

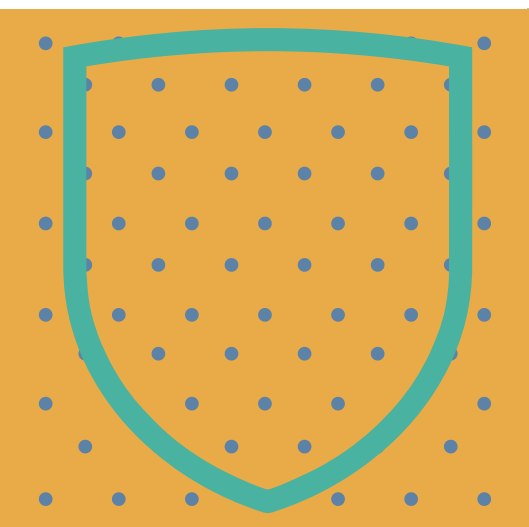
STAYING SAFE THIS

Summer

Years 10 to 13



RGS



RGS Newcastle's
Guide to Making
Good Choices and
Finding Support
When Away from
School

Summer 2024



Did you know?

Young people aged 16-19 are at greater risk of death or injury in a car crash than any other age group.



DRIVING

DO NOT



Drink & Drive

*Book a taxi or organise a lift home.

Break the Speed Limit

*Speeding can cost you your licence and can take lives. Stay Safe!

Text & Drive

*NO notification is worth your life.

Remember

Seat belts **SAVE** lives

Always wear your seat belt!



DO NOT



Get in a car with a friend who has been drinking or has taken drugs.



For more safety tips and advice, visit brake.org.uk





Drinking alcohol and taking drugs lowers your inhibitions and increases your vulnerability.

Remember to stick with your friends, don't go off alone, and tell an adult where you are.

For more tips, visit drinkaware.co.uk



DRUGS & ALCOHOL

Combining drugs and alcohol can be dangerous.

Get support, below
talktofrank.com

Good to know

It is advised to drink no more than

14 units of alcohol a week.



Worried about your own drinking or that of a friend?

For support, visit
props.org.uk



Set and know your limit.

DO NOT mix drinks.

Think before you drink.



Need Support?

Forgotten your pill or had unprotected sex? Maybe you're worried about something? Here are some helpful links.



If you or someone you know has experienced sexual violence, you can access confidential help.

For local support, visit rctn.org.uk

SEXUAL HEALTH

Remember

Aged 13+ your use of sexual health services will remain confidential



Streetwise delivers a wide variety of Sexual Health Services.

Find out more streetwise.org.uk



Streetwise C-Card

Access free condoms from over 57 Newcastle outlets. Simply provide your age and postcode (both will remain confidential).



Families are complicated. Sometimes, they can be a huge support or can make life difficult.

Whatever is going on between you and your family, if it is getting you down or causing you stress, you can access help and support.



FAMILY ISSUES

Every family is different. And no matter who is in your family, things can be tough sometimes.

Talk to a counsellor
[childline.org.uk](https://www.childline.org.uk)

Good to know

It's normal to not get on with your family sometimes



Remember

Family changes can be stressful but there are ways to cope.

It can help to talk about how you're feeling.

Worried about family breakdowns, domestic abuse, bullying or anything else?

For support, visit
[youngminds.org.uk](https://www.youngminds.org.uk)



It is important to be aware of your own mental health and to get help if you are struggling.

For advice, visit
[streetwisenorth.org.uk](https://www.streetwisenorth.org.uk)

MENTAL HEALTH

Text the word **'Shout'**
to 85258 for free,
confidential and
24/7 text messaging
support.

Remember

You are NOT alone

However you're feeling
right now, things
can get better



Sometimes in life we
can find things
stressful or difficult to
cope with but talking
to someone can help.

Talk to a counsellor
[childline.org.uk](https://www.childline.org.uk)

TIPS

Take care of yourself.

Share how you feel.

Reach out for support.



Online harassment is any type of abuse that happens on the internet. It can happen across any device from computers to tablets and mobile phones.

And it can happen anywhere online, including: social media, text messages and messaging apps, emails, online chats, online gaming, and live-streaming sites.



ONLINE HARRASMENT

National Crime Agency Advice

If you are being threatened to pay an offender:

- DO NOT pay
- DO stop contact
- BLOCK them on all your accounts.

Good to know

To report or remove online images, visit

[childline.org.uk](https://www.childline.org.uk) or

[takeitdown.ncmec.org](https://www.takeitdown.ncmec.org)



Try not to delete anything that could be used as evidence such as images, messages, telephone numbers, and bank account details.

If you are receiving blackmail attempts and you are in immediate risk of harm call 101 or call 999

To report online, visit
[ceop.police.uk](https://www.ceop.police.uk)

