

# SAFER



# SCHOOLS

## June 2021

Welcome to June's newsletter. We hope that you are all remaining safe and well as the country relaxes COVID restriction rules. This newsletter is designed to support and advise Parents and Carers of **both** Primary and Secondary school children, and therefore trust your personal judgement to share what you feel will be **relevant** information with your child/s.



### Stay Safe

Events in the UK and around the world remind us all of the terrorist threat we face. The current threat level for international terrorism in the UK is **SUBSTANTIAL**. This means an attack is likely. Police and security agencies are working tirelessly to protect the public but it is also important that communities remain vigilant and aware of how to protect themselves if the need arises. Although some parents and carers may find this subject not relevant for their families, we do encourage a conversation with your family members to ensure they understand the simple message of **RUN, HIDE, TELL**.

For more information please visit:

<https://www.npcc.police.uk/NPCCBusinessAreas/WeaponAttacksStaySafe.aspx>



IN THE RARE EVENT OF a firearms or weapons attack

**RUN** - to a place of safety. This is a better option than to surrender or negotiate. If there's nowhere to go, then...

**HIDE** - Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can.

**TELL** - the police by calling 999 when it is safe to do so.

[www.npcc.police.uk/staysafe](http://www.npcc.police.uk/staysafe)

### Reporting a crime

As a parent/carer, it can be difficult to decide whether or not you should contact the Police if your child is a witness or victim to a crime. We can appreciate that the process can feel overwhelming or intimidating and hope the following advice could help should you find yourself in the position.

You and your child might think that the Police will not believe you or take you seriously, or you might question whether your issue is important enough for the Police to investigate. We also know that it can be a challenging thing to do if the offender is known to you and your family. It is important that children understand that they are not alone and support is available. The Police understand and it is their job to listen to you and your family and protect you and others from any further harm, helping you with questions & concerns along the justice journey.

The Police work closely with other supporting agencies who maybe able to help in the future. The **Victim's Code** explains how the Police should support victim's or witnesses of crime. The victims code (under 18's guide) is clearly explained in this short video <https://youtu.be/t8gMFYI6Nm4>

We would also like to reassure you that there is lots of support available for young people who may have to give evidence in court. The following link will hopefully provide your child with factual information on what happens if their case goes to court. Click on the relevant links below to download **The Young Witness guidebooks**:

[Click here to view/download Going to court booklet for older children](#) (UK)

[Click here to view/download Going to court booklet for younger children](#) (UK)



### Virtual Courtroom

The following link will allow you and your child/s the opportunity to choose a character and become part of a virtual courtroom interactive setting <https://www.victimsupport.org.uk/you-co/interactive-courtroom/>

Call: 101

Telephone: 18001 101

Visit: [cambs.police.uk](http://cambs.police.uk)

Follow: CambsCops

Subscribe: [eCops.org.uk](http://eCops.org.uk)

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## Antisocial Behaviour – What can I do as a Parent/Carer?

With the easing of lockdown and the warmer/lighter evenings approaching, your child may be wanting to spend more time out of the house socialising with their friends. If this is the case, then it might be a good opportunity to talk to your child about their behaviour whilst they are out in the community. Set some boundaries and ensure that they have a good understanding of what is expected of them.

### Before they go out, ask them:

- What they are planning to do?
- Where they are going?
- Who they are going out with?
- What time, and how they will be getting home?



It is important not to underestimate the impact of peer pressure on a child's behaviour, and what might first appear to be harmless fun for them, could quickly and easily escalate into criminal behaviour. Talk to your child about the consequences of becoming involved in ASB and the impact that it could have on their future life if they receive a criminal record.



It is important that they understand the effect that their behaviour could be having on other people living within the community, especially elderly or vulnerable residents who live alone and might be easily intimidated.

### Remind them:

- To think about what they are doing whilst they are out
- Not to cause distress or annoyance to others
- Not to cause damage to property
- Not to put themselves or others in danger



**Remember:** Young people can also be victims of ASB so it important to make sure they know how to keep themselves safe and what they would need to do if they need the assistance of an adult.

### What is the law?

The Police and other local authorities have various powers and laws to assist them to tackle ASB and to keep communities safe. For more information on how the Police deal with ASB. Please click on this link

<https://www.askthe.police.uk/content/AlphaList.mth?letter=A&categoryid=124>

## Xanax Warning

The use of Xanax within teenagers is sadly on the increase. Here are some facts relating to the drug to educate you and your family on the risks and consequences of taking Xanax.

- Xanax is commonly prescribed and used for the treatment of anxiety and/or insomnia
- Xanax is also known as Bars, Footballs, French Fries, Hulk, Xan, Xanies, Zan, Zannies, Zanbars, Z-Bars
- Xanax is being used by young people as a recreational drug in conjunction with alcohol and other drugs
- Xanax can be easily obtained through dealers, online and even found at home in medicine cabinets!
- Xanax is a Class C drug and an unlawful possession is against the law!
- Is someone close to you showing any of the behavioural signs?



For more information please click on the Drug Watch information sheet (PDF).



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### Behavioral Signs

- Sleeping for long periods of time
- Loss of interest
- Irritability
- Preferring to spend time alone
- Stealing medications



## Cannabis Fact File:

Unfortunately the Police have been made aware of young people smoking Cannabis in public places throughout the county in recent months. This is a good opportunity to educate yourselves and your family on the risks and consequences of smoking or being in possession of Cannabis.

- Cannabis is also known as marijuana, weed, pot, dope or grass
- Cannabis can be smoked or ingested (edibles)
- It is the most widely used, illegal drug in the UK
- Its use is wide spread throughout young people
- It can be addictive
- It is a recreational drug but also has medicinal purposes
- It is against the law to be in possession of Cannabis
- Cannabis is a **Class B** drug
- If under 18 (a child) the Police are allowed to inform parents, guardians or carers that their child has been caught in possession of drugs
- If you are found in possession of Cannabis you could face up to 5 years in prison, an unlimited fine or both
- Cannabis contains a large number of cannabinoids including THC and Cannabidiol
- Cannabis can trigger mental health issues and psychosis



If you need help, information or advice visit [www.talktofrank.com](http://www.talktofrank.com)

## Seatbelts!



We covered Seatbelts and the law in our April Newsletter however we would like to take this opportunity to remind you & your family about the importance of **every** occupant in a vehicle wearing a seatbelt or suitable child restraint.

An un-restrained child in a car can take on the effective weight of a baby elephant in a collision. If they are sat in the rear of the vehicle they can be thrown forward with enough force to not only seriously injure themselves but also, there is a very significant risk to the occupant in the front seat too. These injuries could prove to be fatal to both people and the risk of having a crash on a short journey, close to home or destination is greater than elsewhere.

**So please ensure everyone is safe, all the time.**

There is a national campaign running from **31<sup>st</sup> May until 13<sup>th</sup> July 2021** and Police Officers will be out looking to check everyone is belted up, so please **'Click it'** or risk getting a ticket, not to mention the potential danger you and your children may face.



The Child Accident Prevention Trust are also running a **Child Safety week at the beginning of June**. Further information regarding many aspects on keeping your children safe can be found by clicking on this link: [Child Safety Week | Child Accident Prevention Trust \(capt.org.uk\)](#)

We would love to hear your feedback & comments.  
You can contact the team via our email  
[Schools&CYP@cambs.pnn.police.uk](mailto:Schools&CYP@cambs.pnn.police.uk)

Call: 101  
Telephone: 18001 101  
Visit: [cambs.police.uk](http://cambs.police.uk)  
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