



Keeping safe  
this summer

July 2023

# Why are we having this assembly?

To give you practical advice about looking after yourself in the water and sun

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

To advise you on how to keep yourself safe

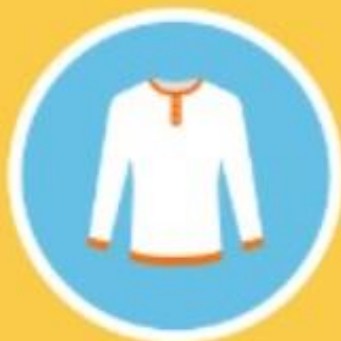
To remind you how to get help if you need it



# 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

# DID YOU KNOW...

- ☀️ Getting painful sunburn just once every 2 years can **TRIPLE** your risk of skin cancer.
- 🧢 Around **1 IN 5 YOUNG PEOPLE** admit to deliberately getting burnt to 'kick start a tan'.
- ☂️ **OVER A THIRD** of young people don't use sunscreen in the UK because they think the sun is too weak to cause any damage.







# How to apply suncream



## How to put on sunscreen

1

Put a little on your hand.



2

Rub your hands together.



3

Rub the sunscreen over your body



## Where to apply sunscreen

Face and neck  
(don't forget  
your nose!)

Ears

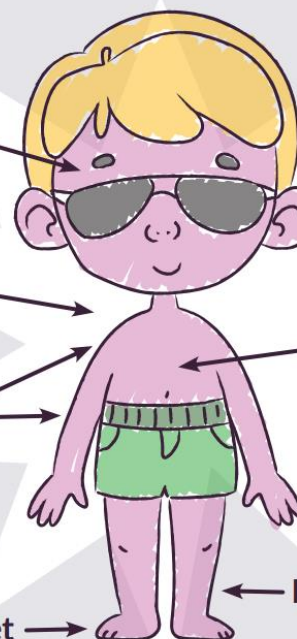
Back (ask  
a friend  
for help)

Arms and  
shoulders

Chest and  
stomach

Feet

Legs



**HOPE**  
is all you need

Put on sunscreen 10-15 minutes before you go out in the sun.

# ROYAL BERKSHIRE FIRE AND RESCUE SERVICE



**Drowning is Preventable**  
Stay safe in the water this summer

# Did you know...?

- More than 300 people accidentally drown in the UK and Ireland every year.
- Inland waterways, such as rivers, lakes and canals, are where most drownings happen.
- Alcohol and drugs are a factor in almost one-third of all UK accidental drownings.
- Anything below 15°C is defined as cold water.
- Average UK and Ireland sea temperatures are just 12°C. Rivers and canals can be colder.



# How can you be safe in the water?

- If you are in trouble in cold water, remember 'float to live'.
- Try not to panic.
- Float on your back for up to 90 seconds until the shock passes, swim to the edge or call for help.
- If someone else is in trouble - call, tell and throw - call 999, tell the person to float on their back and throw something to help them float, like a throwline.
- Figure out how to get out BEFORE you get in.
- 'Tombstoning' - do not jump into open water from bridges or ledges. There may be dangers beneath.
- Avoid swimming alone and tell someone where you are going and when you are likely to return.
- Stay clear of the water's edge if you are running or walking. Riverbanks and cliff edges can be unstable.
- Never enter the water to try and save someone or an animal, even if you are a strong swimmer. Call 999 and ask for the fire and rescue service if you are inland. If you are at the beach or near the sea, ask for the coastguard.



# Water safety awareness

## Hidden dangers



These items were taken out of the River Thames from directly under Caversham Bridge in Reading.



# WATER SAFETY AWARENESS

## Hidden Dangers



These items were taken out of the River Thames from directly under Caversham bridge in Reading

This post was pointing directly upright under the water's surface



## A swimming pool...

- Has clean, clear water, allowing you to see below the surface
- Does not have a current that can sweep people away
- Will always display how deep the water is
- Is kept at an average temperature of 26°C to 28°C



# Exploitation and grooming

Some people form relationships with young people to use them for their financial gain through drug dealing or to participate in sexual activities.

