

Follow on resources - Stay Safe Days (Key stages 3 & 4)

The Stay Safe Partnership brings together organisations and voluntary agencies which deliver age-appropriate preventative education. A full directory of workshops, resources and training can be accessed here - <https://www.lincolnshire.gov.uk/schools-and-education/stay-safe-partnership/>





Healthy Relationships Help & Resources

Stay Safe Partnership:






- 1) **Relationship safety resources – Key Stage 4 (KS4)** Link to PSHE Association Relationships and Sex Education resources covering topics from pornography to contraception to consent. [Relationship safety resources - Key Stage 4 \(KS4\) – Lincolnshire County Council](#)
- 2) **AGENDA Free Online resource to aid 11–18-year-olds in promoting positive relationships in schools and local communities.** Agenda Showcases the different ways in which young people in Wales and across the world have raised awareness of how gender-based and sexual violence impacts upon their lives and the lives of others. [AGENDA free online resource promoting positive relationships in schools and local communities – Lincolnshire County Council](#)
- 3) **Domestic Abuse, resources for staff ‘disrespect nobody’** - Produced by the PSHE Association - this campaign is aimed at preventing young people from becoming perpetrators and victims of abusive relationships. It encourages them to re-think their views of violence, abuse, controlling behaviour and what consent means within their relationships. [Domestic abuse, resources for staff, 'disrespect nobody' – Lincolnshire County Council](#)
- 4) **Positive relationship teaching resources (it's not ok) for KS3 students.** Produced by the NSPCC, this resource provides four lesson plans and films produced by the NSPCC with a focus on positive relationships at a Key Stage 3 level. It helps children and young people recognise concerning behaviour and identify positive relationships. [Positive relationship teaching resources \(it's not OK\) for key stage 3 \(KS3\) students - Stay Safe Partnership – Lincolnshire County Council](#)

Further resources:

- 1) **Lincolnshire Domestic Abuse Partnership Website:** [Domestic Abuse – Domestic abuse - Lincolnshire County Council](#)
- 2) **The Lincolnshire Safeguarding Children Partnership (LSCP)** have regular campaigns and resources for schools. [Lincolnshire Safeguarding Children Partnership – Resources - Lincolnshire County Council](#)
- 3) **Lincoln No More campaign** - There are several services that can give you the help and support needed if you or someone you know is a victim of sexual violence and abuse. Information on the #AskforAngela Scheme <https://www.lincolnshire.gov.uk/safer-lincolnshire-partnership/nomore-campaign/>

- 4) Women's Aid: [Home - Women's Aid \(womensaid.org.uk\)](https://www.womensaid.org.uk) At the forefront of shaping and coordinating responses to domestic abuse.
- 5) **Domestic abuse resources for staff, 'expect respect'**: The Expect Respect educational toolkit consists of one easy to use core lesson from reception to year 13. It is based on themes that have been found to be effective in tackling domestic abuse. [expect-respect-education-toolkit \(lincolnshire.gov.uk\)](https://www.lincolnshire.gov.uk/expect-respect-education-toolkit)
- 6) **The Alice Ruggles Trust Relationship Safety Resource** is a package of quality-assured teaching materials and lesson plans on stalking and coercive behaviour that are freely available to secondary teachers throughout the UK. [Alice Ruggles Trust - Relationship-safety-resource](https://www.aliceruggles.co.uk/relationship-safety-resource) 
- 7) Aimed at key stage 4 (14- to 16-year-old) students, the three lesson plans and accompanying materials promote awareness of unhealthy relationship behaviours and stalking in order to help protect young people from the potential risks in such situations. The focus throughout is on raising awareness of the steps young people can take to support their safety and emotional wellbeing whilst reinforcing that stalking and harassment are both socially unacceptable and illegal.
- 8) They have produced a three-minute animated video to raise awareness of stalking. [Alice Ruggles Trust - Stalking video](https://www.aliceruggles.co.uk/stalking-video)
- 9) The Hollie Gazzard Trust have produced a guide for people who believe they may know someone who is suffering from Domestic Abuse. It details signs of any potential abusive relationship and ways you can support the person affected, including how it may affect you. [HGT-FF-Pack.pdf \(holliegazzard.org\)](https://www.holliegazzard.org.uk/HGT-FF-Pack.pdf)
- 10) The Enough Campaign have produced teaching resources and lesson plans aimed at KS3 & KS4 students that looks at abusive relationships, aligned with current statutory Government Guidance on RSE. [Teaching resources | ENOUGH](https://www.enoughcampaign.org.uk/teaching-resources)
- 11) **It's Not OK**: teaching resources about positive relationships: [It's Not OK: online teaching resources | NSPCC Learning](https://www.nspcc.org.uk/teaching-resources) 
- 12) **It's Not Love**: Teaching resources about positive relationships: [It's Not Love: teaching resources about positive relationships | NSPCC Learning](https://www.nspcc.org.uk/teaching-resources)

