

**IS YOUR CHILD ILL?**

Any student absence should be reported before 8.30am in one of the following ways:

**1. APP**



**2. TELEPHONE 01788 840600**

Option 1 for 7-11 Absence  
Option 2 for 12-13 Absence



Mrs Davy –  
Lead DSL



Miss Hansford –  
Deputy DSL

Every school in the Stowe Valley Multi Academy Trust is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



**SAFEGUARDING IS EVERYONE'S RESPONSIBILITY. NOTICE IT, REPORT IT.**



At Bilton High School, we recognise the vital role technology plays in education and everyday life. However, we also understand the challenges that come with increased screen time, social media pressures, and online safety concerns. Digital wellbeing is about developing healthy habits that allow students to enjoy the benefits of technology while maintaining a balanced and positive lifestyle.

For students, this means being mindful of screen time, taking breaks from devices, and recognising when social media is affecting mental health. We encourage responsible online behaviour, ensuring that interactions are respectful, safe, and supportive. At school, we promote digital resilience by educating students on cyber safety, managing online distractions, and developing a healthy relationship with technology.

For parents, supporting digital wellbeing at home is just as important. Setting screen-free times—especially before bed—talking openly about online experiences and encouraging a mix of online and offline activities can help create a balanced approach. Parental controls, privacy settings, and screen time tracking tools can also support healthy usage.

By working together, we can help students at Bilton High School develop the skills they need to navigate the digital world safely and confidently. If you have any concerns or would like further guidance, please don't hesitate to contact us.

**Digital Wellbeing at School**

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.



**Supporting Digital Wellbeing**

Children and young people may be introduced to technology from a very young age so it's important to know what can support them with their digital wellbeing. This can include:

- 1 Effective time away from devices
- 2 Healthy and appropriate expression online
- 3 Positive influences and interactions
- 4 Critical thinking around information and online harm



**Poor Digital Wellbeing**

There are still behaviours in children and young people that can contribute towards poor digital wellbeing. Some of these include:

- 1 An over-reliance on technology
- 2 Exposure to abuse or online harm
- 3 Poor online/ offline balance
- 4 Negative influences or social interaction

**What Can Schools Do?**

Digital wellbeing plays an important part in the overall health of your school community. Understanding how technology, apps, online platforms and other spaces can affect students, staff and parents is hard, but consider the following ways to support digital wellbeing at school.

- 1 Encourage appropriate breaks away from devices
- 2 Create safe spaces for individuals to talk through concerns
- 3 Encourage the use of parental controls and filtering options for apps where necessary
- 4 Appropriate offline activities in school
- 5 Have staff maintain a good understanding of trends and popular apps
- 6 Develop a school community approach towards online critical thinking
- 7 Explain what harmful online content is and ways it can present itself
- 8 Making the community aware of online reporting routes



To find out more about Digital Wellbeing visit the SWGfL hub:  
[swgfl.org.uk/topics/digital-wellbeing/](https://swgfl.org.uk/topics/digital-wellbeing/)

or scan the QR code



**Further Support**

Professionals Online Safety Helpline: [saferinternet.org.uk/professionals-online-safety-helpline](https://saferinternet.org.uk/professionals-online-safety-helpline)

Harmful Sexual Behaviour Support Service: [swgfl.org.uk/harmful-sexual-behaviour-support-service/](https://swgfl.org.uk/harmful-sexual-behaviour-support-service/)

Report Harmful Content:  
[reportharmfulcontent.com](https://reportharmfulcontent.com)



# Risks Of Social Media

## Social Media Harm

Like everywhere, everyone can encounter threat in social media, spanning content, contact, conduct and contract based risks.

With users having the freedom to create social media accounts without necessarily providing correct information. It has also led to a rise in fake online identities that can differ greatly from the person sat behind the keyboard. This behaviour of creating fake accounts has allowed many users to spread harm or attempt to scam and manipulate other users online. With the rise of harm many social media platforms have adapted to include reporting features in order to tackle these types of concerns.

