

THE SAFEGUARDING TIMES

‘Wellbeing and Summer Safety’ Edition

Written by young people, for young people.

Stay Safe and Feel Good This Summer

Written by the Student Council from Green Gates Academy



Summer holidays are a great time to relax, have fun and spend time with friends—but it's important to look after your safety and wellbeing too.

Before heading out this summer, make sure you are familiar with these top tips:

- Be aware of your surroundings and avoid talking to strangers you don't know.
- If you have a phone, keep it switched on and charged.
- Think about road safety, especially when using bikes or e-scooters—always stay alert and follow the rules.

When the weather is hot, make sure to:

- Drink plenty of water
- Wear suitable clothing for the heat
- Use sunscreen if you're outside
- Find shade during the hottest part of the day

! SPECIAL WARNING !

Water can be more dangerous than it looks, especially at beaches and reservoirs where it can be very cold and have strong currents. Extremely cold water can cause shock and make it impossible to swim. Always stay with others, follow safety signs, look for safety flags and lifeguards, and never enter the water somewhere unsafe.

Transition: Getting Ready for a New Chapter

Written by KS5 Students at Abbey Hill Sixth Form



Starting somewhere new can feel overwhelming, but you're not alone—and there are simple ways to look after your wellbeing as you prepare.

If nerves start to build you can use simple calming strategies to help you stay grounded, such as:

- pause, count to 10, and think of a happy memory
- Listening to your favourite music,
- Using calm lighting
- Surrounding yourself with positive, motivational messages
- Using your 5 senses to notice the things around you and keep you settled in your environment

Planning ahead can make a big difference. Simple things like taking time to get to know your timetable, routines, new routes to your school or college and breaktimes can help ease any nerves.

Remember, you'll settle in quicker than you think. If you can, speak to people who've already made the move about your worries and try not to overthink things; worries are often bigger in our minds than in reality, and if you get lost, or need some help there will always be someone ready to help. There will be lots of people feeling the same as you are.



For more information, support, resources and more, visit the HSSCP Children and Young People's webpage!

People Who Help Us: Mental Health

Written by the Student Leadership Team at High Tunstall College of Science

In the run-up to the Summer holidays, we interviewed Lizzy Jackson, who is a Senior Low Intensity Cognitive Behavioural Therapy Practitioner and Mental Health Support Team Lead at Alliance Psychological Services. Lizzy works with children, young people, families and schools to support with mental health and wellbeing. We put together a Q&A to find out more about the work that Lizzy does and what advice she has for protecting your wellbeing over the Summer holidays.

What advice do you have for young people over the Summer to help them cope with being out of routine?

School holidays can be challenging, overwhelming, or anxiety-provoking for some people, especially if they struggle without routine. The best advice I can give is to set themselves a timetable or structure to keep over the long holiday periods. Sleep is a huge factor and too much or not enough of it can massively affect your wellbeing - it is fine to adapt your usual routine, but I would recommend trying to set a time that is mostly consistent to go to sleep and wake up.

I also recommend using the **B.A.C.E.** acronym to keep your days off healthy and balanced. **B is for 'Body'** and doing something to keep your physical body happy - this could be exercise, sleep, going for a walk, self-care etc. **A is for 'Achievement'** and doing something to feel proud of or productive - this could be cleaning your room, taking part in a competition, or helping someone out. **C is for 'Connection'** and making time to keep in touch with people who are important to you. Finally, **E is for 'Enjoyment'** - make sure to take time to have fun and do something that you enjoy.

What advice would you give to a young person who might be struggling but might be worried about asking for help?

Firstly, I would encourage you to speak with a trusted adult if you can. There are always people willing to listen and to help.

If you are looking for some advice for yourself, try the Tees Valley Getting Help Service for Children and Young People (QR code at the end of this article) where there are multiple options for support. There



you can find information about the WYSA app (and a referral code to access this for free), which is a confidential, NHS-approved mental health app for young people aged 13-18 (or 11+ with parental support) that includes a well-researched and safe AI chatbot, mood tracking and resilience tools.

For any young people who might be worried about transitions or changes that come with the end of the school year, what small things can you recommend to help them manage the change?

Make the most of any opportunities you might have to explore your new spaces - like transition days, taster days for colleges, or even summer schools for some schools and universities. Getting to know the buildings, meet some of the staff, and even make a few friends. Doing simple things like getting used to your new route to school or college if this has changed, making sure any uniform or equipment is ready in advance, and not leaving any preparation to the last minute can be very helpful. If you have the chance, try to talk to people who will be going with you or who might already be there and ask questions about things you might be worried about. It is important to remember that long-term avoidance isn't helpful, and even though you might be nervous or worried, putting it off will usually only make it harder to make those first steps.



Use this QR code to link to the Tees Valley Getting Help website where you can find more information about the WYSA app and a referral code to access this for free.