

6 Stops for a safe 6 weeks Holidays



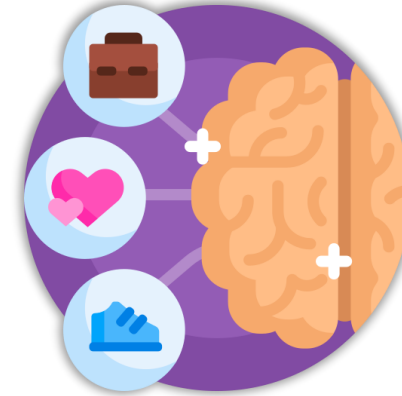
Railways

Roads



Waterways

Online



Mental Health

Physical Health



Railways



Why do I need to know how to be safe around Railways?

THE FACTS

Across Britain's rail network last summer there were 18,517 trespass incidents, and 20 % of these (around 3,700) involved under-18s risking electrocution or being struck by trains

Rich Railway History: Darlington is famous for its railway history, with the first passenger train starting here. This means we have lots of railway lines around.

Busy Train Station: Our town has a busy train station with many trains passing through daily. Knowing how to stay safe around these trains is crucial.

Near Schools and Homes: Many railway tracks are close to where we live and go to school. We often cross or walk near them, so it's important to know how to do this safely.



Staying safe by Railways

What do I need to STOP and avoid?

DO NOT Trespass: Never walk on or along railway tracks.

Stop distractions: Avoid using headphones or mobile devices near railway tracks.

Stop unsafe crossing: Never try to cross the tracks when barriers are down, or warning lights are on.

Stop playing: Don't play or loiter near railway tracks and stations.

Stop ignoring signs: Always obey warning signs and signals around railways.



Staying safe by Railways

What do I need to **CONSIDER**?

Be aware of surroundings: Stay alert and pay attention to your environment near railways.

Consider train speed: Trains may be faster and quieter than expected, be cautious.

Evaluate crossings: Use only designated crossings and overpasses.

Be ready for unexpected trains: Trains can come from either direction at any time.

Anticipate delays: Allow extra time for travel in case of train schedules or delays.



Staying safe by Railways

What do I need to DO?

1. **Use safe crossings:** Always cross tracks at designated pedestrian crossings or bridges.
2. **Follow signals:** Adhere to all railway crossing signals and barriers.
3. **Stay back:** Stand behind the safety line on platforms until the train comes to a complete stop.
4. **Report hazards:** Inform railway authorities of any unsafe conditions or obstructions.
5. **Teach others:** Encourage friends and family to follow railway safety rules.



Roads



Why do I need to know how to be safe near Roads?

THE FACTS

In 2024 more than 3,400 children were killed or injured on Britain's roads—equivalent to nine young children every single day. Over 40% of these happened in summer.

Busy Roads in Darlington: Darlington has many busy roads, especially during school times. Knowing how to stay safe can prevent accidents.

High Traffic Volume: The North East, including Darlington, sees a lot of traffic. With so many vehicles, it's important to know how to cross roads safely.

Common Accidents: Road accidents are a leading cause of injury. By understanding road safety, we can help reduce these incidents.



Staying safe by Roads

What do I need to STOP and avoid?

Stop running: Don't run across the road, even if you're in a hurry.

Stop crossing between parked cars: Always find a clear, visible spot to cross.

Stop ignoring signals: Never cross the road when the pedestrian light is red.



Staying safe by Roads

What do I need to **CONSIDER**?

Look both ways: Always look left, right, and left again before crossing.

Use crossings: Be ready to use pedestrian crossings, even if it means walking a bit further.

Traffic speed: Be aware of how fast cars are moving, especially near schools and residential areas.



What do I need to DO?

Cross at designated spots: Use zebra crossings, traffic lights, or school crossing patrols.

Walk, don't run: Always walk across the road; don't rush.

Stay alert: Keep looking and listening as you cross.



Waterways



Why do I need to know how to be safe near Roads?

THE FACTS

In 2024, County Durham & Darlington Fire & Rescue Service attended **19 separate water-rescue incidents.**

Local Rivers: Darlington is close to the River Tees and places like Broken Scar, which are popular spots for relaxation and fun.

