



# Safeguarding our young people at Stanground Academy

Safeguarding is about ensuring that everyone is safe from harm – safe from bullying, safe from people who could abuse, safe from discrimination or harassment. We should all feel safe in our environment.

We recognise that growing up today you may face many different pressures, we have a duty of care to support you through these. If you are ever concerned about your safety or wellbeing or about a friend, talk to someone – parent, another friend, a member of staff at school or older students at school – Student Leadership Team.

We have put together this booklet to ensure that you understand the terminology we use.

Talking helps... We can work together with other people to address the problems and **ensure everyone is safe.**



STANGROUND ACADEMY

## Your Safeguarding Team

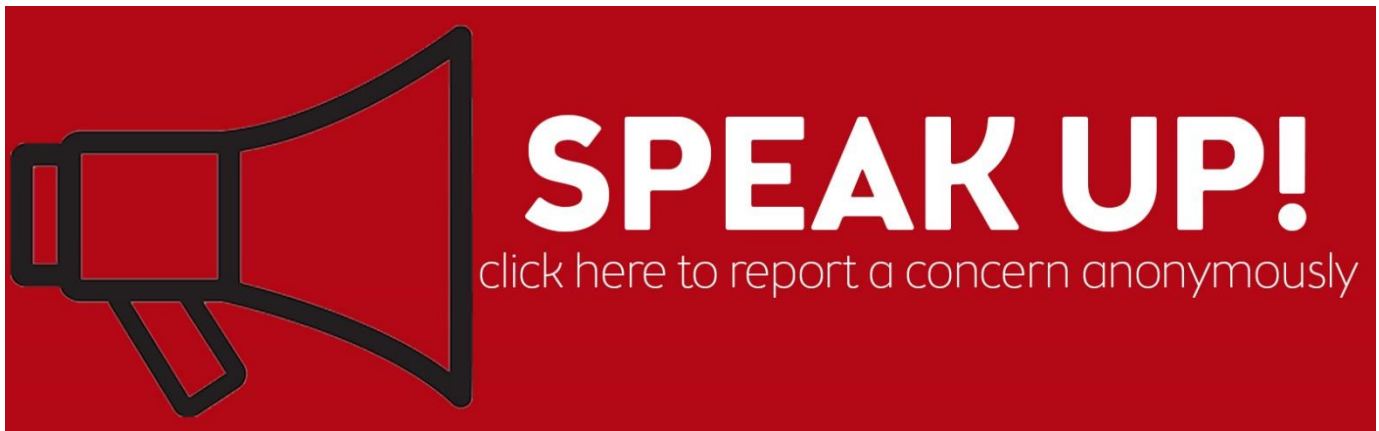
**Do you have concerns or worries that you really need to share?**

**Please talk to your tutor, your head or deputy head of year, or find one of the safeguarding team below.**

					
<b>Ms Joannou</b> DSL	<b>Mr Tee</b> Deputy DSL	<b>Mrs De Paola</b> Safeguarding & Attendance Officer	<b>Mrs Fundira</b> Deputy DSL	<b>Mr Firth</b> Deputy DSL	<b>Miss O'Donnell</b> Safeguarding Officer

## Speak Up!

At Stanground we take student voice very seriously – especially if it is causing anybody upset or distress. You can report these by logging on and filling in the form found on teams. This gives you the chance to report and detail any concerns anonymously. The Speak Up button can be found at the top of the Year 12 and 13 team pages.



When you've clicked on the button it takes you to a form. You have the option to write your name and tutor group. You don't have to, but it would help us investigate the issue and feedback any outcomes or conclusions.

Speak Up!

Report a concern anonymously. All concerns submitted will be emailed directly to the Sixth Form Management Team. Please note that if you do not put your name or tutor group your concern will remain anonymous. Please detail as much as possible in the box below to help us support the young person mentioned.

1. Name (optional)

Enter your answer

2. Tutor Group (optional)

Enter your answer

3. Please write, in detail, your concern in the box below \*

Enter your answer

You may be filling in the form as you have a concern for a friend. Again, if you don't want to give your details out then please write as much detail in the box as possible including the name of the person you think is at harm.

