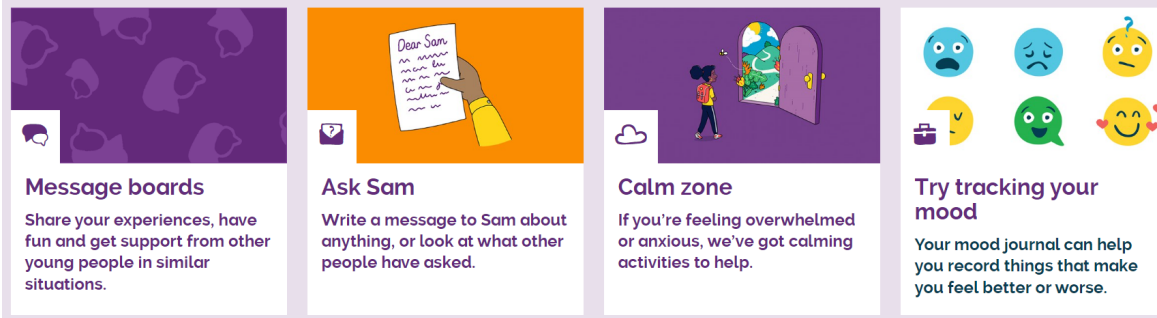


WORRYING ABOUT THE SUMMER?

The summer holidays are different for everyone. You might be excited about a holiday or having time off, or you could be thinking about what might happen or how you'll cope.

You might be worried about:

- feeling lonely or not going out
- not seeing people who normally support you
- problems at home or having to care for your family
- coping without a routine
- waiting for exam results or starting a new school
- being hurt or abused.



Message boards
Share your experiences, have fun and get support from other young people in similar situations.

Ask Sam
Write a message to Sam about anything, or look at what other people have asked.

Calm zone
If you're feeling overwhelmed or anxious, we've got calming activities to help.

Try tracking your mood
Your mood journal can help you record things that make you feel better or worse.

Childline is here all through the holidays to support you, whether that's having someone to talk to, giving you ideas of things to do or helping you to get support when you need it.



**Or visit <https://www.childline.org.uk/>
For lots of other helpful resources**



Summer

WATER SAFETY

Drowning accidents are always especially high in the summer months and over the last few years we have heard of too many tragedies that could have been avoided.

Every year people drown both at home and on holiday because they don't take simple precautions, so reaching people with water safety messages is vital.

We want people to enjoy the water safely. Please help to avoid another tragic summer this year by spreading the following water safety advice far and wide:



LOOK OUT FOR LIFEGUARDS

If you're looking for a place to cool off, always find a lifeguarded swimming site



IT'S STRONGER THAN IT LOOKS

Currents in the water can be very strong. If you find yourself caught in a current – don't swim against it – you'll tire yourself out. Stay calm, swim with the current and call for help



IT'S COLDER THAN IT LOOKS

Water at open and inland sites is often much colder than it looks. Cold water can affect your ability to swim and self-rescue



BRING A FRIEND

Always bring a friend when you go swimming so if anything goes wrong, you've got someone there to help



DON'T GO TOO FAR

Always swim parallel to the shore, that way you're never too far away from it



Consuming substances such as alcohol around water increases the risk of danger. Why is this the case?



Summer Safety – Abandoned Buildings



Derelict Buildings

You should not be entering unused or derelict buildings under any circumstances.

Inspector Lauren Woods from Derbyshire Police says:

“Insecure disused buildings pose a serious risk to anyone who enters them. Sites such as this are often in serious states of disrepair and have a number of potential dangers within them. Those entering these types of site are leaving themselves vulnerable to serious injury and even death. They are not playgrounds and should not be treated as such”.

In September 2017 Adam Johnson died after falling through the floor of a disused building in Derby. This fatal incident came just six months after a 19 year old man fell through the roof of a building in Ambergate, Derbyshire.

You can't always see the risk, but it's there – don't take any chances. **Derelict buildings are not your playground!**





Summer Safety - Railways



Stay away from the railway lines and tracks – you should not be near the station unless you are catching a train. If you are catching a train, you must observe **all** safety rules in place.

Remember, electricity from the tracks and overhead lines can jump and arc.

You can't always see the danger but it is there! **Don't take the risk.**