Many users may see content on social media that is deliberately misleading or appears overly enticing to encourage users to click on links. These are often known as “fake ads” and often attempt to spread misinformation or scam users. In more recent years the concerning impact the social media can have on Young people has been more apparent, with the pressures and expectations related to topics such as body image being raised as important areas to discuss.

**The Mental Health Foundations Survey found that 40% of young people ‘said that images on social media have caused them to worry in relation to their body image.’**



Discussion point for  
children & young  
people

Smartphones good  
or bad? - Discuss

## Considerations for Social Media



Harmful and offensive  
content may be seen  
across platforms



Can be used to promote  
misinformation, scamming  
attempts and fraud



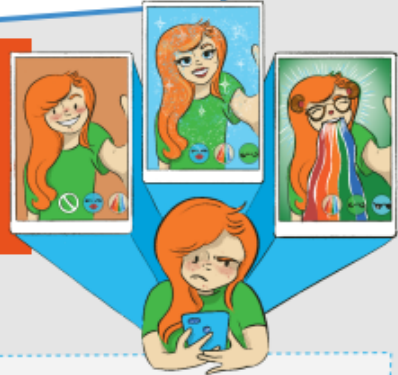
Can promote unhealthy  
expectations and pressure  
for young people



Can impact digital  
wellbeing if not managed  
correctly

# Online Safety and Social Media

Social media is an online platform that allows users to connect with others online. Depending on what platform you use, social media can allow you to communicate and share information with others with the intention to update or engage a specific audience. This can often include sharing videos, images, status updates or posts with a group of followers that can sometimes cover a global scale.



A lot of the time, social media is a positive place where users support each other. Despite this, it can also house toxic and harmful behaviours, which can be directed towards specific individuals or groups with the intention to harass, or cause upset.

- ### Benefits of Social Media
- 1 Available and accommodating to most audiences
  - 2 Can promote positivity and healthy expression
  - 3 An accessible platform to connect with others
  - 4 An instant platform for news and global awareness

- ### Considerations for Social Media
- 1 Harmful and offensive content may be seen across platforms
  - 2 Can be used to promote misleading information
  - 3 Can promote unhealthy expectations and pressure for young people
  - 4 Can impact digital wellbeing if not managed correctly

- ### Harm on Social Media
- Many social media platforms have adapted to include reporting features in order to tackle certain types of online harm. Some of these harms to watch out for include:
- 1 Fake online profiles
  - 2 Misinformation or fake ads
  - 3 Scamming or fraud attempts
  - 4 Radical online content

- ### Socialising Online
- Social media provides a lot of freedom in how to connect with other users as well as how information and content is made available. This has provided certain platforms with worldwide appeal, giving anyone an opportunity to connect and engage with others. To promote keeping safe on social media, ensure that young people know how to:
- 1 Report harmful content online
  - 2 Block and report users who are being offensive or harmful
  - 3 Manage privacy settings to limit exposure to known friends and family members
  - 4 Speak to a trusted adult if they are concerned about something online

To find out more about Social Media visit the SWGfL hub: [swgfl.org.uk/topics/social-media/](http://swgfl.org.uk/topics/social-media/) or scan the QR code



### Further Support

Professionals Online Safety Helpline: [saferinternet.org.uk/professionals-online-safety-helpline](http://saferinternet.org.uk/professionals-online-safety-helpline)  
 Harmful Sexual Behaviour Support Service: [swgfl.org.uk/harmful-sexual-behaviour-support-service/](http://swgfl.org.uk/harmful-sexual-behaviour-support-service/)  
 Report Harmful Content: [reportharmfulcontent.com](http://reportharmfulcontent.com)



Anyone can add anyone to a 'Whatsapp Group' if you don't change privacy settings.

- 1) Change privacy settings to others can not add you automatically to a 'Whatsapp group' without your consent (Block unknown groups and users)
- 2) Report any incidents like this to 'Whatsapp'
- 3) If students have been added to a group that contains indecent images report this to the schools Lead DSL Gaynor Davy.
- 4) Make sure children are aware that it is inappropriate to have indecent images on their devices or to share them. Its important to get them to remove and delete any images that they have downloaded from any group. Then block and most importantly report it.