Your concern is then emailed to the year team to be dealt with. Please note that there are occasions where responses to concerns are not appropriate because of confidentiality. Please rest assured that all concerns are dealt with.

**These are some of the things we worry about – things that could be affecting you or someone you know – things that mean you may be at risk of harm:**

**Physical Abuse / Harm** - Physical abuse is when someone deliberately hurts or injures you. It can include hitting, kicking, hair pulling, beating with objects, throwing, and shaking. No one has the right to hurt you in this way. Bullying is also a form of physical abuse. A peer (someone your age) or someone older could be doing this to you or a friend.

**Emotional Abuse** If someone is always telling you that you're ugly, stupid, worthless or that they'd wished you'd never been born - that's emotional abuse. It's wrong, even if they are not doing it on purpose and can make you scared, sad, and upset. Bullying is also a form of emotional abuse. It could be happening online—e.g., abuse on social media

**Sexual Abuse** Sexual abuse is when a child or young person is pressurised, forced, tricked, or coerced into taking part in any kind of sexual activity with an adult or another young person. This can include kissing, touching the young person's genitals (private parts) or breasts, intercourse, or oral sex. It can happen to anyone – boys and girls. If you are being sexually abused, it's not your fault and you're not alone. This can also mean online activities such as making someone watch sexual activity or images (porn). This could be someone the same age.

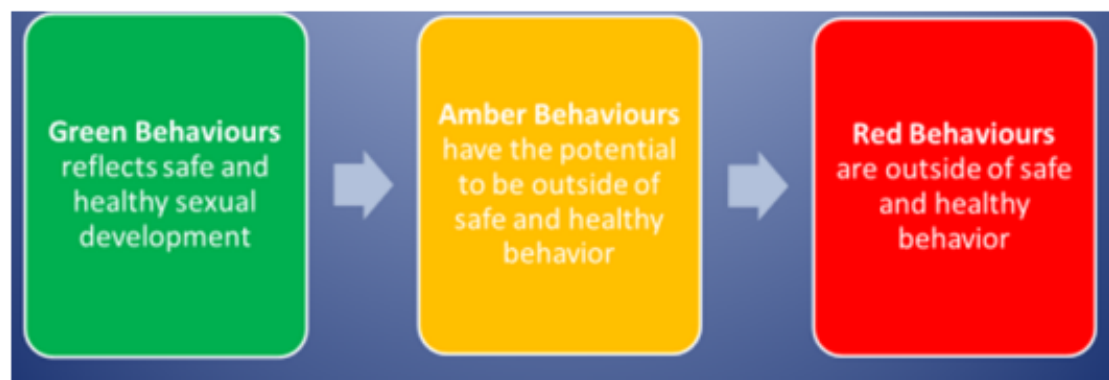
**Child on Child Abuse / Harm**—when someone your own age hurts you—emotionally (words, comments) or physically (hitting) or sexually (taking things too far) or online.

### **Harmful Sexual Behaviours—**

Inappropriate sexual behaviour displayed by a person which may be harmful or abusive to someone else

- Sexual harassment
- Sexual name-calling
- Online sexual bullying
- Sexual image sharing
- Sexual assault
- Rape

**“NO ONE HAS THE RIGHT TO TOUCH ME,  
JUDGE ME, SEXUALISE ME, ABUSE ME”**



**Sexual consent** is where a person has the ability and freedom to agree to sexual activity. When it comes to sexual activity and sex, you have the right to decide when you do it, where you do it, and how you do it. For any sexual activity to happen, both people need to consent, or say yes, willingly, and freely. Sexual activity does not just mean sex, it includes kissing, hugging, making out, cuddling, and touching someone's body in a sexual way. "No" means "no" in any sexual encounter. The age of consent to any form of sexual activity is 16 for both men and women. The age of consent is the same regardless of gender or sexual orientation.

