



Child Safety News, information and ideas

Welcome to the First Keep Safe Newsletter.

This Newsletter aims to share information and ideas for parents and carers about keeping children safe. If you have any information or comments, please do contact us. This newsletter will be produced every term

National Child Safety Week

The week of June 22nd – 27th is National Child Safety Week. The message for this year is 'Keeping Children Safer Together'. There will be an exhibition about child safety at the Jubilee Library throughout the week, so do pop along if you are in the area.

Coming soon.....Keep Safe courses for parents

Keep safe courses are coming to your area. These courses are designed to help you with the difficult task of keeping your children safe, while allowing them to grow and develop. Based on a programme called Protective Behaviours these courses will run at venues around Brighton and Hove. For more information please keep a look out on our web-site.

Bullying Prevention Groups for children

SNAP (Safety Net Assertiveness Project)

Safety Net has just received funding from Children in Need to run groups for children whose self esteem is suffering because of bullying. If your child is aged 8 – 11 and is having confidence problems because of bullying behaviour ring us on 696622 to find out about groups running in your area.

If your child is in year 6 and above and experiences bullying in the community, this can be reported to the police on 0845 60 70 999 or ring 999 if there is a physical assault. For more information on dealing with bullying visit: www.bullying.co.uk or www.kidscape.org.uk

Parent Survey in Brighton on Keeping Children Safe in Communities

Safety Net recently carried out a survey with 65 parents asking them about child safety concerns in their area. The surveys were carried out by parents for parents.

The three top concerns for parents were:

1. Alcohol and Drugs
2. Bullying issues in communities
3. Road Safety

Parents said that having more local activities for children and young people and more community police on the streets helped them to feel safer. A lot of parents said that they felt parks should be made safer for children.

Parents said that the things that helped to keep children safer at home were; having safety equipment, smoke alarms and parent supervision.

DID YOU KNOW?

Free Smoke Alarms

Did you know that the fire service will do a safety check and supply you with a smoke alarm **free** of charge. Contact them on 0800 1777069

Low cost Home Safety Equipment

Every year 2 million children are taken to hospital as a result of accidents. There is now a new home safety equipment scheme funded by the Primary Care Trust that Safety Net is running in Brighton and Hove. Anyone on benefits with a child under the age of 5 could qualify for free or low cost home safety equipment. To find out more speak to your local health visitor or ring us on 696622 for more information.



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What time should children be allowed to play out until?

We asked parents what time they felt children should be allowed to play out until. Most parents agreed that children under 5 should not be out at all without adult supervision. They felt that children under the age of 8 should be home by 6 p.m. Children under 11 by 8 p.m. and that generally all children should be supervised at least until they start senior school.

Try teaching your children the **3 Safety Questions**.

1. Do I get a yes or a no feeling?
2. Does an adult I live with know where I am?
3. Can I get help if I need it?

Other things that parents and children said.....

"Children are not allowed to be kids – people think if they climb up a tree its anti-social behaviour but if they stay in front of the TV then I'm a bad Parent"

We asked children what would make things safer for them

"Tell adults to talk and listen and keep an eye on their children"

"Stop leaving beer cans around in the streets and smashing glass"

Road safety tips

Most teenagers don't realise that they are more likely to be killed or injured in a road accident than any other age group. Find out how to help your teenager stay safe by visiting www.direct.gov.uk or www.brake.org.uk for interactive games for teaching children road safety.

Information about alcohol safety for parents

It may seem too early to talk to your child about alcohol, but talking about it now may help prevent problems in the future:

- make sure the information your child has is accurate - for more information visit the Talk to Frank website (www.talktofrank.com)
- if your child is curious about alcohol, talk to them about it - tell them about both the negative and social sides of drinking
- It's important to make sure children don't drink alcohol by accident or without your permission - if you have alcohol at home, keep it out of reach.
- If you drink, set a good example - it will help your child develop a sensible attitude to drink
- know where your children are and what they are up to, for older young people make sure they have a way of getting home safely at night
- For young people agree rules on parties and be around if your child has a party at home.
- When young people start drinking encourage them to stick to lower strength brands and warn them about "spiking"
- Respect the law regarding young people and alcohol. It is illegal to give an alcoholic drink to a child under 5 and the government's Chief Medical Officer's advice is that young people under 15 should not drink at all.

From the government website:
www.direct.gov.uk/parents

If you have concerns about your son/daughters use of alcohol or would like advice on how to talk to your teenager about alcohol and drugs please contact RUOK on 293966. They offer support to young people and their families, where the young person is under 19.