

Lesson 1: Staying safe this summer

How do I stay safe this summer?

Do Now

Make a list of the things you are looking forward to this summer.

Stretch

What are the potential risks that young people face when they are away from school?



Connect

We have already covered lessons where we learned about safety. We have learned about safe travel, risks in the community, how to report concerns and what to do if you are worried.

Today's lesson will focus keeping safe over the summer while you are away from school. We want you to be safe and look forward to welcoming you back to school at the start of Year 8.

Safe Space

- It's okay to get things wrong.
- You don't have to contribute if you don't feel comfortable.
- There is a non-judgemental approach – we challenge the opinion not the person.
- Conversations stay in this classroom – unless adults deem there to be a safeguarding issue.

Show Mutual Respect

- Follow our two ground rules.
- STAR and Track to show respect to the speaker.
- Adhere to the Brook Best Pledge.

Challenge Yourself

- Enjoy the lessons, challenge your perceptions, and learn how to seek further knowledge, understanding and support.

Safety

Noun

The condition of being protected from or unlikely to cause danger, risk or injury.

Etymology

Middle English: from Old French *sauvete*, from medieval Latin *salvitas*, from Latin *salvus* 'safe'.

What is personal safety?

Safety – The condition of being protected from or unlikely to cause danger, risk or injury.

Personal – Belonging to or affecting a particular person rather than anyone else.

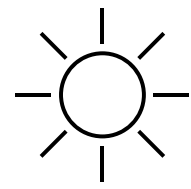
If we put these two definitions together then we can begin to understand what is meant by personal safety.

It means that you are **protecting yourself from danger, risk or injury.**

What risk can you identify?



Staying safe in the sun



The sun has both a positive and negative impact on our health:

POSITIVES

The sun gives us Vitamin D which helps to build a strong immune system and bones.

Sunny days motivate people to get outdoors and be active.

NEGATIVES

Dehydration

Sunburn

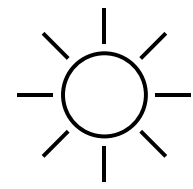
Heat stroke

Skin cancer

Eye damage



Staying safe in the sun



Keep yourself safe by:

Wearing Sun Protection Factor like SPF 30 or SPF 50 to keep yourself safe. Reapply regularly and make sure you use enough.

Wearing sunscreen to protect you from cancer causing UV rays – even if you have lots of melanin (darker skin.)

Drinking plenty of water to keep yourself hydrated.

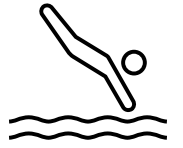
Wearing a hat and sunglasses to protect your eyes.

Balancing your time with time indoors too – especially around midday.

What risk can you identify?



Staying safe in the water



Water has both a positive and negative impact on our health:

POSITIVES

Swimming is a very healthy activity.

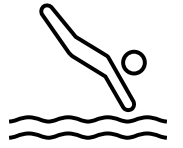
The water can keep us cool in hot weather.

NEGATIVES

Swimming in open water without lifeguards or a swimming platform can be very risky and there is the risk of drowning or getting sick.



Staying safe in the water



To keep yourself and others safe, remember:

Remember:
Never play
near water
alone.

Remember:
Never try to
get into water
to rescue
someone.

Remember:
Don't chase
balls or toys if
they fall into
the water.

Remember: If
someone is in the
water, throw them
something like a
ball to hold onto
while you call 999
for help.

Remember:
Lakes, canals and rivers
can often have hidden
dangers like:

- Deep water
- Slippery banks and
edges
- Polluted/untreated
water
- Extremely cold spots



Quiz: True or false

1. This sign means no front crawl.



FALSE – this sign means NO SWIMMING.

Quiz: True or false

2. If I am wearing sunscreen, I can stay in the sun as long as I want.

FALSE – Sunscreen doesn't provide total protection from UV (ultraviolet) rays.

Try to stay in the shade and limit time in the sun.

Reapply sunscreen every two hours.

Quiz: True or false

3. If your friend jumps falls into the water, you should jump in to save them.

FALSE – You should never enter the water yourself. Try to throw them something that floats to give them something to hold onto. CALL 999 for help. Shout for help.

Quiz: True or false

4. Sunscreen with SPF 30 blocks more radiation than one labelled SPF 15.

TRUE – The sun protection factor (SPF) describes how well a sunscreen protects against UVB rays. The higher the SPF, the more UVB rays the sunscreen will filter out. Keep reapplying, especially if you are swimming or sweating.

Quiz: True or false

5. It is OK to get sunburned just once or twice

FALSE – Even occasional exposure to strong sunlight may increase the risk of skin cancers.

Childline

www.childline.org.uk

0800 1111

Emergency services (if you are in immediate danger)

999

Tellmi (seek support or access counselling)

www.tellmi.help

Leicester South Foodbank

www.leicestersouth.foodbank.org.uk/get-help

Shelter (Housing advice)

0300 330 1234

Shout Crisis textline

Text the word SHOUT to 85258


You can also:

- Speak to any trusted adult – an adult at home, another family member, a neighbour, a coach etc.
- Send an email to safe@brook-tmet.uk
This email account will be checked at least once a week during the summer holiday period.

