

Summer Safety



Summer Safety

The Summer Holidays are a time to celebrate family, friends and give thanks for our good fortunes.

Unfortunately, the holidays can also be a time when mishaps occur. Hopefully this presentation will remind you of the precautions we can all take to have a safe and happy summer holiday.



Topics that reinforce the importance of remaining aware of potential dangers:

- Getting lost
 - Danger from traffic
- Bullying from other children.
- Stranger danger (On-line & in person)
 - Exposure to alcohol or drugs.
 - Water Safety
 - Sun burn!

Getting Lost



Getting Lost

Ensure

Ensure your mobile phone is fully charged before you leave off somewhere for the day.

Ensure

Ensure you have a phone number for your parents' or carers work. Make sure you inform your parents/carers where you are going.

Go

If you need help from an adult, go into a shop or a public area and ask for help.

Traffic Dangers



**Road accidents are the
biggest single cause of
death for all children
between the ages of 11
and 18.**

REMEMBER...

YOU are responsible for your own safety on the roads.

Drivers shouldn't speed, but many do. It is very hard to tell how fast a car is going from the pavement.

Cars don't stop straight away, they take time to slow down.

Pedestrians don't have a protective shell, such as a car body, so they suffer more severe injuries in any impact.

Stand clear of buses, hedges, parked cars, or other obstacles before crossing so drivers can see you.



THE STOP LOOK & LISTEN ROAD SAFETY SHOW



STOP



LOOK



LISTEN

www.roadsafetysw.co.uk

THINK!
ROAD SAFETY

Be a ROLE MODEL



Set the example

**Bullying from
other people**



Speak out:

It is really important to tell someone what is going on ideally an adult you can trust such as a parent or carer. You could also phone Childline.

Don't retaliate:

We're not saying don't stick up for yourself but it can create a negative spiral. By saying nothing, you are in control.

Contact the Police: If you feel that bullying has gone too far and has become a crime (either harassment or a hate crime), contact the Police.

You can call 101

Tell a trusted adult when you return to school in September.

Why Prevention Matters

Bullying is not a *rite of passage*.
Feeling safe and happy is.



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Stranger Danger



Stranger danger (On-line & in person)

1

Never befriend
people you do not
know.

2

Never arrange to
meet somebody you
do not know.

3

Do not speak to
strangers when you
are out in person.



safebook

YOU 

THINK

Think before
you post

FRIENDS

Only connect
with friends

KIND

Be kind
to others

PASSWORD

Don't share
your password

PRIVACY

Keep your
settings private

HURT

Don't be hurtful
towards others



PARENTS & TEACHERS

Join Facebook
Understand how it works
Teach safety and responsibility
Privacy – check their settings



FRIENDS

 **DON'T:** Stay silent
 **DO:** Help your friend
Report the bully
Tell your parents
Tell your teacher



THE BULLY

 **DON'T:** Respond
 **DO:** Save what they say
Unfriend the person
Block them
Tell a Friend
Tell your Parents
Report the person

TELL



UNFRIEND



BLOCK



REPORT



Life goes on without the internet and social media. If you can't do without technology for 24 hours, it is controlling you. You have an addiction. We should use it to aid our lives not control it.

Exposure to alcohol or drugs



Exposure to alcohol or drugs.

JUST SAY NO

Both alcohol & drugs can kill you.

Smoking can give you cancer and numerous other diseases.

Walk away from any situations where you may be offered alcohol or drugs.

Talk to an adult.



Water Safety Reminder



Can you identify what these signs mean?

What could happen if we choose to ignore them?

What should we do if our friends ignore them?

Safety Advice for Swimming

Look out for depth markers — they tell you how deep the water is at that point.

Only dive off the diving board. The water may be shallower than you think. If you hit the bottom you might get knocked out or you could hurt your neck very badly.

Swim with a friend.

Walk slowly in the pool area. Don't run.

Swim at a depth that is safe for you. If you're just learning to swim, stay in the shallow end.

Don't push or jump on others. You could accidentally hurt someone or yourself.

Toys to help you float come in many shapes and sizes (an inner tube, air mattress, or beach ball, for example). Although they're fun and can help you while you learn to swim, what they can't do is save a life. They're toys that can lose air or float away.