## Age Ratings for Social media

Under 13	13+	16+	17+
Roblox PopJam FaceTime	Twitter Facebook and Messenger Viber WeChat Monkey Yubo Dubsmash Instagram TikTok Skype Google Hangouts Reddit Snapchat Pinterest	WhatsApp Telegram Messenger Tumblr	Line Sarahah Tellynom

Sourced from NSPCC website October 2019

# Online Safety & Gaming



Gaming refers to playing electronic games, whether through consoles, computers, tablets, smartphones or other devices. Gaming remains one of the most popular forms of entertainment, attracting a wide range of age groups from all across the world. Gaming is always looking to develop, often improving on graphical features, accessibility and user engagement as years go by.



Unlike many other forms of media, gaming brings a sense of challenge to the player. Usually there is a degree of skill involved that players need to develop in order to progress. Depending on the type of game, it can also offer players a platform where they can be imaginative and explore their own creativity.

Some games have rich storylines and characters that are engaging and memorable. Many players also use it as an opportunity to compete and socialise with other users whether it be in person or online. More often than not though, people game, because it is fun!

## Benefits of Gaming

- 1 Can develop critical and creative skills
- 2 Can bring educational benefit and awareness
- 3 Is available to most audiences and family members
- 4 Is an easy and accessible way to socialise with others



## Considerations for Gaming

- 1 Have awareness of appropriate age restrictions
- 2 Parental awareness around purchasing
- 3 Active discussions around socialising safely
- 4 Reporting harmful or offensive content online

## Socialising Online

A staple of gaming is the community that surrounds it. Groups and audiences can gather around a specific game, character or theme to build specific fan bases that can interact with each other. Young people may like to socialise online because:

- 1 It gives them a platform to be with friends outside of school
- 2 There is usually a competitive element at play, which can feel rewarding
- 3 It can build confidence and social skills which may not be attainable physically
- 4 It gives opportunity to young people who have difficulty socialising with friends and others



## Reporting and Blocking

Gaming communities can range from supportive and educational, to toxic and harmful. In some instances, it can even lead towards more radical content being promoted. When faced with something or someone being harmful online, make sure young people know how to:

- 1 Report the player or piece of content
- 2 Mute or block the player
- 3 Manage their privacy settings or communication options
- 4 Speak with a trusted adult for support



To find out more about Gaming visit the SWGfL hub:  
[swgfl.org.uk/topics/gaming/](http://swgfl.org.uk/topics/gaming/)

or scan the QR code



## Further Support

Professionals Online Safety Helpline: [saferinternet.org.uk/professionals-online-safety-helpline](http://saferinternet.org.uk/professionals-online-safety-helpline)

Harmful Sexual Behaviour Support Service: [swgfl.org.uk/harmful-sexual-behaviour-support-service/](http://swgfl.org.uk/harmful-sexual-behaviour-support-service/)

Report Harmful Content:  
[reportharmfulcontent.com](http://reportharmfulcontent.com)



NOMINET

**Parent's Guide to Ages for Online and Console Games**  
Like films, all computer games and apps carry age ratings on the box or on the website. A game rated 18 will have highly unsuitable content for your child. This may include extreme violence or other content you wouldn't want your child to see.



## Games

Overwatch	12
Fortnite	12
Apex Legends	16
Grand Theft Auto	18
Call Of Duty	18
Assassin's Creed	18
<b>Social Media Apps</b>	
What's App	16
Tik Tok	12
Instagram	12
Snapchat	12

## Primary Age Appropriate Games

Mario Kart	3
Roller Coaster Tycoon	3
Forza Horizon	3
Rocket League	3
Minecraft	7
Roblox	7
Yooka-Laylee	7
PopJam - for sharing and commenting	7

- Is the game age appropriate?
- Does it have "moderated chat"?
- Can you report any bad behaviour by other players?
- Take an interest in what your child is doing online
- Do you know who your child is communicating and playing with?
- Keep a balance of activities
- Make sure sleep is not being affected

All of the above has the option for "unmoderated chat" with either their friends or with strangers and adults will also be using the service.

