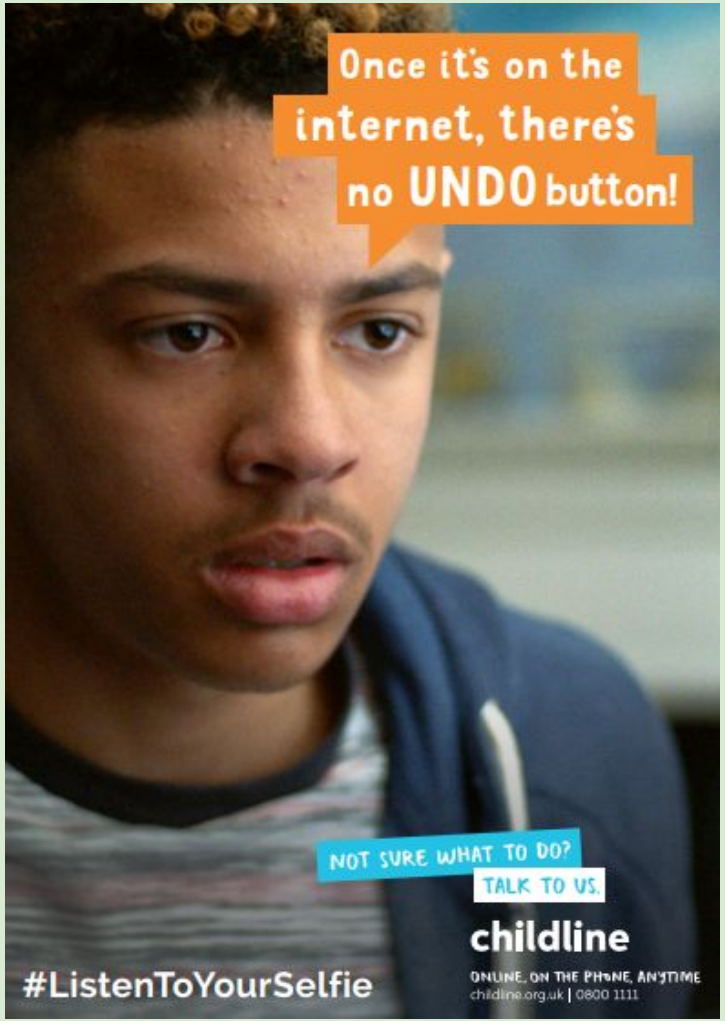
# Staying safe over the summer holiday

# Online safety




# Catfishing

You could  be ‘catfished’ by someone who pretends to be someone else online.

Online someone may pretend to be….

- A young person who says they really like you, but is older
- Offer protection and understanding
- Like the same music and have the same interests
- Understand your worries

**Who are you REALLY talking to online?**

# Deep Fake and AI produced images

Not everything is real!

Not everything online is real and much of what we see may have been edited.

AI is continually evolving but there can be common indicators to show something is AI generated but remember it is not always obvious. Some of these indicators can be an overall ‘perfect’ appearance, body parts or movements appearing differently or not looking ‘true to life’.

AI can be misused to create harmful content. Is is not OK for anyone to create content to harm other people.

If you ever experience this or are worried about someone doing it, report your concerns  to law enforcement agency CEOP.

If a sexual image or video has been created, this can be reported via Report Remove.

# Over the summer holiday - stay safe online

- Do not share images
- Be aware of who you are talking to
- Understand that anything you say or show can be shared with others
- Make sure any social media account you use is set securely to just your friends and family
- **Talk to a trusted adult if you have been in contact with someone who is** ….
    - Chatting online to you about sex
    - Asking you to do sexual things on webcam
    - Asking to meet up if you have only met them online
    - Requesting sexual pictures
    - Forcing you into sexual activity
    - Making you feel unsafe

**The Law - Indecent images of children**

Making, possessing and distributing any imagery of someone under 18 which is 'indecent' is illegal. **This includes imagery of yourself if you are under 18.**

You can also contact;

**Childline is free to contact on 0800 1111.** Childline counsellors are here to take calls 24 hours a day, 7 days a week from children and young people under 19. No worry is too big or too small.

In a emergency situation call the police on 999 if the situation is a emergency and you are in danger

# Being smart is being safe

# Staying safe in the real world

In the REAL world, whilst you are out and about - what behaviours could put you in danger?

- Discuss as small groups what these could be
- Share these with the rest of the class and discuss why this behaviour is dangerous

**Examples**

- Being near railway lines
- Playing in or around open water
- Arguments and disagreements with other students or people you do not know
- Playing around dangerous buildings

# LG Stay Safe Near Railways

Bletchley has been a central point for the rail industry for many decades.  It's important you make right decisions near the tracks. The consequences of the wrong decision can be terrible.