Don't chew gum or eat while you swim — you could choke.

water safety tips



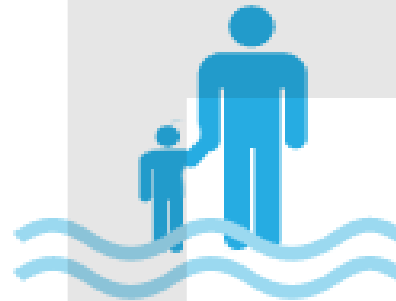
Swim in
lifeguard-supervised
beaches and pools.



Put up barriers around the
pool or hot tub.



Always swim with a
buddy. Even experienced
swimmers can tire or get
muscle cramps.



Keep an eye out on
children around
water. Stay within
reach.



Learn proper swimming
and safety skills.



Wear a life jacket while
boating.



Sunburn

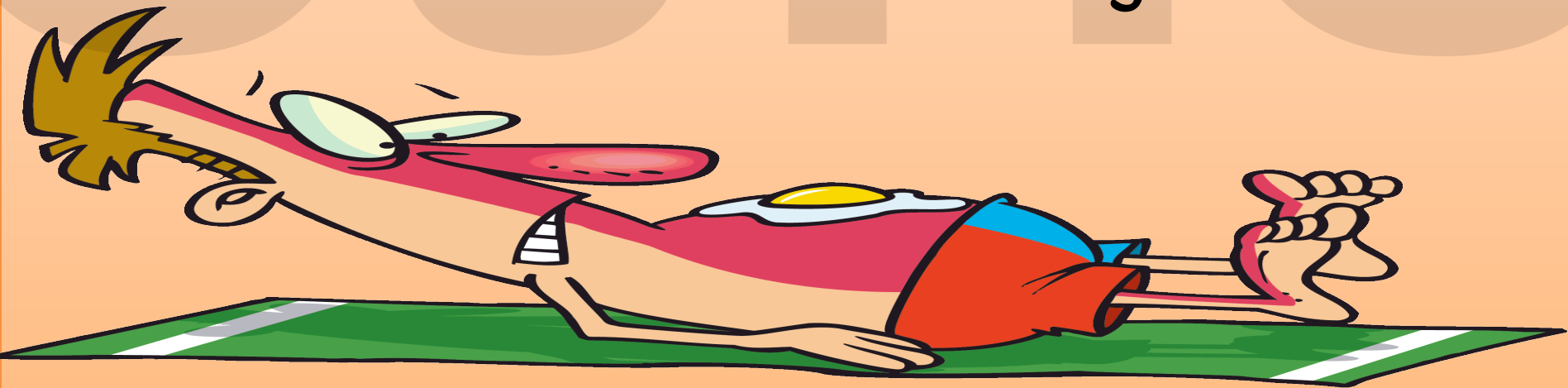


Sunburn!

We often have entire summers without any sun.

However, we do occasionally glimpse it in Wales.

Here is some advice on avoiding sunburn.



- **Wear protective clothing.**
- **Wear a hat!**
- **Don't be fooled by a breeze! The sun is still burning you!**
- **Top up your sunscreen every couple of hours.**



A turtle has a built-in shirt.



**A hippo's skin secretes oil that
acts as a sunscreen.**



The bumps over a camel's eyes act as a hat.



The black rings around a meerkat's eyes are sunglasses.





- **Ensure you use sunscreen.**
- **Look for the SPF – sun protection factor numbers on labels of sunscreen. Select an SPF of 30 or higher to prevent sunburn.**
- **Choose ‘broad spectrum’ sunscreen which protects against UVA and UVB rays.**
- **Ensure your constantly drink water.**



SLIP



SLOP



SLAP



SLIDE



SHADE

Quiz

1. What should we do if we get lost?
2. Why is it important to cross the road safely?
3. How do you stay safe on-line?
4. What should you do if you are being bullied in person?
5. What should you do if you are being bullied on-line?
6. Why should we try to have a digital detox over the holidays?
7. How do you protect yourself from the sun?
8. What were the 5 S's of protecting yourself against the sun?



And finally...

*Have a great summer
and **BE CAREFUL!!***