The explanations for these ratings could be any of the reasons in the symbols below – check the game's box or website

[www.net-aware.org.uk](http://www.net-aware.org.uk)  
[www.askaboutgames.com](http://www.askaboutgames.com)  
[www.internetmatters.org](http://www.internetmatters.org)

These websites give excellent advice about children online.



# Reporting Harmful Content

## The 8 Internet Harms



```
<a href="https://reportharmfulcontent.com/report/?from=button" title="Discovered some harmful content? Use this tool to submit a report" style="border-radius:5px;border:1px solid #1f396f;padding:10px;text-decoration:none;display:inline-block;background:#FFF"></a>
```

[Downloads and Resources \(reportharmfulcontent.com\)](https://reportharmfulcontent.com)

### When Should I Report?

If you see something online that you know is harmful or makes you feel uncomfortable, reporting it is always the best option. When you make a report, you are essentially escalating it for review. This process essentially determines whether something should remain online or not with reference to the law or specific standards and guidelines associated with online platforms. You should always report if you come across content that:



Contains child sexual abuse material or terrorist content



Is harmful or abusive towards yourself or others



Promotes self-harm or suicide



Contains violent content



Impersonates you or others



Contains pornographic content



Contains unwanted sexual advances



Threatens you or others

### Who Should I Report To?

Different services may be required for different types of content, for example Report-Harmful Content, provides advice for everyone on how to report harm online. There are different reporting routes for different types of harm and the website provides advice on how to report both illegal and legal but harmful content. To get a better understanding of where you should go to for support, follow the below guide:



**Report Harmful Content**  
Reporting legal but harmful content



**Revenge Porn Helpline**

Reporting intimate image abuse



**Internet Watch Foundation**  
Reporting child sexual abuse material



**Action Counters Terrorism**  
Reporting terrorism related content



**CEOP**  
If you are concerned about a child being groomed



**Police - 999**  
If you or the person you are helping is in immediate danger



[Online Reporting | SWGfL](https://www.swgfl.org.uk)



DSL Resource - Reporting links for social media sites

[Harms \(reportharmfulcontent.com\)](https://reportharmfulcontent.com)

## What Types of Harm do I need to be aware of as a parent?

There are different types of inappropriate, concerning and illegal content online. From Bullying, violent videos and 'sexting' to blackmail. We know that those that want to harm our children can use chat rooms, gaming and social media to befriend and groom children.

[Definitions: child criminal exploitation and sexual exploitation | Barnardo's](#)

Children tell us that they can be quickly exposed to content they didn't search out. Therefore, it's vital not to blame children and keep calm if they are faced with this as a parent. The Responsibility always lies with those that want to harm. The risk of online harms differs by age and what they are doing online. So, finding age-appropriate ways to educate our children is essential.

The Child Exploitation and Online Protection Command (CEOP) have some great animations to show younger children. Plus, they split into age brackets with key messages you can revisit as a parent.



## What age should you start to talk to your child about online safety?

For younger children, it's best to use technology together and use that time to discuss what to do if something unusual or scary pops up. As they get older, they will need more independence but keep those conversations about online safety going. Remind them to tell someone if they need help, are worried or something makes them feel uncomfortable.



Children tell us conversations about the internet and online safety should be frequent and not a one-off. Regular dialogue allows children to lead the conversation and leaves space for them to ask questions and share concerns. For older children, it allows us to explore what they are doing online. These conversations will change as they grow and mature but started early, they get easier.





# Upcoming Parent Workshops



## FREE ONLINE SAFETY WORKSHOP

FOR PARENTS OF SCHOOL AGED CHILDREN

Get practical hints and tips to support your children and keep them safe online, and learn how to keep up to date in the ever changing online world.

Wed 19th MARCH 7pm-8pm



Speaker  
**KAT HOWARD**

Head of Education & Wellbeing (UK)  
Smoothwall



Register for the Zoom link and parent flyer here:

<https://forms.office.com/e/x2JJKwLx8y>

Kat has been working in and with schools for over 20 years to develop their understanding of online safety. She is passionate about the importance of online safety in schools and the wider community.