Help & Support

	Lincolnshire Domestic Abuse Specialist Service: Specialist support and assistance to individuals and families in Lincolnshire who are experiencing Domestic Abuse. Lincolnshire Domestic Abuse Specialist Service (ldass.org.uk)
	Haven (South Lincolnshire Domestic Abuse Service): Home - Boston Womens Aid
	Lincolnshire Integrated Sexual Health Services (LISH) Lincolnshire Sexual Health (LISH)
	Childline: Confidential FREE service for anyone under 18 - You can talk online at www.childline.org.uk
	Kooth: Your online mental wellbeing community - Free, safe and anonymous support Home - Kooth

Resources for Online Safety

1. **Shore Space** - A safe space for teenagers worried about sexual behaviour. Shore has anonymous advice and support to help you or someone you know manage worrying thoughts and learn more about living safely both online and offline. All Shore Space services are anonymous. [Home - Shore \(shorespace.org.uk\)](https://shorespace.org.uk)
2. **Send me a pic?** - Three sessions for 11–14-year-olds from Thinkuknow on the consensual and non-consensual sharing of nude images among young people. The resource pack contains three sessions plans based on short film clips. Each clip shows a fictional online chat where young people request, receive, and discuss issues related to nude images. *Send me a pic?* has been awarded the PSHE Association Quality Mark, demonstrating that it supports safe and effective teaching practice and meets the PSHE Association's 'Ten principles of effective PSHE education'. Available from [Send me a pic? \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk) (Free Registration required)
3. **First to a Million** - An interactive video following a group of friends completing an online challenge to be the first one to get a million views on their channel. The video focuses on a number of different online issues such as online privacy, respect, digital footprint, and the permanence of online content. It also looks at consent in both sexual relationship and friendships, as well as peer pressure. Available from <https://www.thinkuknow.co.uk/parents/home-activity-worksheets/11-13s/first-to-a-million/> (FREE registration required)
4. **#LiveSkills** - A package of resources for 8–18-year-olds focused on live streaming, looking at the features available as well as the risks to children and young people. For secondary age students, the package contains a live streaming case study and an article focused on identifying and responding safely to online pressures through live streaming services. Available from [Live Streaming \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk) (FREE registration required)
5. **Thinkuknow toolkit** - A toolkit containing 15 activities designed for 11–13-year-olds and over 14's with a focus on issues related to sex, relationship and the internet, and the negative behaviours they may encounter. It contains printable resources which can be used to deliver sessions enabling discussions and encouraging resilience online, as well as where they can access support Available from [CEOP Education Toolkit for 11-18s \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk) (FREE registration required)
6. **Digital citizenship: terms and conditions** - The Children's Commissioner has produced a simplified version of the terms and conditions that many children and young people agree to without understanding what they mean. In association with TES and Schillings, teaching packs have been produced to enable children and young people to learn more about their rights online when using social media. Teaching packs can be accessed through the [TES website](https://www.tes.com) (FREE registration required) Simplified terms and conditions can be accessed from the [Children's Commissioners website](https://www.childrenscommissioner.gov.uk).
7. **Crossing the line** - A resource toolkit created by Childnet and designed for students aged 11-14 years old covering topics such as cyberbullying, sexting, peer pressure and self-esteem. The toolkit comes with lesson plans and links to downloadable videos for each topic. It has been designed to promote discussions with young people around risky behaviours online. Available from [Childnet](https://www.childnet.co.uk)
8. **Myth vs reality** - A resource toolkit created by Childnet and designed for students aged 11-14 years old covering online pornography, healthy relationships online and body image online. It has been designed

