



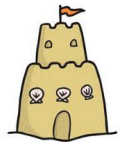
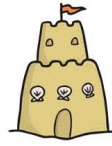
Ravensbury Community School

How to keep
yourself safe during
the



Summer
holidays!





Sun Safety Code

Spending too much time in the sun can be harmful.
We should all follow a special code which reminds
us how to enjoy the sun whilst staying safe.

There are five parts to remember...

Spend time in the shade between 11am and 3pm.

Make sure you never burn.

Aim to cover up with a hat, t-shirt and sunglasses.

Remember children need to take extra care.

Then use sunscreen of a minimum of SPF 30.

Be
SMART!





Water Safety Code

Swimming and playing in the sea and swimming pools is fun but it can be dangerous if you are not careful.

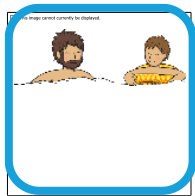
Spot the dangers!

You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water.



Take Safety Advice!

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you. Do not swim in ponds, rivers, lakes or reservoirs



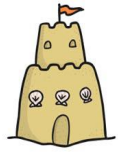
Go Together!

Children should always go with an adult, not by themselves. An adult can point out dangers or help if somebody gets into trouble.

Learn How to Help!

You may be able to help yourself and others if you know what to do in an emergency. If you see someone in difficulty, tell somebody or telephone, dial 999 and ask for the Police or Coastguard





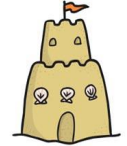
Road Safety



To be safe on the road you need to use the Green Cross Code.



1. Think-Find a safe place to cross the road. Never cross between parked cars or on a bend.



2. Stop-Just before you get to the kerb, stop.

Stand on the pavement near the kerb and make sure that you can see the traffic. **DO NOT** step on to the road



3. Look and listen-Look all around you for traffic.

Make sure that you listen carefully for traffic that you can't see. Check to your right hand side first, then check to your left and then to your right again before you cross. Beware that some roads, called one way streets, have all of the traffic moving in the same direction. Watch out for bicycles. You often don't hear them but they travel very fast



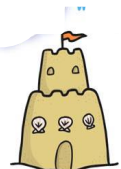
4. Wait-If traffic is coming, let it pass. If you are waiting at a crossing then wait until the cars have stopped or the green man shows, before you cross. If you are not at a crossing wait until it is safe to cross. Once the traffic has passed look around again and listen



5. Look and listen again-When it is safe and there is no traffic, walk straight across the road



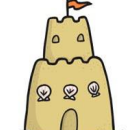
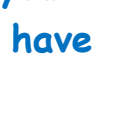
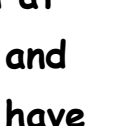
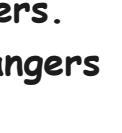
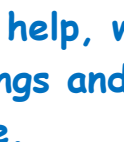
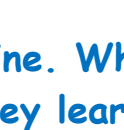
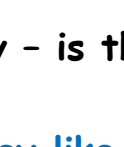
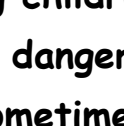
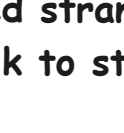
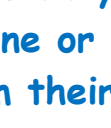
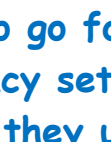
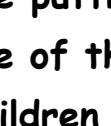
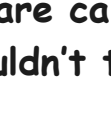
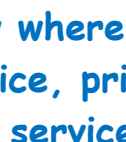
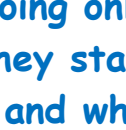
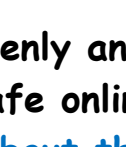
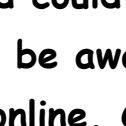
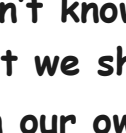
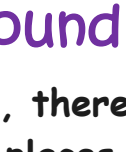
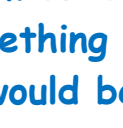
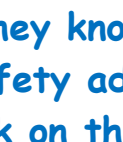
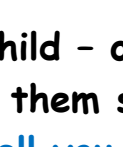
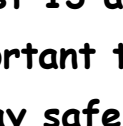
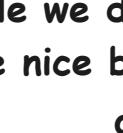
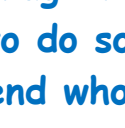
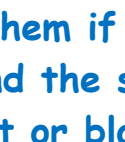
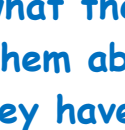
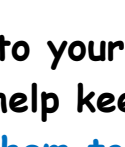
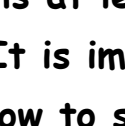
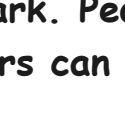
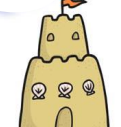
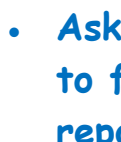
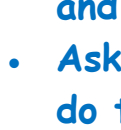
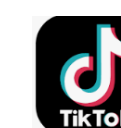
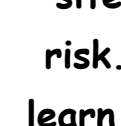
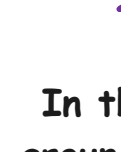
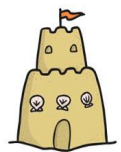
6. Arrive alive-Look and keep looking while you cross the road





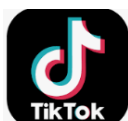
Being safe around other people

In the summer holidays, there can be a lot of people around, especially in big places such as the beach or at the park. People we don't know are called strangers. Strangers can be nice but we shouldn't talk to strangers on our own



Staying Safe Online

The permitted minimum age to use these social media sites is at least 13 and could be putting children at risk. It is important to be aware of the dangers and learn how to stay safe online. Children sometimes have more than one account.



TikTok



Snapchat



Instagram



Facebook



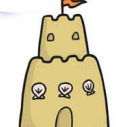
WhatsApp



You Tube

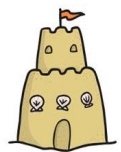
Talking to your child - openly and regularly - is the best way to help keep them safe online

- Ask them to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
- Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.





Railway Safety



Trespassing on the railway is a criminal offence but more importantly it can have tragic consequences. Level crossings help us to safely cross the railway.



When using a level crossing remember to:

STOP when you reach the crossing.

LOOK both ways to make sure nothing is coming.

LISTEN carefully before you cross. Continue to look both ways when you're crossing.



Useful Contact Information



East Manchester Leisure Centre 0161 641 1200

National Cycling Centre 0161 223 2244



Parks and Open Spaces- Manchester City Council



Concerned about a child

If an adult or child is in immediate danger you should ring the emergency services or contact the police on 999



If the situation does not require emergency assistance you should report your concerns to:

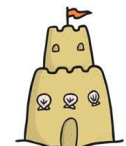
Manchester Contact Centre

Telephone: 0161 234 5001 (open 24 hours a day, seven days a week) Email: mcsreply@manchester.gov.uk



ChildLine: tele: 0800 11 11 or visit their website

www.childline.org.uk



Mind: tele: 0300 123 3393 or visit their website

www.mind.org.uk



NSPCC: tele: 0808 800 5000 or visit their website

www.nspcc.org.uk



Samaritans: tele: 08457 90 90 90 or visit their website

www.samaritans.org