For more information on online safety, visit <https://warwickshire.onlinesafetyhub.uk/>



### SAFELINE'S PARENT WORKSHOP

### HOW TO KEEP YOUR CHILD SAFE ONLINE!

Online Safety Workshop  
Wednesday 9<sup>th</sup> of April 2025  
5-6pm

This workshop provides key knowledge around how social media/apps can be used safely and the risks/dangers of the online world.

If you would like to attend please confirm by emailing [ramandeepd@safeline.org.uk](mailto:ramandeepd@safeline.org.uk) please include your child's school name

Please join by going into Zoom and putting in Meeting ID: 765 294 7590



## SMARTPHONES AND SOCIAL MEDIA

KEEPING WARWICKSHIRE'S YOUNG PEOPLE SAFE AND CONNECTED

TUESDAY 25 MARCH 7.30-9PM  
STRATFORD UPON AVON  
CLORE LEARNING CENTRE, RSC

TUESDAY 29 APRIL 7.30-9PM  
WARWICK  
THE COURT HOUSE

TUESDAY 6TH MAY 7.30-9PM  
KENILWORTH  
THE KENILWORTH CENTRE

**SIGN UP NOW!**



JOIN US FOR AN EVENING OF INFORMATION AND DISCUSSION

Local headteachers, medical professionals, tech experts and a former police detective sergeant will share:

- The latest research on the impacts of smartphones on children and teens
- The experiences of local schools who have gone smartphone-free
- Ways to achieve a healthy tech balance in your family

Please [CLICK HERE](#) to book your FREE ticket in advance



[#AskTheAwkward - help to talk with your children about online relationships](#)

# Children's Mental Health Week 2025



**HERE4YOU**

*Children's*  
**MENTAL HEALTH WEEK 2025**

**HERE4EACHOTHER**

**COMPETITION**  
Win a trophy!  
Theme: Here4U  
Here4EachOther

Best staff cake  
Best student cake

**CAKE SALE**  
Friday 7th of February (at lunchtime in the library)

**COMPETITION**  
Win a trophy!  
Complete a piece of artwork or a poem with the theme of - Here4U Here4EachOther

Competition entries to be submitted to the library by 10th February

**DIARY OF EVENTS**

**Monday**  
What is mental health? Why should we be Here4U and Here4EachOther?

**Tuesday**  
Competition launch - Artwork/Poem - Here4U, Here4EachOther

**Wednesday**  
video from Roman Kemp

**Thursday**  
CONNECT in form time - linked to Here4U and Here4EachOther

**Friday**  
Cake sale and competition!  
Prize for best staff and student entries.  
Cake donations welcomed!



## The Aim of Children's Mental Health Week.....

To reach young people who feel alone and help them early on to be familiar with the support that's out there for them. Research shows a increased demand for mental health support, with record numbers of children and young people struggling. In December 2022 there were over 494,415 open referrals to children and young people's mental health services – the highest since records began



**BILTONSCHOOL** Stowe Valley MULTI ACADEMY TRUST

**HERE4YOU**

*Children's*  
**MENTAL HEALTH WEEK 2025**

**HERE4EACHOTHER**

## Children's Mental Health Week – February 3<sup>rd</sup> – 9<sup>th</sup> 2025 – Overview

- Bilton focused on the “Here4you” campaign, Which brought together 6 of the Uks leading mental health charities to support young people.
- All year groups were invited to watch an assembly including a short film hosted by Roman Kemp.
- Creative competitions received a great response. The judges found it difficult to pick the winners. Jamaima from Year 10, Jake B in year 9 and Lizzie A from Year 8 were our lucky winners.
- The week culminated with a lunch time cake sale. We raised a brilliant £78 for Joes Buddy Line.



**STOPCE**

ABUSE DOESN'T HAPPEN IN PLAIN SIGHT

THINK TWICE ABUSE

DOES IT?

TAKE ACTION NOW TO PREVENT CHILD EXPLOITATION

AWARENESS DAY 18<sup>TH</sup> MARCH

STOP-CE.ORG

**SOMETHING'S NOT RIGHT...**

**Child Exploitation** is happening in **Warwickshire**  
**Don't ignore it**

[somethingsnotright.co.uk](https://www.somethingsnotright.co.uk)

⚠ Child Exploitation is happening in Warwickshire ⚠

Child exploitation is a crime that can impact any child or young person, anywhere, anytime and whatever their social or ethnic background or gender.

