

Summer Safety

Why it Matters

Summer is a time to relax, socialise, travel, and enjoy the outdoors.

However, changes to routine, increased social activities, online engagement, and travel can also increase risks to personal safety and wellbeing.

Safeguarding is everyone's responsibility.

Being aware of potential risks can help protect yourself and others from harm, abuse, exploitation, accidents, and unsafe situations.

This guide highlights key safety messages for everyone of any age.

Personal Safety When Out and About

Summer often means spending more time travelling, attending festivals, concerts, parks, beaches, and social gatherings.

Stay Safe By:

- Letting someone know where you are going.
- Keeping your phone charged.
- Planning transport home before going out.
- Staying with trusted friends where possible.

Being aware of your surroundings.

Avoid:

- ✗ Walking alone in unfamiliar places late at night.
- ✗ Accepting lifts from strangers.
- ✗ Leaving drinks unattended.

If You Feel Unsafe:

Move towards populated areas and contact a trusted person, venue staff, security, or emergency services if necessary.

Exploitation and Abuse Awareness

Criminals may target vulnerable people during holidays and social events.

Warning Signs:

- Being pressured to carry money, drugs, or packages.
- Receiving gifts or money with expectations attached.
- Secretive relationships.
- Being encouraged to isolate from family or friends.
- Feeling controlled, threatened, or manipulated.

Remember:

Exploitation can happen to anyone.

If you are worried about yourself or someone else, speak to a safeguarding professional, trusted adult, employer, tutor, or support service.

Staying Safe Online

Many people spend more time online during the summer holidays. While social media and gaming can be great ways to connect with others, they can also expose people to risks.

Be Aware Of:

- ✓ Online scams and fake offers
- ✓ Romance fraud
- ✓ Cyberbullying
- ✓ Sharing personal information
- ✓ Grooming and exploitation
- ✓ Fake job advertisements

Tips:

- ✓ Keep social media profiles private where possible.
- ✓ Never share passwords or banking details.
- ✓ Be cautious when speaking to people you have only met online.
- ✓ Think before sharing photos, videos, or your location.
- ✓ Report suspicious behaviour immediately.

Remember: If something feels wrong online, trust your instincts and seek advice from a trusted person.

Protecting Your Mental Health

Summer can be exciting, but not everyone finds it easy.

Some people may experience:

- ☐ Loneliness
- ☐ Anxiety
- ☐ Financial worries
- ☐ Exam stress
- ☐ Pressure from social media

Looking After Yourself:

- ✓ Stay active.
- ✓ Maintain healthy sleep habits.
- ✓ Stay connected with supportive people.
- ✓ Take breaks from social media.
- ✓ Speak to someone if you are struggling.

Remember:

Asking for help is a sign of strength, not weakness.

Sun and Heat Safety

Hot weather can affect your health.

Top Tips:

- ☀ Drink plenty of water.
- ☀ Wear sunscreen.
- ☀ Seek shade during the hottest part of the day.
- ☀ Wear suitable clothing and hats.

Watch out for signs of heat exhaustion:

- Dizziness
- Headaches
- Excessive sweating
- Feeling sick

Seek medical advice if symptoms worsen.

Alcohol, Drugs and Risk-Taking Behaviour

Summer events often involve increased opportunities to drink alcohol or experiment with substances.

Consider The Risks:

- ❖ Accidents and injuries
- ❖ Poor decision-making
- ❖ Vulnerability to exploitation
- ❖ Unsafe sexual situations
- ❖ Criminal consequences

Stay Safe:

- ❖ Know your limits.
- ❖ Stay with trusted friends.
- ❖ Never leave drinks unattended.
- ❖ Seek medical help if someone becomes seriously unwell.
- ❖ Call 999 in emergencies.

Digital Nomad Safety

A digital nomad is someone who works remotely while travelling, either within the UK or internationally. While this lifestyle offers flexibility and exciting opportunities, it also presents unique safeguarding, personal safety, and cybersecurity risks.

Staying Safe While Working Remotely

Protect Your Devices

- ✓ Use strong, unique passwords for all accounts.
- ✓ Enable Multi-Factor Authentication (MFA) whenever possible.
- ✓ Keep devices updated with the latest security software.
- ✓ Lock your laptop and phone when not in use.
- ✓ Be cautious about who can see your screen when working in public spaces.

Be Careful With Public Wi-Fi

Public Wi-Fi networks in cafés, airports, hotels, and co-working spaces may not be secure.

Safety Tips:

- ✓ Use a Virtual Private Network (VPN) where possible.
- ✓ Avoid accessing online banking or sensitive systems using unsecured networks.
- ✓ Turn off automatic Wi-Fi connections.
- ✓ Ensure websites display a secure connection (https://).

Avoiding Scams and Fraud

Digital nomads can be targeted by criminals because they often rely heavily on technology and online services.

Be Aware Of:

- ✗ Fake accommodation listings.
- ✗ Fraudulent co-working memberships.
- ✗ Job scams.
- ✗ Phishing emails and text messages.
- ✗ Fake travel websites.