## **'If it's not clear, it's not consent'**

**Sexual Harassment** is described as 'unwanted conduct of a sexual nature that can occur online and offline. Sexual harassment is likely to make you feel intimidated, degraded, or humiliated and/or create a hostile, offensive or sexualised environment. Sexual harassment can include sexual comments, such as:

- telling sexual stories
- making lewd comments
- making sexual remarks about clothes and appearance and calling someone sexualised names
- sexual "jokes" or taunting; or it can be physical behaviour
- deliberating brushing against someone, (e.g., touching your bottom)
- interfering with someone's clothes (e.g., pinning a bra strap, hand up skirt, 'up-skirting')
- displaying pictures, photos, or drawings of a sexual nature; and it can be online sexual harassment
- sharing of sexual images and videos
- inappropriate sexual comments on social media; exploitation; coercion and threats
- Any sexual misconduct is unacceptable and must be reported to staff or parents or a trusted adult

## **Don't just ignore it Don't just put up with it**

**Sexual Violence** refers to criminal acts: rape, assault by penetration and sexual assault, as defined by the Sexual Offences Act 2003.

- Rape which is 'Assault by Penetration'

**Sexual Assault.** These include things such as:

- Fondling or unwanted sexual touching
- Forcing a victim to perform sexual acts, such as oral sex or penetrating the perpetrator's body
- Forcing someone to send or post sexually explicit images of themselves
- Forcing someone to take part in sexual activities via a webcam or smartphone
- Forcing someone to have sexual conversations by text or online.

**This behaviour MUST BE REPORTED to staff or parents. The Academy has a very clear procedure to deal with such incidents**

SEXUAL HARASSMENT

**"IT'S ~~JUST A JOKE.~~"**

**NYC** Commission on  
Human Rights  
805 de Bevoise, 10th Floor  
Camryn P. Matella, Commissioner/Chair

**TIME TO START SAYING,  
"IT IS NOT OK"**

**"NO ONE HAS THE RIGHT TO TOUCH ME,  
JUDGE ME, SEXUALISE ME, ABUSE ME"**

**DON'T JUST IGNORE IT**

**DON'T JUST PUT UP WITH IT**

**REPORT IT TO A TRUSTED ADULT**

**Or Report on 0800 136 663**

**Or Email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)**



**Sexting** - Sharing Nudes When people talk about sexting, they usually refer to sending and receiving:

- naked pictures or 'nudes'
- 'Underwear shots'
- sexual or 'dirty pics'
- rude text messages or videos

**Sexting** – The term 'sexting' is derived from texting and refers to the sending of sexually provocative material (including photos, videos, and sexually explicit text) from modern communication devices or applications, such as mobile phones, tablets, email, social networking sites and instant messaging services.

**What does the law say?** Under British law it is illegal and a serious criminal offence to take/ make, hold, send or share 'sexual' photos of anyone aged under 18. If you ever receive such an image or post—report it to a member of staff immediately or tell your Parents or a trusted adult If you are ever asked to send such a picture.

## DON'T SEND THE PICTURE DON'T ASK FOR THESE PHOTOS

### DON'T SEND THESE PHOTOS

## HOW TO GET YOUR IMAGE REMOVED

Search 'Report Remove'  
Takes you to Childline....



Nude image of you online?  
We can help take it down.

A screenshot of the Childline website. The header is blue with the 'childline' logo, the tagline 'ONLINE, ON THE PHONE, ANYTIME', and a 'Call 0800 1111' button. Below the header is a navigation bar with buttons for 'Info and advice', 'Get support', 'Toolbox', and 'Get involved'. A 'Your locker' button with a 'Sign in' link is on the right. A search bar is at the bottom right. The main content area has an orange banner with the text 'REMOVE A NUDE IMAGE SHARED ONLINE'. Below the banner, it says 'It can be scary finding out a nude image or video of you has been shared online. But we can help. Follow the steps below to get your image or video removed from the internet.' To the right of the text is a close-up photo of a young person's face.