We must recognise, speak out against, and have a zero tolerance to all forms.

Skipping school, being secretive when online and hanging out with older people are just some of the signs of child exploitation. Could you spot the signs?

Don't ignore it.

Visit <https://www.somethingsnotright.co.uk/>

#CEADay25 #SomethingsNotRight

We want a #ChildFriendlyWarwickshire

**SOMETHING'S NOT RIGHT...**

**He's started carrying a knife**

Does he feel threatened by someone?  
That doesn't seem right

Child exploitation is happening in Warwickshire. **Don't ignore it.**

**SOMETHING'S NOT RIGHT...**

**Who's he sharing photos with on his phone?**

That doesn't seem right

Child exploitation is happening in Warwickshire. **Don't ignore it.**

**SOMETHING'S NOT RIGHT...**

**Has he been a victim of deepfake abuse?**

Does he feel threatened?

Child exploitation is happening in Warwickshire. **Don't ignore it.**

**SOMETHING'S NOT RIGHT...**

**She says she's been invited to a party...**

But who is she with?

Child exploitation is happening in Warwickshire. **Don't ignore it.**

**SOMETHING'S NOT RIGHT...**

**Why is she being offered vapes?**

Is she being exploited?

Child exploitation is happening in Warwickshire. **Don't ignore it.**

🔪 Knife crime can be linked to Child Criminal Exploitation 🔪

It's a form of modern slavery that sees victims coerced, controlled, manipulated or deceived to work under the control of criminals. This could be shoplifting, pickpocketing, bag snatching, ATM theft, acquisitive crime such as burglary and theft of vehicles/mopeds, or organised drug dealing (county lines). To report, visit <https://www.somethingsnotright.co.uk/>.

#CEADay25 #SomethingsNotRight We want a #ChildFriendlyWarwickshire

<https://www.youtube.com/watch?v=HGIfToFQciw>

**SOMETHING'S NOT RIGHT...**

**Child Exploitation**

Are you worried about your child?  
Are YOU being exploited?

Children and young people have a right to be safe and should be protected from all forms of abuse.



## **SMOKE FREE WARWICKSHIRE-Free Stop Smoking/Vaping Service - 12years +Feel free to post in newsletters**

*Getting expert support from our free stop smoking service means you're THREE times more likely to go smoke free for good.*

*That's because you get support and encouragement from your own stop smoking advisor along the way. If you've found quitting smoking too difficult in the past, now is the time to try again with us*

### ***What we offer***

- Free stop smoking support for anyone aged 12+ living or working in Warwickshire, or anyone registered with a Warwickshire GP
- 12 weeks of one-to-one support
- 12 weeks of group support
- Help to manage cravings and withdrawal symptoms
- Free nicotine replacement therapy (NRT) products or Vape Quit Kits (18+ only)

### **Start your journey to becoming smoke free**

- Call 0333 005 0092
- Or text QUIT to 60777
- Or complete the self-referral form [here](#)
- If you're a health professional, please complete the form [here](#)
- Find out more information on Smoke Free Warwickshire [here](#)

## Coventry



If you live or work in Coventry, or are registered with a Coventry GP, contact your local service:

- Visit the website: [Stop Smoking at Healthy Lifestyles Coventry | Coventry County Council](#)
- Phone: [0800 122 3780](tel:08001223780)
- Email: [info@hlscoventry.org](mailto:info@hlscoventry.org)
- To make a referral, either for yourself or someone else, please complete the form: [Sign up at Healthy Lifestyles Coventry | Coventry County Council](#)

## Warwickshire



If you live or work in Warwickshire, or are registered with a Warwickshire GP, contact your local service:

