



A message for you .....

We hope you have all taken the time to watch this message Tory has recorded, if not take a look now:

[https://youtu.be/SRR2m0p3\\_zw](https://youtu.be/SRR2m0p3_zw)



Keeping safe while out & about

Think.gov.uk shows you how to travel safely in this video, watch it here:

<https://www.think.gov.uk/resource/cool-not-cool/>

How to See, Think & Speak Up in risky road safety situations in this video:

<https://www.think.gov.uk/resource/see-think-speak/>

Or want water safety advice? Find it here from the RNLI <https://rnli.org/youth-education/water-safety-from-home>

# Safer Schools Newsletter

Secondary Edition Monday 13<sup>th</sup> July

Hi everyone, this is the last newsletter in the series for this academic year. Today we focus on being 'Out and About' as the summer holidays are about to begin.

We hope you have enjoyed reading our newsletters, and welcome any feedback to [sspteam@norfolk.pnn.police.uk](mailto:sspteam@norfolk.pnn.police.uk)

Norfolk Constabulary Safer Schools Team



During these uncertain times, it is important for young people to look after their mental health. There is now one single place to access mental health advice and support for anyone under the age of 25 in Norfolk. There is no need for a referral, you can just get in touch straight away if you need help and support. They can also refer you on, should you need more specialist help. Please visit this link for more information:  
[www.justonenorfolk.nhs.uk/mentalhealth](http://www.justonenorfolk.nhs.uk/mentalhealth)

## TRENDING NOW...

Ever wondered what the rules are when police officers stop and search you? The Youth Commission have produced a Q&A which may help. You can find it here:

<https://youtu.be/cT9q4DwZalw>

Youth for Brake empowers young people to achieve Brake's vision of safe, green, healthy & fair transport. Young people work in teams to run local road safety & sustainable transport campaigns in their community that get results, save lives & save our planet. Get involved here:

<http://www.brake.org.uk/youth/> or want advice ? click here <http://www.brake.org.uk/facts-resources/21-resources/322-youngpeople>

## SOCIALS



Stay up to date with Norfolk Safer Schools by following us on Twitter:  
[@SaferSchoolsNfk](https://twitter.com/SaferSchoolsNfk)

You can also follow the National Police Instagram for young people:  
[Yourpolice.uk](https://www.instagram.com/yourpoliceuk)

Norfolk County Council Children's Services have launched a new phone line and text message service for children and young people to use.

We hope you are feeling happy and safe at home; however, we know some people often feel unsafe or scared. You do not need to keep it to yourself, we're here to help.

Text us on: 07480 635060

Call us on: 0344 800 8029

Their web hub can also be found here <https://www.norfolk.gov.uk/children-and-families/children-and-young-peoples-hub>

Remember safeguarding young people is all our responsibilities #SaferSchools

Norfolk Police – Non-emergency 101 / Emergency 999