Lesson 2: Staying safe this summer

How do I stay safe this summer?

Do Now: Answer True or False to each question on your MWB:


1. People with darker skin don't have to wear sunscreen.
2. The higher the SPF, the more UVB rays are filtered out.
3. If a friend is in difficulties in the water, throw them something that floats and call for help.
4. It can be dangerous to play near water.
5. This sign means NO SWIMMING 

Stretch

What are the potential risks that young people face when they are away from school?

How do I stay safe this summer?

Do Now: Answer True or False to each question on your MWB:

1. People with darker skin don't have to wear sunscreen. **FALSE**
2. The higher the SPF, the more UVB rays are filtered out. **TRUE**
3. If a friend is in difficulties in the water, throw them something that floats and call for help. **TRUE**
4. It can be dangerous to play near water. **TRUE**
5. This sign means NO SWIMMING  **TRUE**

Stretch

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What risk can you identify?



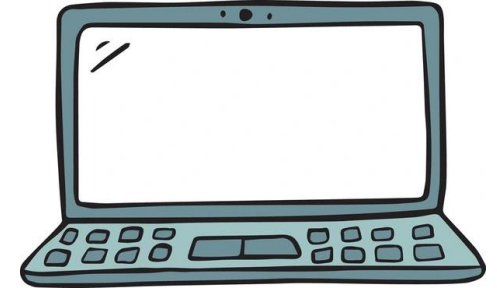
Staying safe online



When we are off school, we can be tempted to spend more time than usual online, and we are often given more freedom about what we watch/access and when we access it.

POSITIVES

Research topics of interest
Staying in touch with friends and family
Entertainment



NEGATIVES

You may see things online that are not age-appropriate.
You may experience online unkind behaviour or bullying.
You may be targeted by adults online so that they can take advantage of you.

Staying safe online



To keep yourself and others safe, remember:

Be kind and respectful when talking online.

Not everyone you connect with online is who they

Tell a trusted adult if you are worried

Use the reporting tool if you are worried about anything.

NEVER agree to meet up with someone that you and your adults at home don't know.

Set your privacy settings and keep passwords private.

anything upsetting or unkind.

before clicking on links or requests.

Set limits on your screentime.

What risk can you identify?



Staying safe in the community

When we are off school, we tend to spend more time out of the home, often away from the adults who care for us.

POSITIVES

It is fun to explore and have fun in the park or in town, for example.

It is part of growing up to take on more responsibility for keeping ourselves safe and increasing our independence.

We all enjoy spending time with friends.

NEGATIVES

Some older people (adults and/or older teens) can try to take advantage of younger children.

It can be difficult to say no to adults or some situations because you don't want to look scared, or you are worried about what might happen if you do.

Children don't always recognise danger if they are being groomed or manipulated.

Staying safe in the community



To keep yourself and others safe, remember:

Be aware of your surroundings and keep valuables hidden.

Never play on or near railway tracks.

Do NOT play in construction areas or abandoned houses.

Tell your adults at home where you are going to be.

Avoid dark or isolated areas.

Don't carry out favours for adults you don't know well.

Don't accept gifts from people you don't know well.

It is safer to stay within a group.

What else can cause us to worry?

Being away from school can be difficult sometimes because you don't have all your trusted adults available.

Some of the issues that scholars have reported as being a concern during school holidays include:

- Not having enough food
- Not having access to safe outdoor spaces
- Worries about behaviour out in the community (stolen)
- Conflict at home
- Being taken to another country
- Being made homeless
- Mental Health

Remember if you are worried about something, you are not alone. There is help for you. Your booklet will give you the information for sources of support.

You can also email safe@brook-tmet.uk

This email account will be checked at least once a week during the summer period.

Quiz: True or false

1. It is a good idea to avoid isolated and dark areas.

TRUE: Staying in well lit and public spaces reduces your risk of danger. You still should be aware of your environment and be careful.

Quiz: True or false

2. It is rude to block someone who contacts you unexpectedly online.

FALSE: It is never rude to protect yourself. Always let a trusted adult know if someone tries to contact you online. Report them and don't reply. .

Quiz: True or false

3. You should never agree to carry out favours/errands for people that you don't know well.

TRUE: Some adults get younger children to carry parcels for them that contain illegal items. They do this to avoid getting into trouble themselves.

Quiz: True or false

4. Abandoned houses, railway tracks or construction sites can be good places to play.

FALSE: These places can be **VERY** dangerous.

Quiz: True or false

5. Keeping valuable items out of sight reduces your risk of them being stolen.

TRUE: Walking with items of value out in the open can tempt someone who would like to steal something from you. Keeping them zipped away in a bag or jacket can help to lower the risk of this.

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