

Staying safe over summer

Open water, like rivers, reservoirs and lakes, can be really tempting during the summer holidays and if it is hot. It can also be REALLY DANGEROUS! Please think again if you're tempted to swim and play in open water. It can often be remote, so there's no support nearby, or lifesaving equipment. Hazards below the surface of the water mean that even strong swimmers can get in trouble if they swim in these water sources. Every summer young people lose their lives when playing in open water goes badly wrong.

So, if you're too hot, the best bet really is a splash paddling pool in the back garden, or a trip to the leisure centre where there are always lifeguards on hand. DON'T RISK open water.

Remember to stay safe, whatever you're up to. For example,

- Make sure your parents know where you are and do them a favour by checking in with them, so they know you are okay. It's just the right thing to do.
- Stick with friends rather than going off on your own – there's safety in numbers and your true friends will look out for you
- Think about WHO you are choosing to hang out with and WHEN – older people, or groups might seem attractive, but they can get you into trouble if they are involved with things that you know you shouldn't be – do yourself a favour and stay OUT of trouble this summer
- Be respectful to other members of the public –take a moment to think about how your speech and actions might come across to others.

Covid hasn't gone away!

The government rules may have changed as of Monday 19th July, but that doesn't mean people should become reckless and foolish. If you are a close contact you will still need to isolate and get a test, so please, do yourself a favour:

- Keep going with the COVID hygiene rules – wash your hands regularly, keep a safe distance from others etc.
- Keep wearing a mask in confined or more crowded places – many shops and public areas will still insist on masks and, until we see infection rates come down, wearing a face covering is the right thing to do – there are more cases amongst younger people, so you need to be aware.

Don't ruin your summer by having to stay away from others because you are infected!!

First things first - please remember, feeling down or blue every now and again is TOTALLY NORMAL and should be expected. Life has its good days and its bad days, and it's all about balance. Real life is NOT always perfectly happy!

Secondly - Your true friends, and your true family, will always want the best for you, and they should be your first point of call if you're feeling low and need a boost. Make time for a chat and a cuppa, or spend time with them doing things you both enjoy – it works wonders!

If you need further support over the holidays try:

- <http://todhigh.co.uk/mental-health-wellbeing/>
- <http://www.openmindscalderdale.org.uk/>
- <https://www.kooth.com/>