



STAY SAFE OVER THE SUMMER

HOW TO STAY SAFE OVER THE SUMMER HOLIDAYS

The summer is a wonderful time for children and young people to take a well-earned break from their hard work throughout the year. However, we need to ensure pupils know how to keep themselves safe at home.

If there is a child or young person who you are particularly worried about over the summer, make sure that someone will be in contact with the family over the holidays and consider how often they will be in touch. Where appropriate, give children and young people additional sources of support such as [ChildLine](#) and the [NSPCC helpline](#) in case they need someone to talk to.

Summer Risks

Water, whether it be ponds, open water or swimming pools, can be dangerous. It only takes three minutes to drown. Jumping into water which is less than 15C can cause the body to go into shock. There may also be hidden dangers under the water which could result in injury.

Another common danger is entering disused buildings which present risks such as collapse, gas leaks, electric hazards, and discarded items including used syringes and chemicals.

Deliberate fires tie up fire officers' time when they could be needed at a more serious incident. They could also result in serious injury or death.

Under-age drinking can make young people very vulnerable. The most common location for consuming alcohol for children is at their own or someone else's home with parties being the second most popular setting.

[Drinkaware](#) highlights that the risks of drinking include alcohol poisoning, liver damage, mental health issues, self harm, heightened aggression and even death.

Anti-social behaviour (ASB)

It is vital that young people are taught how to remain responsible in the (potentially) unstructured summer break. What may seem like high jinks to one person may be perceived as anti-social behaviour to another.

Anti-social behaviour is classified as any aggressive, intimidating or destructive activity that damages or destroys another person's quality of life. This definition is very broad and can include:

- Harassment/intimidation
- Nuisance behaviour
- Rowdy behaviour





- Vandalism/criminal damage
- Noise nuisance
- Animal related problems
- Littering
- Vehicle related nuisance and
- Street drinking
- Drug and substance misuse
- Nuisance caused by the persistent burning of waste.

Messages to help pupils and parents

When out and about young people should stick to well-lit areas where there are other people around.

Parents should ensure that curfews are set and adhered to and that there is regular communication throughout the day between the young person and a responsible adult.

Basic care messages, such as the importance of remaining hydrated and wearing sun-cream should be discussed with families and carers, particularly for younger pupils

Parents should know where their children are and who they are with.

Social media and online gaming time should be limited to a reasonable amount per day and web browsing should be done in family areas rather than bedrooms where possible (or bedroom doors should always remain open when a child or young person is online).

Please speak to your children about staying safe online, not sharing any passwords or personal information with strangers online and be wary of cyber bullying. **If in doubt call the police.**

We wish you a very happy and safe summer holiday.

Marshland High School Pastoral Team

