

Keeping safe this summer

July 2025



Denefield
Success for life

Why are we having this assembly?

To give you practical advice about looking after yourself

To help you be aware of what may be out there that may harm you

To advise you on how to keep yourself safe

To remind you how to get help if you need it

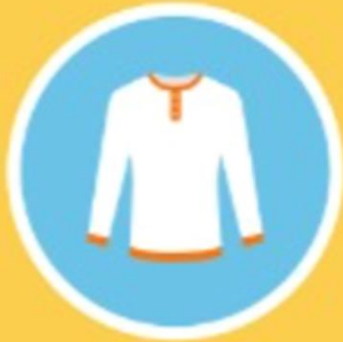




SUN SAFETY TIPS



SEEK SHADE
OR STAY INDOORS
FROM 10 A.M. TO 4 P.M.



WEAR
PROTECTIVE CLOTHING



WEAR SUNGLASSES
WITH 100% UV
PROTECTION



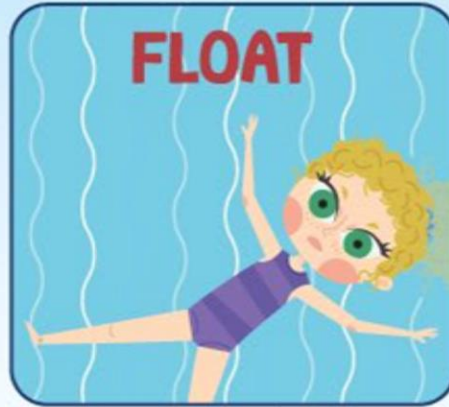
WEAR
A WIDE-BRIMMED HAT



USE SUNSCREEN
THAT IS SPF30 OR HIGHER,
REAPPLY REGULARLY



ALWAYS FOLLOW THE **WATER SAFETY CODE**



Exploitation and grooming

- Children aged 11-13 are most at risk from being groomed online. But older teenagers are also targeted
- Groomers know that in the summer young people might have more money, time and freedom. They want the money.
- Watch out for:
 - Anonymous accounts
 - Unknown people trying to communicate with you and get your trust
 - Gaming sites as well as social media. People are not always who they say they are
 - When someone has your trust, you might be asked to share information, images or videos, or arrange to meet you. Never agree.
- Use privacy settings on all platforms do you are in control
- Take a break

If someone does try to target you online, remember it's not your fault. Tell a trusted adult or contact **Childline 0800 1111**



Sextortion (blackmail)

- This is more and more common
- DON'T PAY, DON'T ENGAGE AND CONTACT THE POLICE
- It is not your fault if you fall victim to sextortion
- Never send a picture or video of yourself (or anyone else). It would be used against you.



Gambling

- Gambling is illegal for under 18s, and there are good reasons why
- Remember that online gaming can provide opportunities to bet and take part in gambling
- Gambling sites are aggressively advertised – it's all about taking your money. It was never about fun.

Sending nudes

- Yep, this again
- Time and time again, young people who choose to send a picture regret it
- So much can go wrong
- It never goes away and can be used against you
- Taking, sharing or showing indecent images of children is against the law for adults... and children
- Images can end up in some very dark corners of the internet
- Report and remove. See link → [Report Remove | Childline so-you-got-naked-online.pdf \(swgfl.org.uk\)](#)



Being safe in our community

- Some young people have been lured into terrorist or extremist groups. This is called radicalisation
- Young people are at risk from adults who may wish them to join groups that are against the law.
- It is about supporting as well as joining terrorist or extremist organisations
- It is a criminal offence to be part of these organisations and it is an offence for someone to try and lure children to join these groups
- If you are not sure...report it!

Reminders... knives

- We all want to, and have a right to, feel safe
- Carrying a knife or other weapon may help you feel safe for the moment, but actually contributes to an unsafe society – the opposite of what we all want
- Carrying a knife or weapon for self defence is illegal
- Using a knife in a threatening way is illegal, even if the knife itself is allowed
- Hanging around with someone who commits a crime with a knife may end up in prosecution even if you didn't see or touch a knife.
- It's not worth it.

Feeling low, anxious or stressed?

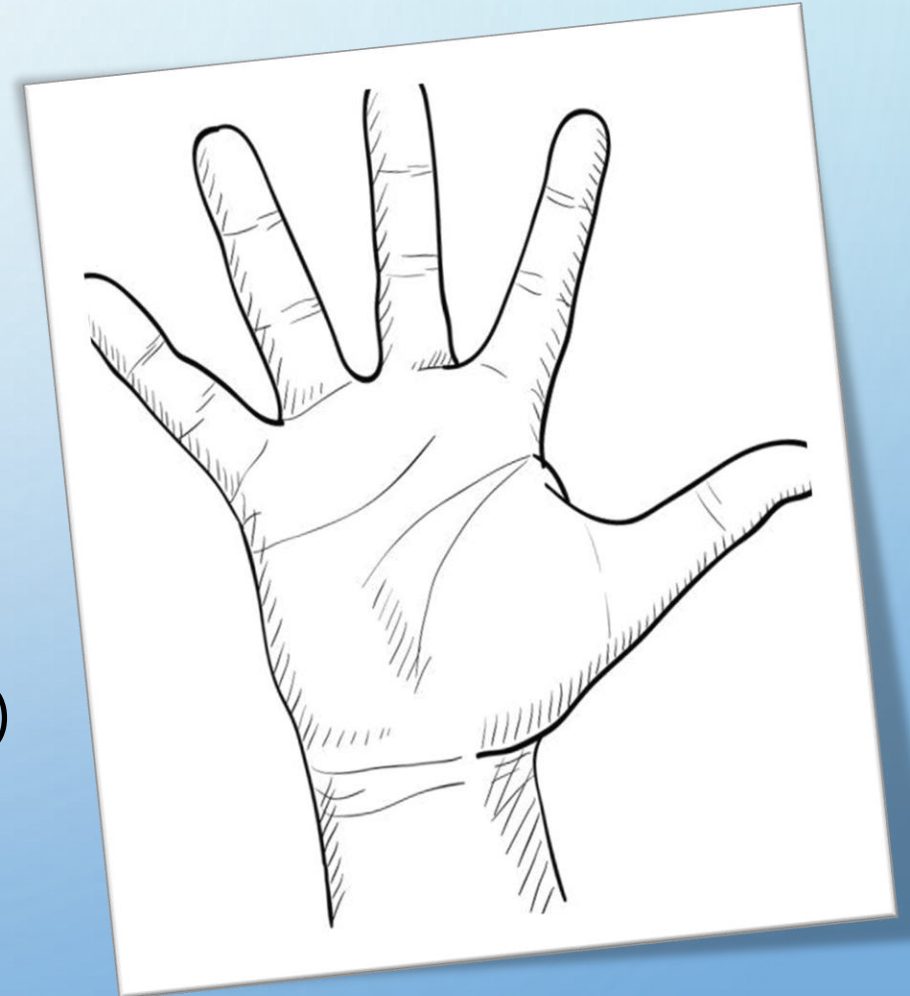
tellmi



Where else to find help

- If you or someone else is hurt or in danger of harm always call **999**. Call 101 if it's not an emergency
- Talk to your parents or carers if you can, or another trusted adult
- Childline 0800 1111
- www.samaritans.org (if you are in crisis)
- www.talktofrank.com (support with drugs issues)

Staff emails and listening@denefield.org.uk will **not** be monitored over the holidays



Have a fun, restful and SAFE summer

