

STAY SAFE & LOOK AFTER YOURSELF THIS CHRISTMAS BREAK

THE HOLIDAYS ARE HERE, AND IT'S A TIME TO RELAX, HAVE FUN, AND MAKE MEMORIES. BUT IT'S ALSO IMPORTANT TO KNOW HOW TO STAY SAFE AND WHAT TO DO IF SOMETHING GOES WRONG.

HERE ARE SOME TIPS TO HELP YOU AND YOUR FAMILY STAY SAFE OVER THE CHRISTMAS BREAK:

IF SOMEONE GETS HURT ACCIDENTS CAN HAPPEN, SO HERE ARE SOME QUICK FIRST-AID TIPS:

- FOR CUTS OR SCRAPES: CLEAN THE AREA WITH WATER AND COVER IT WITH A PLASTER OR BANDAGE.
- FOR BURNS (LIKE FROM HOT FOOD OR DRINKS): COOL THE BURN UNDER RUNNING WATER FOR AT LEAST 10 MINUTES. DON'T USE ICE OR CREAMS. COVER IT LOOSELY WITH A CLEAN CLOTH.
- FOR CHOKING: ENCOURAGE THE PERSON TO COUGH. IF THEY CAN'T, GIVE UP TO 5 BACK BLOWS BETWEEN THEIR SHOULDER BLADES USING THE HEEL OF YOUR HAND. TELL A GROWN-UP IMMEDIATELY TO CALL FOR HELP.
- IN AN EMERGENCY, CALL 999 OR ASK AN ADULT TO DO SO.



STAY SAFE ONLINE YOU MIGHT SPEND MORE TIME ONLINE DURING THE HOLIDAYS. HERE'S HOW TO STAY SAFE:

- DON'T SHARE PERSONAL INFORMATION (LIKE YOUR ADDRESS OR SCHOOL) WITH PEOPLE YOU DON'T KNOW.
- TELL A GROWN-UP IF SOMEONE ONLINE MAKES YOU FEEL UNCOMFORTABLE.
- BLOCK AND REPORT ANYONE WHO IS UNKIND OR MAKES YOU FEEL UNSAFE.

IF YOU'RE FEELING UPSET OR WORRIED

IT'S OKAY TO FEEL UPSET, LONELY, OR WORRIED SOMETIMES. HERE ARE PLACES THAT CAN HELP:

- CHILDLINE: YOU CAN CALL THEM ON 0800 1111 OR CHAT ONLINE AT [CHILDLINE.ORG.UK](https://www.childline.org.uk).
- THE MIX: FOR UNDER-25S, VISIT [THEMIX.ORG.UK](https://www.themix.org.uk) FOR SUPPORT.

TALKING TO SOMEONE YOU TRUST CAN ALSO MAKE A BIG DIFFERENCE.

IF A GROWN-UP IN YOUR HOME IS UPSET IT CAN BE HARD IF SOMEONE AT HOME IS FEELING ANGRY, SAD, OR UPSET. REMEMBER:

- IT'S NOT YOUR FAULT.
- GO SOMEWHERE SAFE IF YOU FEEL SCARED, AND TALK TO ANOTHER TRUSTED ADULT IF YOU NEED HELP.
- YOU CAN ALSO CALL NSPCC ON 0808 800 5000 IF YOU'RE WORRIED ABOUT YOUR SAFETY OR SOMEONE ELSE'S.

MOST OF ALL - ENJOY YOUR BREAK! HAVE FUN, LOOK OUT FOR EACH OTHER, AND DON'T FORGET TO TAKE TIME TO REST AND RECHARGE.

THE HOLIDAYS ARE FOR YOU TO FEEL HAPPY AND SAFE!

IF YOU EVER FEEL UNSURE, REMEMBER THERE ARE ALWAYS PEOPLE READY TO HELP. ♥

