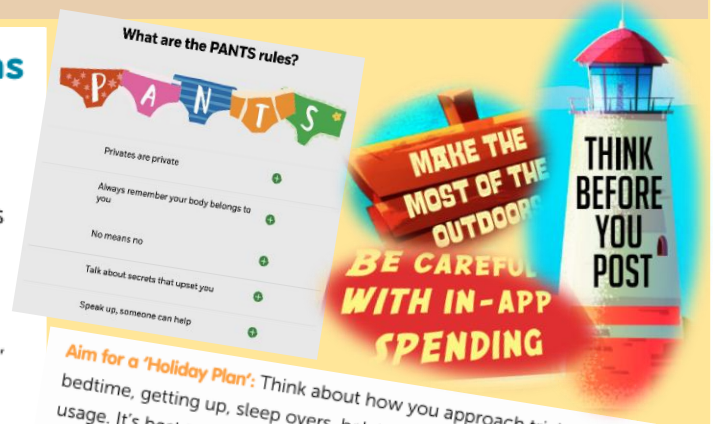


Safety Rocks

Working together to keep children safe

Building young people's strengths

- Pay attention to the things your child does well, rather than what they are not good at
- Help young people to recognise that everyone feels anxious sometimes, and that mistakes are normal and we can learn from them
- Don't feel you always have to 'rescue' your children, let them work things out for themselves
- Help them think about the positive people around them who they can talk to if they need help or to share good news



Preparing pupils for summer holidays

- Go green**
Think about all the green spaces there are locally and what activities go on during the break. What can be done alone or with a group of friends?
- Explore the local community**
Explore the local leisure centres, youth clubs and recreation grounds. Are there any activities going on? What about 'free swim' days or other fun days put on by the local council?
- Find a library**
Research which libraries are open and when. Is there free access to computers? Are there any clubs running over the summer?
- Volunteer**
Find out about local youth groups where you can volunteer – this is a good way of making new friends www.iwill.org.uk/get-involved/young-people
- Become an author**
Write and illustrate a book or zine using just some paper and pens/pencils. Research some themes and inspiration.
- Take on a challenge**
Here are some ideas for activities that will take time and practice to accomplish:
 - Learning to ride a bike
 - Learning to swim
 - Learning to roller skate or skateboard
 - Learning a new language (there's no need to join a class or buy any books, local libraries may have books, CDs or apps)
- Keep in touch**
Explore how to keep in touch with friends and classmates over the holiday – arrange meeting up once a week at the local park or shopping centre?
- Watch a film**
Find out about local cinemas which may show some films for free or reduced prices for children and young adults.
- Learn something new**
Visit local museums and/or galleries. Research which ones are nearby and free to visit.

Aim for a 'Holiday Plan': Think about how you approach tricky topics like bedtime, getting up, sleep overs, helping around the house and screen usage. It's best to tackle 'The Plan' with a "Can we talk through how things are going to work this summer?" approach, to encourage collaboration and team playing. If you all agree the rules it will be easier to stick to the plan.

Encourage healthy sleep patterns: 10 hours' sleep is plenty. Late-night horror films, online activities under the duvet until 3am or all day TV will result in persistent tiredness and lack of motivation. Help your children to organise their day with screen-based activities as a reward after they have done other things.

Expect some mishaps: Letting go and allowing some (safe) risk taking gives children a chance to learn from mistakes. How parents manage mishaps (at a party, festival or sleep over) can offer vital learning – about accountability, limits and a brake pedal.

★ **Did you know?**
Research shows that for every negative thing we say or point out to someone we need to say 3 positive things to re-dress the balance – otherwise that person will only focus on the negative!



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