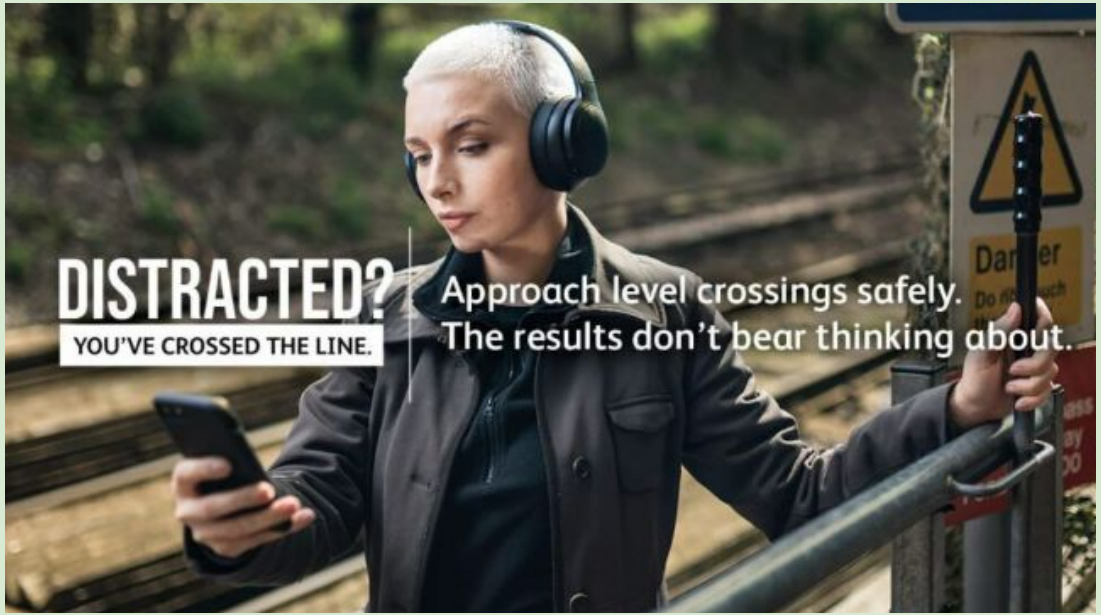
Please watch the ***Parallel Lines*** film on this link  and discuss as a Form.

https://switchedonrailsafety.co.uk/resources/consequences-switched-on-for-split-second-decisions/

## What does it mean?

You can't go further than this sign as it could be dangerous.

Where would you see it?




At Stations

**The summer holidays are here!**

We want every child to have an excellent summer holiday and we know how much you all deserve to see your friends in person.

However, whatever you get up to, please don't let it include swimming in unsupervised open waters – such as rivers, lakes and reservoirs.

## The Blue Lagoon – Water Safety

The Blue Lagoon Local Nature Reserve in Bletchley covers 116 acres and is rich in wildlife. There is no lifeguard on site and we don't encourage entering the water - but as the weather warms up, so too do the risks for children looking to cool off in open water.

The only places to swim safely are pools and outdoor locations that provide lifeguards. The risks are many from: wildlife attacks, unclean water, litter like broken glass under foot or cold water shock. The Royal Life Saving Society have produced a fact sheet to learn more about the effect of cold water shock.

# You can find yourself in trouble very quickly as you begin to experience what is known as cold water shock

- Don’t let the sunny weather fool you into believing that open water is warm and inviting, the average UK water temperatures are around 12°C - cold water is water at a temperature of 15°C or below.
- Cold water shock causes the blood vessels in the skin to close, which increases the resistance of blood flow. The heart rate also increases. As a result, the heart works harder, and your blood pressure goes up.
- Cold water shock can therefore cause heart attacks, even in the relatively young and healthy.
- The sudden cooling of the skin by cold water also causes an involuntary gasp for breath. Breathing rates can change uncontrollably, sometimes increasing as much as ten times as frequently. All these responses contribute to a feeling of panic, increasing the chance of inhaling water directly into the lungs.
- In a matter of minutes, you can get into significant difficulty

**It is recommended that if you do want to swim in open water this summer**, find an organised open water swim session that will be supervised by experts of open water. Swimming in the sea at the beach is also a safe option when these are supervised by lifeguards

# Over the summer holiday - stay safe in the real world

- Walk away from situations if things are not going well
- Do not be pressured to be involved in anything you know is wrong and also possibly dangerous
- Think before you act
- Am I putting myself in a dangerous situation?
- Are other people in danger?

You can also contact;

**Childline is free to contact on 0800 1111.** Childline counsellors are here to take calls 24 hours a day, 7 days a week from children and young people under 19. No worry is too big or too small.

In a emergency situation call the police, ambulance or fire service on 999 if the situation is a emergency and you are in danger

# Being smart is being safe