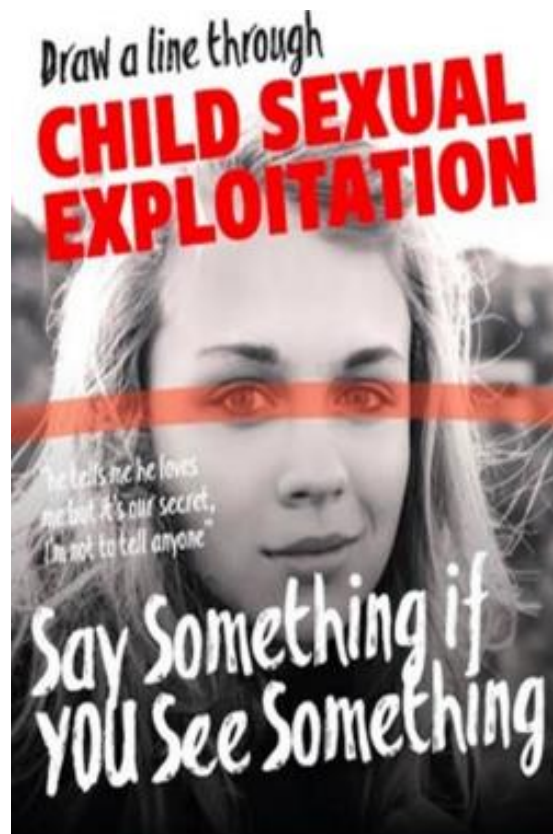
**Grooming or Child Sexual Exploitation (CSE)** Child sexual exploitation is when an adult exploits a young person into sexual activity. If the adult spends a lot of time grooming the young person, the young person may think they are in a relationship.

**Grooming** is when someone builds a relationship, trust, and emotional connection with a young person so they can manipulate, exploit, and abuse them. It may involve flattery, buying presents, or offering drugs and alcohol. Over time, the adult will start to bring sexual touching into the relationship, followed by sexual abuse. Grooming often leads to the young person feeling guilt and shame, and thinking the abuse is their own fault. Grooming can happen in person or using technology (smartphones, social media, etc.)

**If you are under 18 and in a sexual relationship with an adult, you may be a victim of sexual exploitation.** Grooming can also happen online. 'Groomers' might try to make friends with you on social networks or other sites. They often use chat rooms pretending to be someone else - this could be someone younger, older, a different gender or different sexuality. Many 'groomers' will use profile pictures of someone else to hide their identity. It's important to think carefully about who you talk to and what personal details you share. They may ask you to send or post sexually explicit images of yourselves or to have sexually explicit conversations.

**Coercion** is persuading someone to do something using force or threat.

- Isolating you from your friends
- Monitoring your activity throughout the day
- Denying you freedom and autonomy
- Gaslighting –they'll manipulate, lie, and gaslight to get their way and convince you that you're wrong
- Name-calling and putting you down
- Making jealous accusations



## CEOP

CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on webcam
- Asking for sexual pictures of you
- Making you feel worried, anxious, or unsafe If this is happening to you, or you're worried that it might be, you can report this to CEOP.



## BE CAREFUL ABOUT WHAT YOU EAT!

**CANNABIS EDIBLES** Despite their appearance, cannabis edibles — sweet treats like gummies and chocolate bars are infused with tetrahydrocannabinol (THC), the primary psychoactive component of Cannabis.

### The Risks of Consuming Edibles - Long-Lasting Effects

The effects of Cannabis edibles last much longer than smoking, usually up to several hours depending on the amount of THC consumed, the amount and types of the last food eaten, and other drugs or alcohol used at the same time.

**Unknown Potency** - The amount of THC is difficult to measure and is often unknown in many edibles. Many products contain significantly more THC than labelled and people who consume these edibles can be caught off-guard by their strength and long-lasting effects.