as an extension resource to the 'Crossing the Line' toolkit with lesson plans and associated films for use with students to discuss the pressures they may feel in a digital world. Available from [Childnet](#)

9. **Personal information:** Information commissioner's office The Information Commissioners Office (ICO) has created a series of four lessons to enable appropriate discussions around personal information sharing with secondary age students.

- Lesson One: Strictly private? What is personal data?
- Lesson Two: Private vs public
- Lesson Three: Is there something I should know? Exercising our rights?
- Lesson Four: No secrets? Freedom of Information

Available from [ICO](#)

10. **It's not OK** - Lesson plans created by the National Society for the Prevention of Cruelty to Children (NSPCC). It helps children identifying concerning behaviours and recognise the characteristics of positive relationships. The lessons plan, films and associated activities focus on grooming, sexting, harmful sexual behaviours, child abuse and child exploitation. The lesson plans have been designed to be used with children aged 11 and over. Available from [NPSCC](#)

11. **Action Fraud** – Action Fraud is the UK's national reporting centre for fraud and cyber crime in England, Wales and Northern Ireland. They provide a central point of contact for information about fraud and financially motivated internet crime. [Action Fraud](#)

12. **Samaritans** – Samaritans gives people ways to cope and the skills to be there for others. They offer listening and support to people and communities in times of need with their free telephone helpline. [Samaritans](#) | [Every life lost to suicide is a tragedy](#) | [Here to listen](#)

They offer [support in schools](#), college communities and other youth settings across the UK and Republic of Ireland through our postvention services, lesson plans and school talks, as well as [online safety resources](#) co-designed by young people with lived experience of self-harm and suicidal feelings and experience of supporting others at risk.

Help and Support:



www.childline.org.uk – Offers and online and phone-based counselling and support service. Will not appear on phone bills and is a Freephone number – 0800 1111



www.kooth.com – An anonymous online counselling service for young people in Lincolnshire



www.iwf.org.uk – The Internet Watch Foundation is an internet industry funded body who seek to remove images of child abuse from the internet



www.samaritans.org – Samaritans offer a safe place to talk and is available for anyone to contact, either through their website or by phone on 116 123 [Mental Health Resources For](#)



[Children and Young People](#) | [YoungMinds](#) From wellbeing activities for schools, to toolkits and webinars for mental health professionals, we have a range of resources to help you support the young people in your lives.



www.thinkuknow.co.uk – CEOP's one-stop shop for internet safety. Has a section for teachers and trainers to access free resources



[Access the ProjectEvolve Toolkit | ProjectEVOLVE](#) The Southwest Grid for Learning (SWGfL) have created this collection of resources to teach digital literacy to all age groups



www.saferinternet.org.uk – Provides information on internet safety for all age groups, as well as for parents and professionals. Safer Internet Day information can be found here



www.internetmatters.org - A site dedicated to helping parents keep their children safe online. Includes guidance on how to set up parental controls



<https://parentinfo.org/> - Produced by CEOP and the Parent Zone, Parent Info offers guidance and support for parents and carers

If you are suspicious or have any concerns that a Child is **suffering or is likely to suffer 'Significant Harm'**, including any form of mistreatment or abuse, please call the **Customer Service Centre (CSC) on 01522 782111**.

If you have concerns about the **immediate safety of a child**, you can call Lincolnshire Police on **101** or, in an **emergency, dial 999**



What is Anti-Social Behaviour?

