useful links:

[Young minds](#)

[Mind](#)

[Kooth](#)

[\(includes urgent support for young people\).](#)



Anna Freud are holding three free webinars over the summer holidays to support young people with the milestones and transitions that happen at this time of year.

Two of the webinars will be for parents and carers, sharing tips and advice to help them support their children with important milestones. The first webinar will be for parents/carers with children waiting for their exam results, and the second will be for those with children about to start Year 7.

The third webinar will be for young people themselves, helping them look after their own wellbeing as they start at university.

Each webinar will be run by Anna Freud education and mental health experts, sharing practical tips and advice for supporting wellbeing and dealing with potentially stressful situations.

Book your place:

[Supporting young people with anxiety before results day - 8th August, 2pm](#)

[Transition to secondary school: supporting your Year 7 child - 9th August, 2pm](#)

[Managing your wellbeing when transitioning to university - 22nd August, 2pm](#)

Activities this summer!

Summer Sports Camp at GSHS

We have some incredible summer activities at GSHS that are completely free for children to attend during the summer holidays including a sports camp in week 5 & 6 and a two-day photography tour in week 5. (photography tour is free to those eligible for free school meals). All participants will also receive a healthy lunch on each of the days that they attend.

The links are below. All you will need to do is login or register with North Tyneside's website and book your slots. Spaces are limited so book now to secure your child's place!

[Sports Camp Week 5](#)

[Sports Camp Week 6](#)

[Photography Tour Week 5](#)



Rail Safety this summer!

The British Transport Police. have had a number of incidents involving children and young people behaving dangerously near the railway, including trespassing, **in the Killingworth area.**

Key messages for young people

- Trains are fast and quiet, travelling up to 125mph and taking 2km (1 and a quarter miles) to come to a stop.
- It is against the law to trespass on the railway and can result in a fine of £1,000 and a criminal record. This isn't just about going onto the tracks, climbing over our fences etc. is still trespassing even if you don't go on the tracks.
- The electricity is ALWAYS switched on around the railway including our equipment boxes and overhead wires, and these use very high voltages and are very dangerous.
- You don't have to be touching the wires to receive an electric shock as electricity can jump (arc) up to 3 metres in any direction – including upwards. Even if you're above the wires (e.g. climbing on a bridge) it doesn't mean you're safe from them when getting too close. The injuries received from such a shock can be life-changing, and unfortunately are often deadly.
- Always Stop, Look and Listen before using a Level Crossing. Never start to cross a level crossing when its lights are flashing.
- “Beware the Bubble” – make sure you're paying attention whenever you use any kind of level crossing; keep dogs on short leads and don't be distracted by phones, earphones etc. as you cross.
- Trains can generate turbulence as they go past, it's strong enough to drag someone onto the tracks or under the train – another good reason to not trespass, and the reason why we have the yellow lines on our platforms.
- Should you witness any incidents of unauthorised access or trespass, or any other dangerous behaviour on or near railway land please contact British Transport Police on 0800 40 50 40, text 61016, or in emergencies call 999. You can also call the Network Rail 24 hour helpline on 03457 11 41 41.



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