- Visit the website: [Stop Smoking Service - Fitter Futures Warwickshire](#)
- Phone: [0333 005 0092](tel:03330050092)
- Text QUIT to 60777
- Complete the online referral form: [Stop Smoking Self-Referral - Fitter Futures Warwickshire](#)
- If you're a health professional referring a patient, please complete the form: [Stop Smoking Professional Referral - Fitter Futures Warwickshire](#)



# VAPING AND E-CIGARETTES THE FACTS



## MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

### VAPES ARE NOT HARMLESS.

Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

### HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

## DON'T BE DUPED!

# DON'T SMOKE? DON'T START TO VAPE.



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

[warwickshire.gov.uk/cypsmokeandvape](http://warwickshire.gov.uk/cypsmokeandvape)  
[talktofrank.com](http://talktofrank.com)

# VAPING AND E-CIGARETTES THE FACTS



## NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.

SMOKING CAUSES DISEASE AND EARLY DEATH.

Vaping is much less harmful than smoking as you don't inhale the toxic tar and carbon monoxide you get from tobacco smoke.



### BUT VAPES ARE NOT HARMLESS.

Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.



## MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE. DON'T SMOKE? DON'T START TO VAPE.



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

[warwickshire.gov.uk/cypsmokeandvape](http://warwickshire.gov.uk/cypsmokeandvape)  
[talktofrank.com](http://talktofrank.com)



**Trespassing on the railway network is extremely dangerous and endangers not only the lives of those on the track, but also passengers, railway staff and the general public.**

Many people - especially young people - fail to understand the danger they put themselves and others in, when they make the choice to stray onto the rail network. As summertime approaches, we are already seeing an increase in the number of incidents being reported in the local area of *{insert location}* and incidents we're seeing involve children and young people:

- Walking along the railway lines
- Throwing stones at trains
- Placing objects on the railway lines
- Using the railway as a playground

I am sure you agree that all of the above activities are extremely dangerous.

The British Transport Police and Network Rail are seeking the support of parents, guardians and the local community to highlight the danger and implications of these activities to help us reduce the number of young people putting themselves and others at significant risk.

To assist with the conversation there are a number of online videos available and range depending on the age group of your child:

- [www.switchedonrailsafety.co.uk](http://www.switchedonrailsafety.co.uk)
- [www.networkrail.co.uk/communities/safety-in-the-community/safety-education/](http://www.networkrail.co.uk/communities/safety-in-the-community/safety-education/)
- [www.youvstrain.co.uk](http://www.youvstrain.co.uk)

As we approach the Easter Break I am reaching out to local schools' which border the West Coast South Route for Network Rail.

**My aim is to highlight potential dangers that exist within the busy rail network we manage and essentially how we can help to keep everyone safe.**

Sadly every year, especially during school holidays we see an increase with incidents involving children and young people and naturally we want to ensure that your pupils are switched on to the dangers of the railway network. I would be grateful if you could use the attached letter, in the best way you see fit, as official communication from Network Rail and the British Transport Police aimed at parents and guardians – you can amend as required and insert local area in the text where applicable.

Included within the letter are some links to websites which provide fun, educational resources which seek to inform and raise awareness of the importance of making the right decision and understanding the risks, these are tailored for each age group.

I would also urge you to visit [You vs Train - Harrison's Story - Network Rail](#) to watch the story of Harrison Ballantyne who tragically lost his life when he was electrocuted by overhead power cables after straying into a rail freight depot to retrieve a lost football. He was hit by 25,000 volts of electricity. There was nothing his friends or paramedics could do to save him. Harrison died at the scene. His family are now campaigning to get this message into schools ahead of school holidays so that another family doesn't have to experience what they have been through.

Finally, please also consider signing up to the **Rail Safe Friendly Initiative** if you haven't already – more information can be found at [Home - RSF \(railsafefriendly.com\)](#) about how your school can get involved!

Thank you in advance and I hope you have a lovely break when it comes around.

**Key Messages**

- ✓ Trains are **ALWAYS** running on the railway and can differ in times meaning that you can never predict when a train will pass
- ✓ The Electricity is **ALWAYS** switched on around the railway
- ✓ Always **Stop, Look and Listen** before using a Level Crossing

**DO YOU KNOW WHERE YOUR CHILDREN ARE?**