People who do this want young people to think they are a friend, or a boyfriend or girlfriend. They want to gain their trust to obtain power over them. They might also use bribes, threats, humiliation and even violence to get power over them.

Exploitation happens to both boys and girls and can be difficult to spot.

Often people think they're in a good relationship, even after things have turned bad.

Children being criminally exploited often feel they have no other option but to continue working for their exploiter and often find themselves in debt slavery. It can be hard to spot when someone is using or controlling you.



# Controlling behaviours

Checking your phone and controlling who you talk to.

Telling you what to wear and how to dress.

Telling you where you can and can't go.

Pressuring you to send a nude selfie.

Pressuring you to commit crime.

Pressuring you to have sex.

Being physically violent.



# Drugs: the law

## Legal

*e.g. alcohol and nicotine (cigarettes or vapes)*

These are drugs that you can buy legally, though there may be laws around who can buy them. This includes alcohol and nicotine, but also over-the-counter medication like headache tablets.

You must be 18 or over to buy alcohol or nicotine products in the UK. However, if you're 16 or 17 and accompanied by an adult, you can drink (but not buy) beer, wine or cider with a meal.

## Illegal

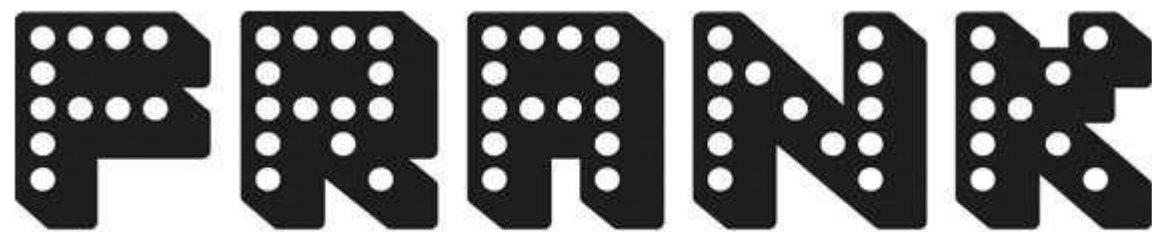
*e.g. cocaine, heroin, marijuana etc.*

These are drugs that are against the law to have, use or provide to other people.

## Controlled

*e.g. diazepam, methylphenidate, dexamfetamine etc.*

These are drugs that are used in medicine and might be given to you by a doctor, but are illegal to have or use if you don't have a prescription for them. It is also illegal to give or sell controlled drugs to anybody else. Your doctor should tell you if they prescribe you a controlled drug.



0800 77 66 00 [talktofrank.com](http://talktofrank.com)

West Berkshire has The Edge – [West Berkshire – The Edge - via \(viaorg.uk\)](#) who are a local charity who deal with issues around substance misuse for young people across West Berkshire.

For students who live in the Reading local authority, the service is called Reconnect: <https://brighterfuturesforchildren.org/for-parents-carers/reconnect-youth-team/>

# Being safe online

- Think before you send.
- People online may not be who they say they are.
- Do not share personal information, including anything that hints what school you go to or where you live.
- Ensure your privacy settings are activated.
- Use a nickname instead of a real name.
- Avoid using your real picture.
- Don't request school staff to be friends or followers on social media.
- Block people who send horrible or inappropriate messages.
- Report bullying and other harmful content - [Denefield school - online safety](#).
- Never agree to meet up with anyone you don't know, and NEVER EVER alone.
- Do not send any images of yourself to anyone.
- Grooming is real.



# Being safe online

- Never lend your phone to anyone or share access to your accounts.
- Never send nudes to anyone. You never know where they may end up.
- Never ask someone for nudes – if they are a child, it's illegal.
- Be aware of images and videos sent to get attention, for sympathy or designed to shock you. They can be dangerous and they are upsetting for others.
- Do not send messages or videos that contain offensive or threatening content. You can be prosecuted for these and they become part of your digital footprint. A potential employer in your future will look for this.

# 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?

**YOUNGmINDS**  
fighting for young people's mental health

What do you need help with?

