



St Laurence School Staying Safe Guide #3 Summer 2018

Our Staying Safe guide has been designed to help raise awareness of parents and carers about some current issues facing our students in their daily lives. I do hope it will help you in keeping your children safe whilst also serving to encourage some discussion at home. The digital format will allow you to open links to videos and articles, enabling you to further understand some of the issues. We live in a world where anything is possible, please believe in the possibility that your child could make poor choices and make themselves vulnerable at times. It is our aim to reduce the risk of this occurring amongst our students. With the summer upon us I have endeavoured to make the content relevant to some of the dangers our young people may face. Ultimately, if you have a safeguarding concern, please report it to your son / daughter's Head of House, tutor, any member of the school safeguarding team or indeed the Police.

Mr Will Penny

Designated Safeguarding Lead

Asking for Help

We all need a bit of help sometimes. But it can be difficult to know how, or who, to ask. Sometimes things can seem overwhelming, and you may feel you can't cope. You may simply just be having a bad day, or you may have an ongoing problem that needs support. The important thing is not to try to cope on your own.

It's not good to spend too much time alone, especially if you are feeling low and vulnerable. It's at times like these that you need to be able to talk to someone. **Don't be afraid to ask for help.** You might not like asking for help. You may feel that you don't want to burden other people. You worry about what they might think or that they could tell others. You may even be afraid that they'll laugh at you. In fact, people who care about you will want to help you. You just have to ask.

Who can you ask for help?

- Your family or trusted friends
- People at school such as your tutor, teacher, Head of House, School Nurse or the H2H drop in service
- Professionals such as your GP, a doctor or nurse
- Online services such as Kooth www.kooth.com or www.youngminds.org.uk

It may be difficult to talk about your feelings. But *"a problem shared is a problem halved"*.

Knife Crime

www.noknivesbetterlives.com/parents

Knife crime is a growing concern nationally for young people. There are increased reports of fatal stabbings in our major cities and it is known that knife crime is closely linked to drug use and supply as well as Child Sexual Exploitation. Please help us in educating our young people to the dangers of knives. Some of the facts are;

1. Possession of a knife carries a prison sentence of up to 5 years even if it's not used. If you are caught with a knife it doesn't matter if it was for your own protection or you were carrying it for someone else - you will be arrested and prosecuted. The legal definition of an offensive weapon includes anything intended to be used to harm another person, like a sharpened comb.
2. There is no 'safe place' to stab someone.
3. Even if it's not you who does it, if someone is injured or killed by a knife in your presence you could be sent to prison for murder or attempted murder in what is referred to as 'joint enterprise'.
4. By carrying a knife, you are much more likely to get stabbed yourself as situations involving weapons can quickly get out of control.

If you have any concerns, then please ask for help.

Staying Safe at the Coast and by the River

With the holiday season fast approaching and the weather improving many of us will venture to the coast or to one of the many beautiful local rivers for a day out. These areas have the potential to be very dangerous and for accidents to happen very quickly. Below are some common sense things to consider when out and about this summer:

- Be aware of the dangers at the beach you are at such as the potential for rip tides or strong currents (this includes rivers)
- Always follow the advice of a lifeguard if they are on duty or other local danger signs – they are there to keep you safe!
- Do not take unnecessary risks and stay away from the edge of the cliff tops or fresh rock falls collapses can happen at any time and without warning.
- Be aware of tide times. The sea comes in and out twice a day and it is possible to get cut off by the incoming tide or forced up against the cliffs if you are walking along exposed beaches.
- If you are looking for fossils, do not hammer into the cliffs or solid rock as this can cause a collapse and is dangerous!

Tide times: www.bbc.co.uk/weather/coast_and_sea/tide_tables

RNLI Advice: www.rnli.org/safety/beach-safety/beach-safety-advice