**Delayed Onset and High Potential for Overdose** - Perhaps the most prominent difference between smoking Cannabis and eating edibles is the delayed onset of effects associated with edibles. Whereas the effects of Cannabis usually occur within minutes of smoking, it can take between 30 minutes to 2 hours to experience the effects from edibles. This delay can result in some people consuming a greater than intended amount of drug before it has taken effect



## ONLINE SAFETY

The risks associated with E-Safety are categorised into four areas:

**Content:** Exposure to inappropriate online material relating to pornography, violence, suicide, self-harm, hate, substance abuse, etc.

**Contact:** Inappropriate online interaction with people including grooming and cyber bullying. This also includes hacking, sharing passwords and identity theft.

**Conduct:** Online behaviour including privacy issues, copyright issues, disclosure of personal information, digital footprints, and online reputation. This category also includes sexting (sending or receiving personal indecent / sexual images)

**Commerce:** identity theft, fraud, phishing, scams, gambling, blackmail, sextortion, sexual exploitation, streaming, information filtering, bias, persuasive design

## TOP TIPS

- Protect your online reputation: use the services provided to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
- Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone. Use the CEOP Red Button on our website to report if imagery makes you feel unsafe.
- Don't give in to pressure: if you lose your inhibitions, you've lost control; once you've pressed send you can't take it back.
- Respect the law: use reliable services and know how to legally access the music, film, and TV you want.
- Acknowledge your sources: use trustworthy content and remember to give credit when using others' work/ideas.

## REMINDER:

- that when you sign up to any social media platforms you agree to the company having legal ownership of all material you post on their platform.'
- The age restriction for the main platforms – Facebook, Instagram, Snapchat, Tik Tok, Twitter, YouTube, Pinterest, Skype, Gmail, and House party are all 13. WhatsApp is 16



**Child Criminal Exploitation** - when young people are forced into committing crimes. The crimes could be shoplifting, fraud, or transporting and selling drugs. The young person is made to shoulder all the danger and risk, and the exploiter keeps the money. The exploiter may act like a friend at first, before using threats and/or violence. Young people who have been forced to commit crimes are often too scared to get help. They may be threatened by their exploiter or told that they will be in trouble with the police for what they have done.

**If you are spending time with adults who are encouraging you or pressuring you to commit crimes, you may be a victim of forced criminality.**

**County Lines** - 'County lines' is a form of criminal exploitation and is when gangs and organised crime networks force children to sell drugs. They recruit young people to carry and sell drugs around the country and they use dedicated mobile phone 'lines' to supply drugs.

**Money Mules** Fraudsters may ask you to receive money into your bank account and transfer it into another account, keeping some of the cash for yourself. If you let this happen, you're a money mule. You're involved in money laundering, which is a crime.

**If it sounds too good to be true, it probably is.**

You might be approached by fraudsters online or in person. They might post what looks like a genuine job ad, then ask for your bank details.











Once you become a money mule, it can be hard to stop. You could be attacked or threatened with violence if you don't continue to let your account be used by criminals.

Don't Be Fooled by offers of quick cash.

Criminals need money mules to launder the profits of their crimes. Mules will usually be unaware of where the money comes from - fraud, scams and other serious crime - or where it goes.

Watch this film to see the devastating crimes you enable by acting as a money mule.

#### When you're caught:

-   Your bank account will be closed.
-   You will find it hard to access further student loans.
-   It will be difficult to get a phone contract.
-   You will have problems applying for credit.
-   You could go to prison for up to 14 years.

#### Top Tips from Action Fraud

- 1. Keep control.** Don't give away any of your bank account details, unless you know and trust the person receiving them – and never let anyone else access your account. Alarming, nearly one in seven (14 per cent) over 18 - 25s have shared their PIN with someone else.
- 2. Money for nothing?** Be cautious of unsolicited offers of easy money as this is a common tactic used by criminals to recruit money mules.
- 3. Tell someone you trust.** Whether it's a parent, teacher or friend, make sure you tell someone you trust about any concerns you might have.
- 4. Take time to think.** Remember that letting someone else use your bank account is a potentially serious crime which could damage your financial future – is it worth it?
- 5. Too good to be true?** Remember the simple rule of thumb about offers of easy money: if it looks too good to be true, it probably is.

