

# Keeping Safe During School holidays

## Young person's checklist

<input type="checkbox"/>	<b>Fully charge your phone and if you have one bring a backup charger.</b> Tip: Write your parent/carer's number on a bit of paper in case you run out of battery, and you need to borrow someone else's.
<input type="checkbox"/>	<b>Connect and stay safe.</b> Tip: If you are going out with friends make sure your parents can contact each other.
<input type="checkbox"/>	<b>Check the weather and dress appropriately. Wear sensible footwear.</b> Tip: If its hot - bring sun lotion, sunglasses, and a hat! If its cold and wet -bring a coat/waterproof/umbrella. If out at night – think about how visable you are.
<input type="checkbox"/>	<b>Eat breakfast and take snacks</b> Tip: Breakfast is an important meal to set you up for the day. Maybe take a fruit/snacks with you – there maybe times where you can't access buying food.
<input type="checkbox"/>	<b>Stay hydrated - Bring a bottle of water.</b> Tip: Bring a bottle you can refill.
<input type="checkbox"/>	<b>Agree meet up points incase you get separated from friends and/or family.</b> Tip: look for landmarks like churches, community centres or shops that are close by.
<input type="checkbox"/>	<b>How are you getting home? Have you agreed with your parents what you need to do?</b> Tip: Think ahead – make sure you schedule how long you'll wait for public transport.
<input type="checkbox"/>	<b>Look out for each other and stay safe. It can be tempting to keep up with what your friends are doing.</b> Tip: If you or a friend gets ill/sick – get help! Make sure you stick together if you feel uncomfortable.

## THANK YOU IN ADVANCE FOR RESPECTING...

- **each other** – let's stay safe - leave any grievances at home.
- **the community and neighbourhood** – don't pee in the gardens or alleys, use designated toilets
- **the environment** - put your rubbish in the bin or take it with you.

**If you or others are in immediate risk of harm or you witness a crime call 999.**