Hidden Dangers: Rivers and lakes might look calm, but they can have strong currents, deep water, and hidden obstacles.

Cold Water Risks: Even in summer, the water can be very cold, which can be dangerous if you fall in.



Staying safe by waterways

What do I need to STOP and avoid?



Stop swimming alone: Never swim in rivers or lakes without adult supervision or a buddy.



Stop diving in: Don't dive into unknown or shallow waters.



Stop risky behaviour: Don't push or shove near water.



Staying safe by waterways

What do I need to CONSIDER?



Check water conditions: Be aware of the current, depth, and temperature of the water.



Look out for hazards: Be cautious of slippery rocks, algae, and sudden drop-offs.

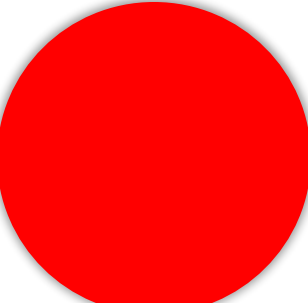


Know your limits: Understand your swimming ability and don't go beyond it.

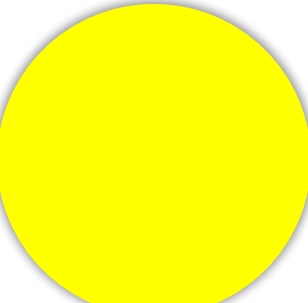


Staying safe by waterways


What do I need to DO?



Stay in safe areas: Swim only in designated areas with lifeguards.



Have a plan: Know what to do in an emergency and where to get help.



Stay calm: If you fall in, try to stay calm, float, and signal for help.



Online



Why do I need to know how to be safe near Roads?

THE FACTS

62 % of internet users aged 13+ encountered at least one potential harm online in 6 weeks of 2024.

Cyberbullying: Online bullying is a serious issue that can affect mental health. Learning how to deal with it and stay safe is important.

Privacy Risks: Sharing personal information can lead to identity theft and other dangers. Protecting your privacy online is essential.

Inappropriate Content: The internet has content that may not be suitable for young people. Knowing how to avoid or deal with this content is necessary.



Staying safe online

What do I need to STOP and avoid?

Stop sharing personal information: Never share your full name, address, phone number, or school online.

Stop talking to strangers: Avoid interacting with people you don't know in real life.

Stop posting inappropriate content: Don't share or post anything that you wouldn't want others to see.



Staying safe online

What do I need to CONSIDER?



Think before you post: Consider the long-term impact of your online posts and shares.



Evaluate online friends: Be aware that not everyone online is who they say they are.

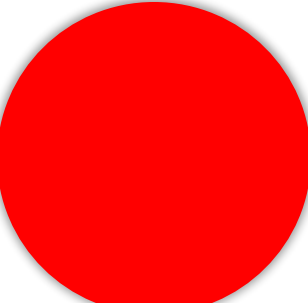


Be prepared for cyberbullying: Know how to block, report, and talk to someone you trust if you're being bullied online.

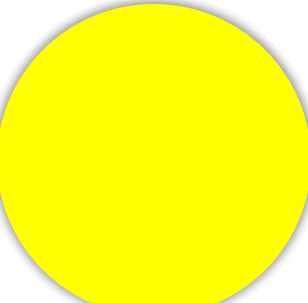


Staying safe online


What do I need to DO?



Stay informed: Keep up-to-date with the latest online safety tips and trends.



Report concerns: Report any suspicious or harmful behaviour to a trusted adult or the platform's support team.

