



Stay Safe @ Upton

July 2026

Focus: Staying Safe Over the Summer Break

Summer is a time to rest, have fun and see friends, but it is also important to make safe choices. If something does not feel right, if you feel unsafe, or if you are worried about someone else, speak to a trusted adult as soon as possible.

During the summer break, remember that help is still available. You are never wasting anyone's time by asking for support.

MAKE THE RIGHT CALL THIS SUMMER...

When you are out and about

- Tell someone where you are going, who you are with and when you expect to be home.
- Keep your phone charged and have a safe way to get home.
- Trust your instincts: if a situation feels unsafe, leave and ask for help.

Parties, relationships and pressure

- Respect boundaries. Consent must be clear, freely given and can be withdrawn at any time.
- Do not feel pressured into alcohol, drugs, vaping, sexual activity or going somewhere you do not want to go.
- Look after your friends. If someone is unwell, frightened or at risk, get adult help immediately.

Wellbeing and mental health

- Keep some routine: sleep, food, movement and time away from screens all help your wellbeing.
- Check in with people you trust if you feel low, anxious, lonely or overwhelmed.
- If you are worried about self-harm, abuse, exploitation or not being safe at home, speak to a trusted adult or contact support below.

Online safety

- Check privacy settings and think carefully before posting photos, locations or personal details.
- Do not send, ask for or share nude or sexual images. If this happens, ask for help; you will be listened to.
- Block, screenshot and report abusive messages or worrying contact. Use CEOP if you are worried about online sexual abuse or grooming.

Water, sun and travel safety

- Be careful around rivers, lakes, canals and the sea. Cold water and currents can be dangerous even for strong swimmers.
- In a water emergency, call 999. Do not enter the water to rescue. Tell the person to float and throw something that floats.
- In hot weather, drink water, use shade between 11am and 3pm, and wear SPF30+ sunscreen.

Getting help

- In immediate danger: call 999.
- Childline: 0800 1111 or online chat.
- If you are worried about online sexual abuse or grooming: report to CEOP online.
- If you need urgent emotional support by text: text SHOUT to 85258.

WE WILL ALWAYS LISTEN TO YOU AND SUPPORT YOU

Before school closes, speak to your Form Tutor, Pastoral Support Manager, Head of Year, Mr Keegan or any adult you trust. During the break, speak to your parents/carers or another trusted adult. In an emergency, call 999.

**STAY
SAFE
THIS
SUMMER**
TIPS AND ADVICE

