

Keeping Safe @ StCM

At St Cuthbert Mayne we strongly believe that our school community can pull together to keep each other safe from harm, being kind to ourselves and each other is the heart of our school. We wish all you all a relaxing and healthy summer holiday, a chance to recharge batteries and spend some quality time with those you love.

We recognise, however, that for some the summer break may bring sadness too, it has been a hard year for all sorts of reasons and a period of holiday may remind us of the losses we have experienced, changes in relationships and can sometimes add more stress to family life.

Should you find yourself in a situation where you need to reach out for support/help we hope that you can keep this guide in a safe place and refer to it if you need it.

Remember, you are not alone.

Healthy Relationships

Being in a relationship can be exciting, confusing, complicated and sometimes it can be difficult to recognise when a relationship changes, even if those around are trying to tell you otherwise. Do you feel unsafe, or threatened? Is your partner trying to force you to do something against your will? This sort of behaviour can wreck lives and controlling behaviour can be emotional, financial, physical, or sexual. It may be that you are worried about your parents and their relationship? It takes real courage to speak up and look for help. Here is a link to a few websites that might help:-

<http://knowaboutcse.co.uk/>

<https://www.loveisrespect.org/healthy-relationships/>

<http://www.areyouok.co.uk/directory/torbay-domestic-abuse-service/>

Alcohol & Drugs

As a community we know that some young people experiment with alcohol and drugs but do you know about the risks involved? You might be worried about a friend or family member and need to know where to go for support. Click on the links below:-

<https://www.childrensociety.org.uk/information/young-people/checkpoint>

<https://www.talktofrank.com/>

<https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/>

Online Safety

During the holidays many of you will be on-line more, and accessing social media platforms more frequently. Top tips for keeping yourself safe online:



- Online friendships - be as kind on line as you are in person. Be careful; how you word something as things can often be misinterpreted. Save the important conversations, such as resolving arguments, when you meet up face to face.
- Be respectful - don't share images of your friends unless you have their permission to do so. If someone asks you to remove a post, do it. Consider how you might feel if something was shared about you that you didn't want everyone to see.
- Digital footprint - be aware that everything you post will be there forever, in other words don't post something online that you wouldn't want your grandparents to see.
- Think before you post - always consider whether your opinions online might make a situation worse, be aware of posting negative comments or ranting, try and write something positive. Be aware of the impact of what you are saying/posting and the offence it might cause to others.
- Know who you are dealing with - keeping friendships online can be great fun but always remember that if you are talking with someone you don't know you cannot be sure they are telling the truth about who they are, their age etc.
- Protect yourself - do not give out personal information to others who don't know you, such as your address, which school you attend, and do not share intimate photos of yourself with others or ask for others to share intimate photos with you. Do not agree to meet someone you do not know in person.
- Keep a perspective - it may seem as though people you see online have the best life, the best house, the best holiday etc., it may not always be true and life is so much more than looking at what others have.

If you want more information on how to stay safe on-line click on the following links:-

<https://www.internetmatters.org/>

<https://www.childline.org.uk/>

<http://www.torbayvirtuallysafe.co.uk/young-people/>

Staying Safe Outdoors

Top tips:

- If you are going out alone, always make sure someone knows where you are going.
- Consider adding a tracker on to your phone so that your parents can see where you are



- Don't meet someone on your own who you have never met before
- Always keep emergency contact numbers on your phone
- Remember drinking alcohol or using drugs can be a serious risk to your health and may lead to you taking unnecessary risks.
- Always make sure you have some money with you in case you need to catch a bus home.

Mental Health and Emotional Well-Being

There may be times when we all feel a little down and sad, but if these moments of low mood are with you all the time, if you do not feel enjoyment in any part of your life, it may be that you need to reach out for some support. There are many people who can help you to talk through your concerns. Being able to say how you feel is a brave and huge step forward. Here are some links you might want to follow for support:-

<https://www.kooth.com/>

<https://youngminds.org.uk/>

<https://www.childrensociety.org.uk/>

For any concern you have about your safety you can call Childline 0800 1111

Chaplaincy Support

We are praying for you as you spend time with those in your household. If you wish to tune into a church service then please follow any of these two links;

www.achurchnearyou.com

<https://www.plymouth-diocese.org.uk/coronavirus-love-god/>

Should you as a family be in need of food provisions then please do get in touch with Torbay Food Alliance.

www.torbayfoodalliance.org

What to do if you need urgent help

If you are at risk from harm to yourself or someone else is hurting you please call 999. The Police will help you and make sure that you are safe.

Serenity Prayer

God grant me the serenity to accept the things I cannot change;

courage to change the things I can; and wisdom to know the difference.

Living one day at a time; enjoying one moment at a time;

accepting hardships as the pathway to peace; taking, as He did, this sinful world

as it is, not as I would have it; trusting that He will make all things right

if I surrender to His Will; that I may be reasonably happy in this life

and supremely happy with Him forever in the next. Amen.