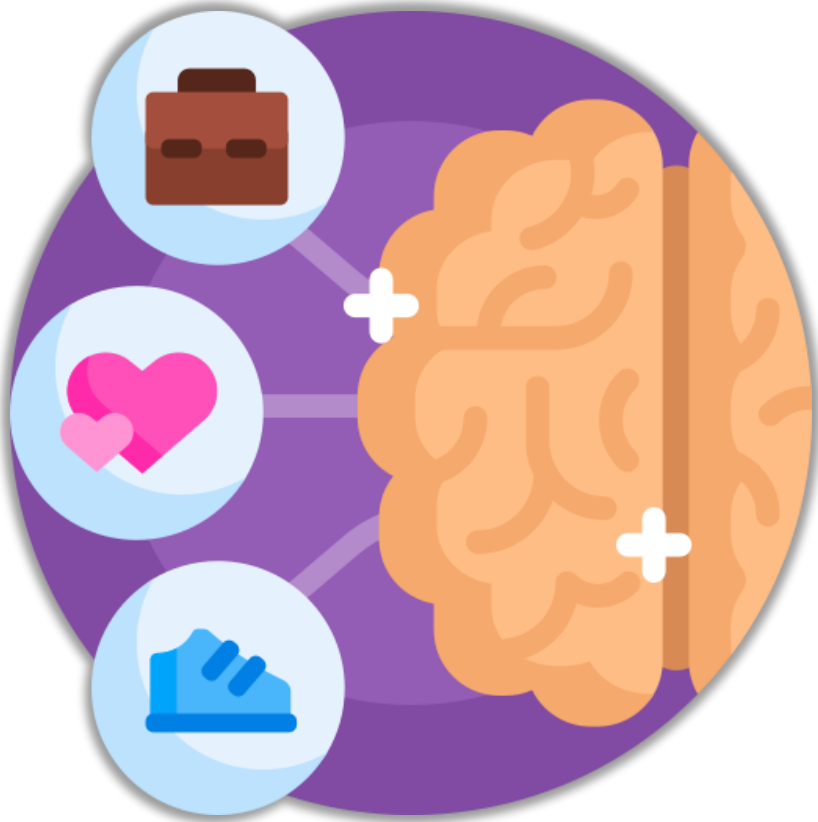


Be respectful: Treat others online as you would like to be treated.

Monitor screen time: Ensure a healthy balance between online activities and offline life.



Mental Health



Why do I need to know how to be safe near Roads?

THE FACTS

1 in 10 parents say they're even more concerned about their child's mental health during the summer break than during term time.

Lack of School Structure: During the holidays, you might miss the routine that school provides. Understanding mental health helps you create a new, healthy routine.

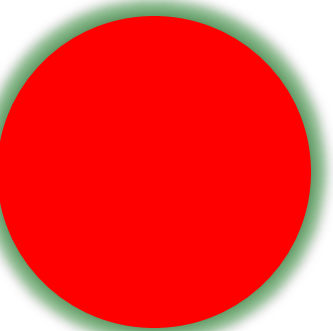
Missing Friends: Being away from friends and peers can make you feel isolated. Knowing how to stay connected and manage loneliness is important.

Family Dynamics: Spending more time at home can sometimes be stressful. Understanding how to cope with family pressures helps maintain peace and wellbeing.



Staying safe with my Mental Health

What do I need to STOP and avoid?



Stop unhealthy habits: Avoid spending too much time on screens or eating junk food.



Stop negative thinking: Don't dwell on negative thoughts or feelings. You can speak to people.

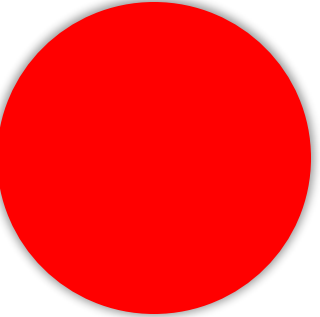


Stop comparing yourself: Avoid comparing your holiday experiences to others' on social media.



Staying safe with my Mental Health


What do I need to CONSIDER?



Stay active: Engage in physical activities like sports, walking, or cycling to boost your mood.



Keep a routine: Establish a daily routine that includes time for fun, rest, and personal projects.



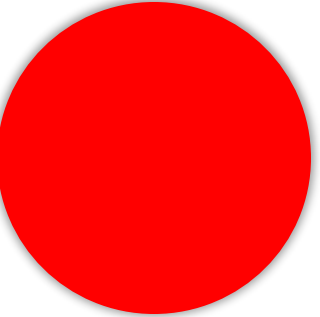
Practice self-care: Take time for activities that make you feel good, like reading, drawing, or listening to music.

Stay positive: Focus on positive thoughts and be kind to yourself.