- How I am feeling
- Something that's happening
- Looking after my mental health
- Reaching out for help
- A mental health condition
- Understanding medication
- A friend who is struggling
- ⚠ I need urgent help

[Find help with how I'm feeling | advice for young people | youngminds](#)



# Feeling low, anxious or stressed?



The screenshot shows the NHS website interface. At the top is a blue header with the NHS logo on the left, a search bar in the center, and navigation links on the right: 'Health A-Z', 'Live Well', 'Mental health', 'Care and support', and 'Pregnancy'. Below the header, a breadcrumb trail reads 'Home > Mental health > Mental health for children, teenagers and young adults'. The main heading is 'Help for teenagers, young adults and students'. Below this is a sub-heading: 'Advice and support for students and young people with mental health problems.' A green arrow icon points to the text 'Get urgent help now for mental health'. At the bottom, there are four underlined links: 'Student stress', 'Tips on preparing for exams', 'Counselling for student mental health problems', and 'Bereavement and young people'.

**NHS** Search

[Health A-Z](#) [Live Well](#) [Mental health](#) [Care and support](#) [Pregnancy](#)

[Home](#) > [Mental health](#) > [Mental health for children, teenagers and young adults](#)

## Help for teenagers, young adults and students

Advice and support for students and young people with mental health problems.

➔ [Get urgent help now for mental health](#)

[Student stress](#)

[Tips on preparing for exams](#)

[Counselling for student mental health problems](#)

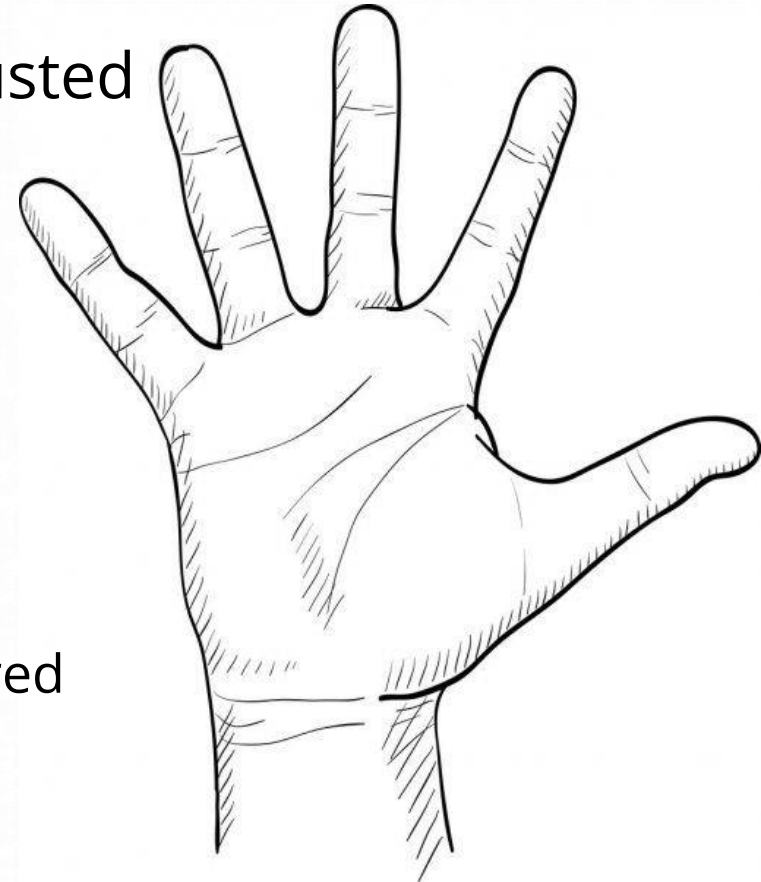
[Bereavement and young people](#)

[Help for teenagers, young adults and students - nhs \(www.Nhs.Uk\)](#)

# 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](http://www.samaritans.org) (if you are in crisis).
- [www.talktofrank.com](http://www.talktofrank.com) (support with drugs issues).

Staff emails and your [listening@denefield.org.uk](mailto:listening@denefield.org.uk) will not be monitored over the holidays.



# Have a fun, restful and SAFE summer!