**Exploitation is never the fault of the child or young person.**

**Help is available. There are adults who will believe you and help you.**

**Tell a trusted adult at school or call the Modern Slavery Helpline or Childline.**

**The Modern Slavery Helpline: 08000 121 700 Childline: 0800 1111**

## Cybercrime

Cyber offences are committed when someone is using a computer or other digital technology. There are two main types of cyber offences - There's 'Illegal hacking' also known as cyber-dependent crime, where someone gains access to another person's computer network or device without permission. The other type is where technology has been used to enhance another crime, like fraud. This is also known as cyber-enabled crime

Whether you learn it here at school or read about it online, it is hard not to notice that the cyber world is expanding, and new technologies conquer our lives. Those with a real interest in how tech works, could have a bright future ahead. Skills in coding, gaming, cyber security, or anything digital-related, are in high demand. The average salary in the UK is £36,903 whereas in tech industry, the average is £53,318. Specialised tech roles, that use cutting-edge kit, are particularly in demand and the average for that is £85,894.

Unfortunately, the digital world can also be tempting for young people for the wrong reasons. Many are getting involved in cybercrime without realising that they are breaking the law. This can have serious consequences for someone's broader future and not just their career. Cybercrime is taken very seriously by law enforcement.

So, make sure you're aware of the debuffs to your future that can come with committing cybercrime, and boost your skills so you can level up, in a legal way. So, if you want to level up your knowledge of cybercrime, make sure you're fully aware of the Computer Misuse Act.

Search for 'NCA cyberchoices' and look at the NCA website.



Leading the UK's fight to cut serious and organised crime

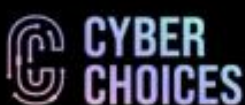
Who we are ▾ What we do ▾ News ▾ Careers ▾ Most Wanted ▾ Contact us ▾

Search ... 🔍

Home > What we do > What we investigate > Cyber crime > Cyber Choices: Helping you choose the right and legal path

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### Cyber Choices: Helping you choose the right and legal path



# Modern Slavery and Young People

## What is Modern Slavery?

Modern slavery is the exploitation of people for financial gain. It is worth over \$150 billion per year – that's more than the profits of Nike, Amazon and Google combined.

Someone is in slavery when they are:

- Owned or controlled by an 'employer'
- Forced to work through threat
- Treated as property to be bought and sold
- Restricted in their freedom to come and go

## Where Does it Happen?

Modern slavery exploits men, women and children all over the world - from sweatshops in Bangladesh and cocoa plantations in Ghana, to nail bars and hand car washes in the UK.

You may be surprised to learn that the UK Government estimates there are around 13,000 people living in slavery in the UK. Sadly, this is the tip of the iceberg and the figures could be much higher.

## What Types of Slavery Are There?

The most common types of slavery are:

- Forced labour (making somebody work for little or no pay)
- Forced criminality (making somebody commit crimes such as theft or drug offences)
- Sexual exploitation (forcing someone to sell sex)
- Domestic servitude (forcing someone to work in a private home cooking and cleaning)
- Organ Harvesting (removing someone's organs without consent for sale on the black market)

## How Does Modern Slavery Affect Me?

You have probably met someone working in slavery without even knowing it.

You may have seen people working in a hand car wash, a nail bar or on a construction site who are being exploited.

You may have even been cooked or served fast food by someone who is being held in slavery, and you have most likely worn clothing that has been made by someone in slavery.





## Mental Health - What is 'mental health'? 'It's OK not to feel OK'

'Mental health' refers to the way we feel about ourselves, how happy we are and whether we believe we have the strength to overcome challenges.

Sometimes you might feel positive and confident about things. And other times, you might feel stressed, anxious, or sad – this is normal. Often at exam times stress can get worse. We have sessions to help you manage this – watch out for the announcements and posters.

