



**Ormiston
Sheffield**
Community Academy

Staying Safe this Summer

There are plenty of ways to enjoy the holidays. Whether it's meeting up with friends, going somewhere different or being online, it's important to do all you can to take care of yourself and those around you.

Online Safety

Staying safe online is important. Be mindful of your privacy and location settings on social media and report any online abuse via CEOP (Child Exploitation and Online Protection).

<https://www.ceop.police.uk/Safety-Centre/>

Where can children and young people find support and report?

If in immediate danger, call the police on 999



CEOP Safety Centre to report online sexual abuse, exploitation or grooming:
www.ceop.police.uk



Report Remove to get help removing nude or sexual images or videos of themselves that have been shared online:
www.childline.org.uk/remove

Take  **Down**

Take It Down to get help removing nude or sexual images or videos that have, or may be, shared online:
www.takeitdown.ncmec.org



Report Harmful Content to help report inappropriate material online, such as bullying, harassment or violence:
www.reportharmfulcontent.com



Shore Space: an anonymous service for teenagers worried about their own or someone else's sexual thoughts, feelings or actions.
www.shorespace.org.uk

Water Safety

Summer is an amazing time to enjoy our beautiful waterways, but we must be mindful that warmer weather is directly linked to an increase in fatal drowning incidents. Rivers and lakes pose the greatest statistical risk as there are often unknown hazards and there is a lack of professional supervision.



Finding Support

We recognise that the long summer break, and the change of routine, can be difficult for some. These links are to online resources, and community services, available to anyone who may need them:

School Nursing – young people's health needs

Health for Teens - information about health issues

Be Well Walsall – free wellbeing service

P.O.P – health and wellbeing

Black Country Food Bank

Trussell Trust – find a food bank

Kooth – online counselling

Winston's Wish – bereavement support

THE MIX – essential support for under 25s

Young Minds – young people's mental health

Hub of Hope – support with a variety of concerns

Samaritans – if you need someone to talk to

Mind – support with mental health

Give us a shout – support with mental health

The Beacon – alcohol and drug support

WISH – sexual health services

Ask Marc – support for men

Black County Women's Aid – domestic abuse

Autism West Midlands

Childline - Tel: 0800 11 11



Enjoy the Summer Holiday!

Wishing all our students, and their parents/carers, a safe and enjoyable summer break. See you in September!