Keeping Your Child Safe While Enjoying Time in the Community – sent on behalf of the Norfolk Community Safety Partnership

Having fun and hanging out with friends is an important part of growing up. We want all children and young people in Norfolk to feel safe and confident about spending time in the community without parental/adult supervision when the time is right for them.

As parents and carers, it can feel challenging to give them independence while ensuring their wellbeing. Here are some helpful tips to consider:

- **Know the basics**: Do you know where your child is spending time and with who? Encourage them to stick together and look out for each other in a place they feel safe.
- **Spot the signs**: Talk about recognising red flags in other people's behaviour and what to do if something feels wrong. You can find out more on our dedicated website: Home | Know the Signs (https://knowthesigns.info/)
- **Plan for support**: Make sure they know how to seek help for themselves or a friend if needed. It is also important for you as a parent or carer to ensure that your child has safe transport to and from places, and if this is by public transport to make sure, they have enough money for their return trip.
- **Stay connected**: Is their mobile phone charged to ensure they could contact you if they needed any help? Consider using a location-sharing app like Life360 or check your phone provider's safety features.
- **Open conversations**: Regularly talk about online and offline risks, including grooming and exploitation, and reassure them they can come to you without fear of getting into trouble.

A little preparation goes a long way in helping your child enjoy their independence while staying safe. As a parent or carer, it is important for you to talk to your children about all potential risks that could be posed to them when out in the community, to ensure they are able to make informed choices around their own and their peers' safety.

You can find lots of further information and websites under the support section of our website: Support | Know the Signs (https://knowthesigns.info/help-and-support/support/).

Education Safeguarding Team, Children's Services

Please contact us via educationsafeguarding@norfolk.gov.uk if you have any queries.