‘Anti-social behaviour’ is the broad term used to describe a range of nuisances, disorder and crime that affect people’s daily lives. It covers many types of behaviour that vary in nature and severity, many of which are open to interpretation. So, what is considered anti-social by one person can be acceptable to another.

1. Anti-Social Behaviour [Safer Lincolnshire Partnership – Anti-social behaviour - Lincolnshire County Council](#)
2. StreetSafe is a pilot service for anyone to anonymously tell us about public places where you have felt or feel unsafe, because of environmental issues, e.g. street lighting, abandoned buildings or vandalism and/or because of some behaviours, e.g. being followed or verbally abused.
[StreetSafe | Police.uk \(www.police.uk\)](#)
3. [Crime and criminality information and resources for students and teachers – Lincolnshire County Council](#)
4. [Gangs: Managing risks and staying safe \(pshe-association.org.uk\)](#)
5. [Anti-Social Behaviour \(ASB\) – Safe4Me](#)

What are County Lines

County lines is the name given to drug dealing where organised criminal groups (OCGs) use phone lines to move and supply drugs, usually from cities into smaller towns and rural areas.

They exploit vulnerable people, including children and those with mental health or addiction issues, by recruiting them to distribute the drugs, often referred to as ‘drug running’.

Lincolnshire Police – Advice and information: [County lines | Lincolnshire Police \(lincs.police.uk\)](#)

1. [Preventing Involvement in Serious and Organised Crime \(pshe-association.org.uk\)](#)
2. [Fearless-Running-the-Lines-lesson-guide-September-2020.pdf \(crimestoppers-uk.org\)](#)
3. [Fearless CountyLinesResource_18pp_V2_online.pdf \(safe4me.co.uk\)](#)

Further information and support

- The [National Crime Agency County Lines website](#) explains more about county lines and indicators of exploitation in your area.

- [Safe 4 Me](#) has details about support services nationally for young people impacted by Child Criminal and Sexual Exploitation. They also have lots of information regarding specific forms of exploitation, understanding trauma, rights, and the law and much more.
- The [Safeguarding Network](#) have helpful tips for understanding indicators of exploitation and what may make a young person more vulnerable to being exploited.
- The [Net Aware update from the NSPCC - UK Safer Internet Centre](#) offers guidance on understanding specific apps and platforms that young people may be using.



Lincolnshire Road Safety

[Lincolnshire Road Safety Partnership – Lincolnshire County Council](#)



The resource Centre is a one stop source of THINK!

The Road Safety link for year 9/10 days is [Education resources – THINK!](#)

Road safety education materials:

- There are 25 lesson packs that will help you teach a range of road safety topics to children and teenagers of all ages.
- The lesson packs are colour coded by key stage and age range, from early years to key stage 4.
- Each lesson pack contains a lesson plan, links to road safety teaching resources, and activities; everything you need to plan and deliver effective road safety education.
- These resources are not limited to classroom use and we hope that they will be used by anyone with responsibility for educating children and teenagers on road safety, including road safety officers, police, and fire officers, out of school leaders, and parents.

If you're a pupil, you could help your friends and classmates stay safe on the road by using our information and activities in an assembly, tutor time or at a youth group.

Alcohol & Drugs

Horizon Support for young people to make positive changes around drugs and alcohol in Lincolnshire.

We support young people and their families to deal with the challenges they face around drugs, alcohol and associated issues. If you have questions about substances or feel that your drug or alcohol use might be becoming a problem, free support is available. [Turning Point | Lincolnshire \(turning-point.co.uk\)](https://turningpoint.co.uk)

- lincsyp.info@lincshorizon.co.uk
- [0800 3047021](tel:08003047021)

Useful information links for drug and NPS awareness:

FRANK <https://www.talktofrank.com/> - Glossary of drugs and confidential drugs advice. The site includes an A to Z list of substances, explains appearance and use of drugs and their effects, discusses health risks and the chances of getting hooked and UK law. It also includes information on peer pressure.