It's only when these thoughts become extreme and so overwhelming that they interfere with your daily life that they become a problem. If they start to affect the way you think or how you behave over a length of time, a doctor might diagnose this as mental illness. **TALK to SOMEONE**



### Young Minds Crisis Messenger

The YoungMinds crisis messenger service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

We aim to connect every texter to a trained volunteer in less than 5 minutes to provide support in a crisis. They will listen to you and help you think through how you're feeling and will aim to help you take the next steps towards feeling better.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, Giff Gaff, Tesco Mobile and Telecom Plus.

**How does it work?** The trained volunteer will introduce themselves, reflect on what you've said, and invite you to share how you're feeling. You'll text each other, only sharing what you feel comfortable with. By asking questions, listening to you, and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be signposted to other services, so that you can continue to get support. Our crisis messenger service could help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying

**Relationship breakdown** You can text us free and anonymously – although if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support

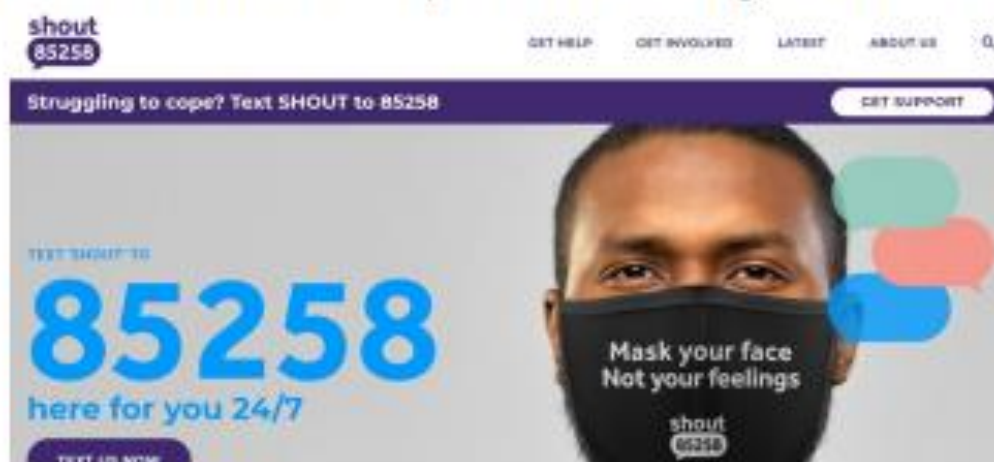


**Kooth** is a free, safe and anonymous online counselling and support. accessing this by going to [www.kooth.com](http://www.kooth.com)



## Shout

A free confidential support via text, available 24/7. Text: SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem solving.



## The Mix

The Mix is a free confidential telephone helpline and online service that aims to find the right help for young people, whatever the problem. Call: 0808 808 4994 (11am-11pm daily)

Or Access online: <https://www.themix.org.uk>



**Self-harm** is when people hurt themselves or damage their health on purpose. Sometimes people do this in secret. There are lots of different reasons why someone might self-harm, but there are also different ways to cope and get help. Why do people self-harm? There are lots of reasons why young people might self-harm. The need to hurt themselves usually comes from emotions that are very difficult to cope with. **TALK TO SOMEONE**

**Sexual identity / Sexual orientation / Gay, Bisexual, Trans, Questioning** Part of your sexual identity might involve working out if you are attracted to boys, girls, or both. It is normal for young people to become aware of their emotional and sexual feelings at different times. At Stanground Academy, we value all people equally and respect the right to choose for themselves on such issues as sexual orientation.



All enquiries: [info@mosaicyouth.org.uk](mailto:info@mosaicyouth.org.uk)  
Telephone: 0800 161 5428



**LGBT Network**

Need some support? Call up on 08000 502020



**Advice Support & Information**  
**0345 3 30 30 30**



**RAINBOW BREW BUDDIES**

>

No LGBT person should feel alone. Find out more about how we can help.