Protect Yourself By:

- ✓ Booking through reputable platforms.
- ✓ Reading reviews carefully.
- ✓ Verifying payment requests.
- ✓ Never sharing passwords or personal security information.

Personal Safety Abroad

Working remotely can mean spending long periods in unfamiliar locations.

Remember To:

- ✓ Research local laws, customs, and cultural expectations.
- ✓ Register with travel alerts where appropriate.
- ✓ Keep copies of important documents stored securely.
- ✓ Know where local emergency services and healthcare facilities are located.
- ✓ Share your location and travel plans with trusted contacts.

Wellbeing and Mental Health

Working while travelling can sometimes feel isolating.

Look After Yourself By:

- ✓ Maintaining a healthy work-life balance.
- ✓ Establishing a routine.
- ✓ Taking regular breaks.
- ✓ Staying connected with friends, family, and colleagues.
- ✓ Seeking support if you experience loneliness, anxiety, or stress.

Safeguarding Risks to Watch For

Digital nomads may be at greater risk of:

Online exploitation or fraud
Financial scams
Identity theft
Theft of equipment
Social isolation
Unsafe accommodation arrangements

Digital Nomad Top Tips

-  Research before you travel.
-  Protect your devices and personal information.
-  Use secure internet connections.
-  Keep trusted people informed of your whereabouts.
-  Prioritise your wellbeing as much as your work.

Adventure safely, work securely, and stay connected. Safeguarding applies wherever your office may be.

Remember - Being a digital nomad doesn't just mean protecting your laptop. It means protecting your wellbeing, finances, personal information, and physical safety wherever you choose to work.

Quiz time!

1. Before posting your location on social media, what should you consider?

- A. Whether your privacy settings restrict who can view the post
- B. How quickly you can gain followers
- C. Whether your location is visible to everyone online

2. If a situation while travelling or socialising makes you feel uncomfortable or unsafe, what is the most appropriate action?

- A. Ignore your instincts and carry on
 - B. Remove yourself from the situation and seek support if needed
 - C. Wait for someone else to intervene
- Answer

3. Which behaviour may indicate grooming, coercion, or exploitation?

- A. Someone encouraging secrecy and offering gifts or favours in return for compliance
 - B. A colleague inviting you to a team meeting
 - C. A friend checking on your wellbeing
- Answer: A

4. Who has responsibility for safeguarding within a workplace, learning environment, or community setting?

- A. Safeguarding leads only
- B. Senior managers only
- C. Everyone

5. Which of the following is a positive way to maintain good mental wellbeing?

- A. Ignoring stress and hoping it will pass
- B. Maintaining supportive connections and seeking help when needed
- C. Working longer hours without breaks

6. What is one of the most effective ways to stay safe when travelling alone?

- A. Keep your itinerary completely secret
- B. Share your travel plans with a trusted contact
- C. Avoid carrying a mobile phone

7. Which symptom could indicate heat exhaustion?

- A. Increased energy levels
- B. Headache, dizziness, and excessive sweating
- C. Improved concentration

8. An online offer guarantees unusually high returns with little or no risk. What should you do?

- A. Verify the source and proceed with caution
- B. Share your personal information immediately
- C. Assume it is genuine because it looks professional

9. Why is it important not to leave drinks unattended during social events?

- A. Someone may tamper with the drink
 - B. The drink may lose its taste
 - C. It may become too warm
- Answer: A

10. What is a key safeguarding consideration for digital nomads and remote workers?

- A. Protecting devices, personal information, and online accounts
- B. Posting your live location publicly at all times
- C. Sharing passwords with colleagues

See next page for answers.....

Quiz Answers – how did you do?

1. Before posting your location on social media, what should you consider?	Answer: A	Whether your privacy settings restrict who can view the post
2. If a situation while travelling or socialising makes you feel uncomfortable or unsafe, what is the most appropriate action?	Answer: B	Remove yourself from the situation and seek support if needed
3. Which behaviour may indicate grooming, coercion, or exploitation?	Answer: A	Someone encouraging secrecy and offering gifts or favours in return for compliance
4. Who has responsibility for safeguarding within a workplace, learning environment, or community setting?	Answer: C	Everyone
5. Which of the following is a positive way to maintain good mental wellbeing?	Answer: B	Maintaining supportive connections and seeking help when needed
6. What is one of the most effective ways to stay safe when travelling alone?	Answer: B	Share your travel plans with a trusted contact
7. Which symptom could indicate heat exhaustion?	Answer: B	Headache, dizziness, and excessive sweating
8. An online offer guarantees unusually high returns with little or no risk. What should you do?	Answer: A	Verify the source and proceed with caution
9. Why is it important not to leave drinks unattended during social events?	Answer: A	Someone may tamper with the drink
10. What is a key safeguarding consideration for digital nomads and remote workers?	Answer: A	Protecting devices, personal information, and online accounts

Final Reflection

What three actions will you take this summer to keep yourself and others safe?

Remember:

Safeguarding is everyone's responsibility. Stay aware, trust your instincts, look after your wellbeing, and speak up if something doesn't feel right.