



SAFER

SCHOOLS

October 2022

Welcome to Octobers newsletter. This newsletter has been designed to support and advise parents and carers of **both** Primary and Secondary school children, and therefore trust your personal judgement to share what you feel will be **relevant** information with your child.

BE BRIGHT BE SEEN!!

Children and young people are often injured in road collisions simply because they are not easily visible. This becomes more of a problem during the autumn and winter months as heavy rain, fog and shorter daylight hours cause poor visibility. **Be Bright. Be Seen** is an annual Road Safety campaign which is promoted, nationally during the month of October, reminding all road users to look out for each other and to be safe.



The campaign highlights the importance of being seen on our roads, choosing reflective and fluorescent clothing or accessories when walking or cycling. Children and young people tend to opt for coats and jackets which are darker in colour. Wearing something bright or reflective is important, keeps us safe and is a great help to other drivers and road users. Cyclists should remember it is an offence to cycle in the hours of darkness without a front light, a rear light and a red rear reflector.

It is worth noting that statistics show that child pedestrian road collisions are more likely to occur between the hours of 3:30pm and 4pm. Parents are encouraged to let their children visit the Department for Transport website which combines road safety information with interactive games <https://www.think.gov.uk/education-resources/>

With just a small Hi Vis accessory your child/s become more visible to other road users. Make it fun too and consider the use of Glow Sticks!



The picture below speaks a thousand words –the same child is in both pictures! Be bright, BE SAFE, be seen.



Call: 101
Telephone: 18001 101
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Creating a safer
Cambridgeshire

The Dangers of Vaping

Could your child be vaping? There has been an increase of children and young people being seen across the county vaping while out and about with friends and further research shows a lot of children considering vaping due to curiosity and peer pressure.

It is important to understand the risk to health and the path to addiction if not openly addressed with our families. Vaping hasn't been around long enough for us to know how it affects the body over time, but vaping could cause the following health issues.

- Slow brain development in children & young people
- Affects memory, concentration, learning, self-control, attention, and mood
- Increases the risk of other types of addiction as adults e.g. smoking
- Unknown toxins released into the body



There are many different products available however, in brief vaping can place nicotine into the body and nicotine is highly addictive. Some individuals chose to vape marijuana, THC oil, and other dangerous chemicals. Besides irritating the lungs, these drugs also affect how someone thinks, acts, and feels.

Parents should also be aware that it is illegal to sell e-cigarettes to anyone under the age of 18. If you discover that your child is using them, it may be worth finding out where they're purchasing or getting them from. If a child is buying the products from a shop, parents may wish to remind the shopkeeper of the law and/or report the retailer to the trading standards department of their local authority. While it may be difficult to stop or prevent your child from smoking, remind them of the health implications and that they're breaking the law.

For more information on how to educate & support your child if you suspect they are vaping or smoking please visit:

<https://healthyschoolscp.org.uk/pshe/smoking-and-vaping/>



National Hate Crime Awareness Week 2022 (8-15th October 2022)



The awareness week encourages us to consider how we can respond to hate crime when we witness or are victims to it. This can help to ensure children and young people have the courage to report instances of hate crime to enable them to get the support they need and those committing it are met with justice.

Hate crime includes any criminal offence targeted at someone that is fuelled by hostility or prejudice related to the individual's disability, race or ethnicity, religion or belief, sexual orientation or transgender identity

There are loads of free resources on the National Hate Crime Awareness Week website. Link here: [National Hate Crime Awareness Week](#)

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OUT WITH STRANGER DANGER IN WITH CLEVER NEVER GOES



Since it was introduced in the 1970's, the 'stranger danger' message has been fundamentally flawed. Most strangers will help rather than harm a child, and many people that do pose a risk to children are not strangers. Furthermore, it demands that all strangers should be treated with suspicion, which breeds fear in our communities. This has led to children spending less time outdoors, fuelling a rise in obesity and mental health problems. Add to this, children are spending more time online, increasing their risk of being groomed. Now is the time for a new approach that creates safer, happier and healthier children.

The CLEVER NEVER GOES rule means children shouldn't go anywhere with anyone - even if they know them - if it hasn't been agreed in advance by a parent or guardian. And please remember, children learn through repetition so make sure you remind them regularly of CLEVER NEVER GOES when they're going outside or online.

THE RULE:

If anyone asks you to go - even
someone that you know - if it
hasn't been agreed, remember:
CLEVER NEVER GOES



For more information, ideas and resources to have that clever conversation go to:
www.clevernevergoes.org

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We would love to hear your feedback & comments.
You can contact the team via our email
Schools&CYP@cambs.pnn.police.uk

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