

## **Summer Special 2019 - #1**

### **Dear Parents' Voice Supporter**

Here's the first of our short summer specials.

For many families, summer means a change to the usual routine. There are lots of public activities aimed at children and families - some free, some not - including summer clubs, coach outings, exhibitions, community days, fetes, fairs etc. It's also a time when children may try increasing their independence by staying home alone or going out with friends. Relatives may help with childcare - but some may be less confident about technology and the internet than the children they're in charge of (and realistically children and young people will probably spend time online/gaming).

This Summer Special includes links to information about safety related to general summer activities, growing independence and online activity and gaming.

We hope you will find some of this information useful. You are welcome to share this email (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

Summer Safety and Health (NB: we have shared several links to information about hot weather in our previous updates)

<http://bit.ly/RSPAlight1> - Lightning at leisure, what to do if there's a storm when you're out (or camping!). RoSPA

<http://bit.ly/HWFcwshk> - cold water shock (even in sunny weathershine), Hereford & Worcester Fire and Rescue Service

<http://bit.ly/NHSheat19> - heat exhaustion and heat stroke, NHS

<http://bit.ly/rlsssummer2> - summer water safety, Royal Life Saving Society

<http://bit.ly/RNLIf2lvid> - Float to Live film (showing what to do if you're in trouble in cold water), RNLI

<http://bit.ly/wmsarhmdry1> - Home and Dry, West Mercia Search and Rescue

<http://bit.ly/rnlistaysafe> - Respect the Water, RNLI animation

<http://bit.ly/FLalcohol19> - underage drinking, Family Lives

<http://bit.ly/FLteenalc11> - teenagers, drugs and alcohol, Family Lives

<http://bit.ly/2bQyZJv> - keeping children safe from drugs and alcohol, Mentor

<http://bit.ly/llytsumm1> - safer sleep advice for babies in summer, Lullaby Trust

<http://bit.ly/m4mcarseat2> - 2 hour car seat rule for babies, Made for Mums

<http://bit.ly/nhsheat3> - how to cope in hot weather (NHS)

<http://bit.ly/ROSPsum2> - barbecue safety, RoSPA

<http://bit.ly/NHSfoodps19> - 10 ways to prevent food poisoning (NHS)

<http://bit.ly/captout1> - staying safe when you're out and about, Child Accident Prevention

## Trust

### Independence and activities

<http://bit.ly/nspchm3> - home alone (how to decide if your child's ready), NSPCC  
<http://bit.ly/FLalone20> - leaving your child home alone (Family Lives)  
<http://bit.ly/2pvnsAway> - staying safe away from home (NSPCC)  
<http://bit.ly/FLsepsum19> - school holidays when you're separated. Family Lives  
<http://bit.ly/FLabrdsep> - holidays abroad if you're divorced or separated. Family Lives  
<http://bit.ly/FLteenabrd15> - advice if your teen goes on holiday with friends, Family Lives  
<http://bit.ly/FLPChols19> - preparing for school holidays, Family Lives' Parent Channel  
<http://bit.ly/C4Lact8> - activities for children (includes activities for children with disabilities), Change 4 Life  
<http://bit.ly/FLenthol19> - how to keep children entertained during the summer holidays  
<http://bit.ly/c4ljeditr4> - train like a Jedi activities, Change 4 Life  
<http://bit.ly/C4L10minshkup> - 10 minute shakeups for children, Change 4 Life  
<http://bit.ly/1JOEtmk> - setting boundaries for teenagers, Family Lives

### Online activities and safety

<http://bit.ly/chnsafeh014> - staying safe online in the summer holidays - advice for parents and carers, Childnet  
<http://bit.ly/IMgrandguid6> - grandparents' guide to online safety, Internet Matters  
<http://bit.ly/TUKjessie47> - Jessie and friends (online safety animations for 4 - 7 year olds), Think U Know  
<http://bit.ly/NSPshare2> - Share Aware - help your child stay safe on social networks, NSPCC  
<http://bit.ly/1SYtCc7> - social media tips for parents, Internet Matters  
<http://bit.ly/FLbulsm19> - bullying on social media networks, Family Lives  
<http://bit.ly/FLcybully19> - cyberbullying advice, Bullying UK/Family Lives  
<http://bit.ly/pvwmcSS1te> - Be Cyber Smart, West Mercia Police  
<http://bit.ly/pvwmcSadv1cp> - online safety advice for parents and guardians, West Mercia Police  
<http://bit.ly/pvsnrev1ew> - Net Aware guide to the social networks your kids use, NSPCC  
<http://bit.ly/BTsnap2> - Snapchat: how it works and dangers parents need to be aware of, BT  
<http://bit.ly/FL2tchat> - teen chat rooms, Family Lives  
<http://bit.ly/IM3stream> - live streaming and vlogging parents' guide, Internet Matters  
<http://bit.ly/im2stream> - mum shares how she tackled struggles with live streaming & vlogging, Internet Matters  
<http://bit.ly/CEOPself2> - nude selfies: what parents and carers need to know, CEOP  
<http://bit.ly/WrkPsxt1> - awareness video about the dangers of sexting, Warwickshire Police  
<http://bit.ly/1R6AypJ> - sexting? Think twice, Warwickshire Police  
<http://bit.ly/SICcontrol7> - parental controls from your home internet provider, Safer Internet Centre  
<http://bit.ly/IMgglSafeSr7> - Google Safesearch, Internet Matters

<http://bit.ly/SICnflix19> - setting up parental controls on Netflix, Safer Internet Centre  
<http://bit.ly/tukwgame1> - gaming: what parents and carers need to know, Think U Know  
<http://bit.ly/IMamazgm1> - amazing games guide for families, Internet Matters  
<http://bit.ly/IMhpwu19> - Harry Potter: Wizards Unite Parent's Guide, Internet Matters  
<http://bit.ly/SICapex19> - parent's guide to Apex Legends, Safer Internet Centre  
<http://bit.ly/IMf0rt1te4> - Fortnite: Battle Royale parents' guide, Internet Matters  
<http://bit.ly/IMeoblox1> - parents' guide to Roblox, Internet Matters  
<http://bit.ly/IMdoki3> - should children play Doki Doki Literature Club?, Internet Matters  
<http://bit.ly/ChNpoke2> - a parent's guide to Pokemon Go, Childnet  
<http://bit.ly/AAGterr19> - parents' guide to Terraria, AskAboutGames  
<http://bit.ly/28KQKOP> - online porn (how to talk to your child about the risks), NSPCC  
<http://bit.ly/SICadfp10> - online safety guides for foster and adoptive parents, Safer Internet Centre

That's all for this update, thank you for reading it!

Thank you for your continued support in 2019, we really do appreciate it :)

Sue and the Parents' Voice Committee

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