Speak to a trained member of the Mermaid's team ☎ 08003010400



**MerMAIDS**

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**Me. My. Mine.**

A safe place for transgender, nonbinary and gender-diverse young people to find support and help one another

**Home and families** Home and families have problems and there's no such thing as a normal family. But sometimes there are problems that you can't fix by talking to your family. Maybe your parents are fighting, or you're having a hard time with someone else in your family. Sometimes people in families can hurt each other emotionally or physically. It can be hard to know what to do, but whatever the problem is, you can always talk to us about it.

**Female Genital Mutilation (FGM)** is the partial or total removal of external female genitalia for non-medical reasons. It's also known as female circumcision, cutting or sunna. Religious, social, or cultural reasons are sometimes given for FGM. However, FGM is highly dangerous and a criminal offence — it can never be condoned.

**Domestic abuse** is when a grown up threatens, bullies, or hurts another adult in the family. Sometimes it's called domestic abuse. It can happen between parents, married couples, girlfriends, and boyfriends, or after a couple has split up. Domestic abuse can happen to anybody. If you are a witness to domestic abuse, you are also a victim of domestic abuse

**Forced marriage** is when someone is made to marry another person who they don't want to. Forced marriages can happen in secret and can also be planned by parents, family, or religious leaders. It may involve physical abuse, sexual abuse, or emotional abuse.

**Radicalisation** At Stanground Academy, we have a duty of care to ensure that everyone in our school community is protected from any dangers of potential radicalisation and exposure to extremist views. The national PREVENT strategy is set up for this purpose. We always promote tolerance and the values of respect and equality, and do not tolerate extremism in any form. If you feel at any point, you, or someone you know may be being influenced by, or exposed to, extremist views, please talk to us.

**BREAK DOWN HATE**



**STOP HATE UK**  
**0800 138 1625**  
**24 HOUR HELPLINE**  
**text: 07717989025**  
**online: [www.stophateuk.org](http://www.stophateuk.org)**

**What is Hate Crime?**  
It could be harassment, bullying, violence, name-calling, attacks on property or exploitation.  
If you've experienced or seen it, don't put up with it. Report it. Call Stop Hate UK or visit the website.



Disability Gender Identity Race Religion Sexual Orientation



## Young Carers



Do you look after someone at home?

Do you live with someone with a physical disability / illness, mental health problem or substance misuse problem?

Then you might be a Young Carer and or a Sibling Carer Drop in, have a chat, try something new, get some information and support from other young carers in a non-judgemental and confidential environment

If you think you are a Young Carer or know someone who is, go and see

Ms Kirwan in B64 for more information

## Personal Safety

Strut Safe is a free, non-judgemental service dedicated to anyone who needs to speak with someone to feel safe walking home. Responders are there to be a friendly voice on the phone and will stay on the line with you until you feel safe.



Go #knifefree

ABOUT FEARLESS



We're available 24 hours a day, 7 days a week -  
365 days a year for you.

## Knife carrying puts your future in danger.

When you carry a knife, you are risking everything. Prison, being a victim of crime and even ending up in hospital are all real risks. Beyond this, knife crime has devastating personal effects on you, your friends, and your family.

While some young people pick up a knife to feel safer, they don't realise that carrying makes them more likely to get into serious danger. A knife can escalate things way out of your control, and make a bad situation much worse.

It might not always seem like it, but putting down the knife will make you safer and help you to reach your full potential. Don't let prison or serious injury stop you achieving your goals.

## No one has to go knife free alone.

Whether you carry a knife, are thinking about carrying, or are worried about someone you know getting involved with knives – there is help and support available. It can be a tough thing to do, but these resources can help anyone join the millions of young people who live knife free.

### How to live #knifefree

1. Friends should never pressure you into doing something you do not want to do. Consider whether the people you hang out with are having a positive impact on your life.
2. Some friends may pressure you to carry. Try and think of a way to say no before you're put on the spot, so you're ready—it could save your life.
3. Try and stay away from situations that you know are likely to end up in conflict or violence.
4. Find positive activities to channel your energy and help you avoid dangerous situations. This will also help you meet others living knife-free.