Staying safe with my Mental Health


What do I need to DO?



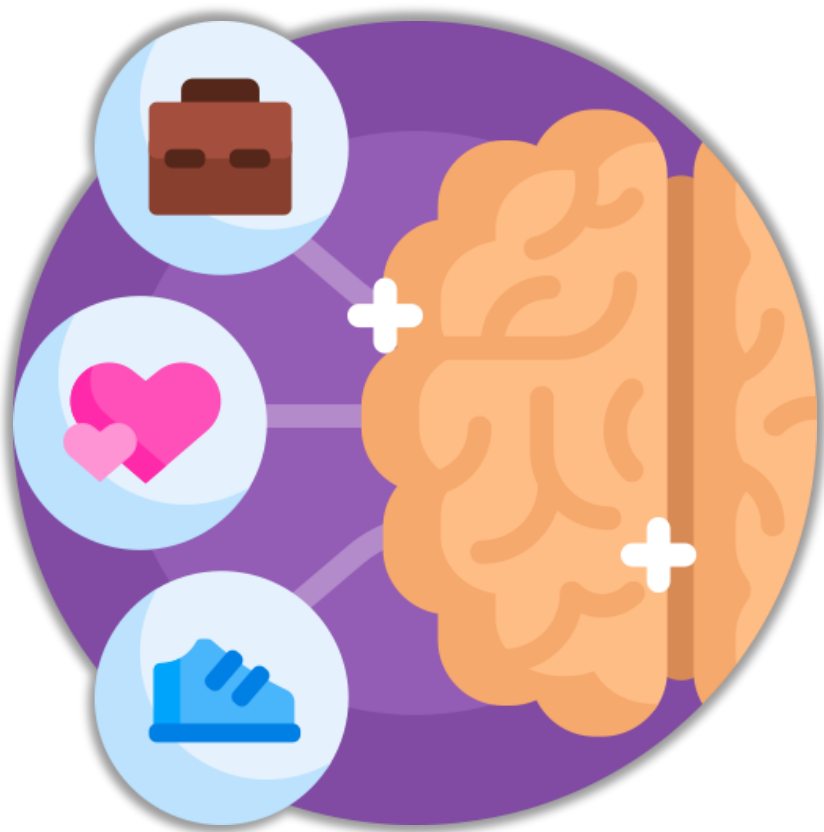
Routines: a loose yet reliable daily routine with consistent wake-up times and meal slots to give each day purpose without feeling regimented.



Move: combine movement with fun outdoors activities, like cycling to buy ice cream so exercise feels like adventure, not a chore.



Contact: Keep in contact with people and keep communicating. Reach out if you need to.



Physical Health



Why do I need to know how to be safe near Roads?

THE FACTS

British schoolchildren lose **80 %** of the fitness gains they make during term time over the six-week summer holidays

Lack of Routine: Without the regular schedule of school, it's easy to become inactive. Understanding how to stay active helps keep your body healthy.

Increased Free Time: More free time can lead to unhealthy habits, like excessive screen time or poor eating. Knowing how to make healthy choices is crucial.

Sleep Patterns: Irregular sleep patterns can develop during holidays. Maintaining good sleep hygiene is important for overall health.



Staying safe with my Physical Health

What do I need to STOP and avoid?

Stop being sedentary: Avoid spending all day sitting or lying down, especially in front of screens.

Stop skipping meals: Don't miss out on regular, nutritious meals.

Stop overindulging: Avoid eating too many sweets or junk food.



Staying safe with my Physical Health

What do I need to CONSIDER?

Balance screen time: Make sure you balance screen time with physical activities.

Stay hydrated: Consider carrying a water bottle with you.

Sleep schedule: Try to go to bed and wake up at regular times.

Safe exercise: Choose physical activities that are safe and appropriate for your fitness level.



Staying safe with my Physical Health

What do I need to DO?

Stay active daily: Engage in at least 60 minutes of physical activity each day, like biking, walking, or playing sports.

Eat balanced meals: Ensure your diet includes a variety of fruits, vegetables, proteins, and whole grains.

Enjoy outdoor activities: Spend time outdoors doing fun activities like hiking, swimming, or playing in the park.

