

Summer's here! Let's unlock it safely and make every moment count.

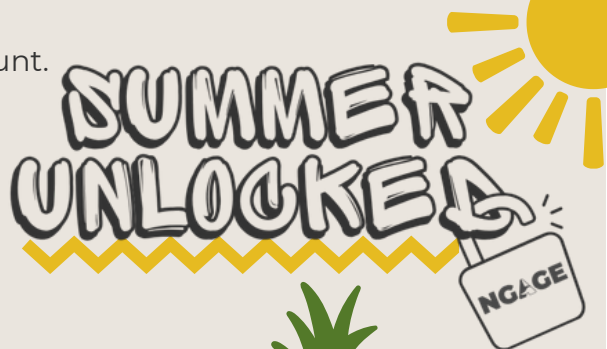
- **Stay hydrated:** Drink plenty of water.
- **Wear SPF:** Protect your skin from sunburn and damage.
- **Stick with friends:** Stay together and look out for each other.
- **Charge your phone:** Always have a way to contact someone.
- **Dress smart:** Lightweight clothes, sunglasses and a hat will keep you cool.

HEADING OUT THIS SUMMER?

- **Be careful with pre-drinks,** always drink at your own pace.
- **Try not to mix your drinks,** it can make you lose control quicker.
- **Make sure you've got money set aside for a taxi home.**
- Remember, **drugs are changing,** be mindful of what you're taking.
- When meeting new people, **always take a friend with you.**
- **Never leave your drink unattended or accept drinks from strangers.** If you feel dizzy or unwell, tell a friend straight away.
- Jumping into cold water suddenly can cause **cold water shock, making it harder to breathe or swim safely.**

SUMMER SAFETY ISN'T JUST FOR OUTDOORS

- **Take regular breaks from your screen.** It's easy to lose track of time online, go outside and get some fresh air
- **Stay safe online.** Be careful about who you're talking to and what you're sharing.
- **Some online games and adverts encourage betting or spending money on loot boxes and prize draws.** Be mindful of how much you're spending.



We offer friendly, confidential support for young people affected by drugs, alcohol, and gambling, helping them make safer and more positive choices.

Keep an eye on our socials for advice, support and ways to stay safe this summer!

