

Student Safety



Keeping Safe Over Holidays - Students

- Always tell an adult where you are going, what time you will be back and who you are going with
- Make sure an adult can contact you at ALL TIMES
- Don't go out and about by yourself – always make arrangements to meet up with someone
- If you are out at night when it is dark, stick to well-lit busy roads
- Spend time away from your device(s) - take regular breaks
- Check your privacy settings to make sure unwanted people can't contact you (talk to an adult you know if you need help setting this up)
- Take care when using internet enabled devices to speak with friends – make sure you don't interact with strangers

Keeping Safe Over Holidays - Carers

- Think about using apps that track/maintain location of devices used by your child (visit www.cyberstreetwise.com or www.getsafeonline.org for more information and support)
- Remind your child about speaking to strangers and how to keep safe when out and about
- If your child has to travel alone on public transport, tell them to sit themselves near other families
- Take an active role in monitoring your child's use of devices and social media – enforce breaks and time away

Useful Contact Information (for support away from school) –

- 999 for emergencies, 101 for non-emergency
- 0800 138 7777 'Money Helper' for any concerns surrounding debt
- 116 123 Samaritans / or email: jo@samaritans.org
- 85258 (text SHOUT) for 24/7 text support regarding mental health
- 0800 121 7762 CAMHS Crisis Line
- NSPCC Helpline: 0808 800 5000
- Childline: 0800 1111
- Lancashire NHS Mental Health Crisis Line: 0800 953 0110
- Lancashire Wellbeing Helpline and Texting Service: 0800 915 4640 / Text 'HELLO' to 07860 022 846
- CALM: 0800 58 58 58