NHS <https://www.nhs.uk/> - Comprehensive advice, information, free helpline, online support and access to drug and alcohol services across the UK.

DrugWise <https://www.drugwise.org.uk/> - Encyclopaedia of drugs and their history, effects, & the law.

Release <https://www.release.org.uk/> - Information about drugs, the law, and human rights and confidential specialist advice to the public & professionals.

Angelus Foundation <https://www.angelusfoundation.com/> - raising awareness to young people about the harms from legal highs also known as new psychoactive substances (NPS).

Useful information link for alcohol awareness:



<https://alcoholeducationtrust.org/> - The young teens place to go for information about alcohol and resisting peer pressure.



<https://www.drinkaware.co.uk/> - National drink awareness site filled with information and advice.



Alcohol education resources and lesson plans for 11 - 18 from the Alcohol Education Trust. [Alcohol education resources and lesson plans – Lincolnshire County Council](#)

Alcohol, smoking, positive relationships, bullying and cyber bullying and others - lesson plans for Key Stage (KS3) and key stage 4 (KS4). [Alcohol, smoking, positive relationships, bullying and cyber bullying and others - lesson plans for Key Stage 3 \(KS3\) and key stage 4 \(KS4\) – Lincolnshire County Council](#)



Staying Safe – Alcohol

- Know your limit and plan ahead.
- Eat a meal before drinking and while you drink.
- Sip your drink (slow down)
- Skip a drink now and then and substitute with a non-alcoholic drink (another great tip is to have a glass of water with your drink this will help to dilute the alcohol content also helping the liver process.
- Keep track of how many drinks you are drinking.
- Avoid drinking games.
- Plan ahead for transportation – don't drink drive. Use a private registered taxi firm or family.
- Respect the rights of individuals who do not wish to drink.
- A fully charged phone in case of emergencies.
- Never accept a drink from someone you don't know.
- Careful what you combine, most drugs and alcohol do not mix well. Be sure to read warning labels.

- Alcohol and sex do not mix – drunken sex is not consensual sex. You could regret this activity in the morning.
- If you are pregnant, might be pregnant, do not consume any type of alcoholic beverage.
- True friends stick together to stay safe, don't wander off alone or go to a house party alone. Remember alcohol is a mind-altering substance slowing down your reactions and thinking process, changing how you see things. Your risks of vulnerability will increase if you're alone. Stay with your pack!



Lincolnshire
FIRE & RESCUE

Lincolnshire Fire & Rescue

Home Page: [Lincolnshire Fire and Rescue – Lincolnshire County Council](#)

- Lincolnshire Fire and Rescue employs over 800 firefighters and fire staff. The county area is organised into three divisions that support the 38 stations throughout Lincolnshire. Lincolnshire County Council is the fire authority and has responsibility for the efficient provision of Lincolnshire Fire and Rescue Service.
- Our Online Home Fire Safety Check takes you through your home one room at a time helping you spot potential fire risks, offering tips and advice on the steps you can take to reduce those risks. Once you have completed your check, you will receive a personalised fire safety action plan to help keep you and your household safe from fire.

You can use the tool to:

- Identify fire risks in your home
 - Learn how you can reduce the risks
 - Create your own home fire safety plan
 - [Home fire safety – Lincolnshire County Council](#)
- If you have a child or young person who is playing with fire or has an unhealthy fascination with fire, you can refer them to our Fire Setting Intervention. The aim of the programme is to help children and young people (2-17 years of age) understand and control the feelings and circumstances that lead them to set fire. [Firesetter Setting Intervention](#)

Educational Material: <https://staywise.co.uk/> **LFR Bundles:** [StayWise LFR Bundles](#)

- StayWise is a FREE online library is packed full of educational resources and activities from the UK's leading emergency services and safety-focused organisations making it easy for you to find trusted materials that provide learning opportunities to help keep children safe. Whether you are an educator looking to enhance your teaching and learning or a member of a blue light, or safety-focused, organisation looking for prevention content, StayWise has resources for you.