

19th October 2023

Dear parents/carers,

Now that winter is approaching and the mornings and nights are getting darker, we would like to remind you of the importance of being careful when your children are out. If they walk to and from school, encourage them to try to walk with friends in a group and never go anywhere with someone they don't know.

Remind your child to:

- Try to avoid walking/cycling alone – especially after dark.
- Be aware of people around you.
- Stay to well-lit roads or main paths.
- If you feel uncomfortable and you are able to, go to the home of a friend if nearby and ask for help or to a local shop and tell them you are worried.
- Do not be tricked into invitations to accompany someone you do not know, sit in someone's car or go to their house. Seek help immediately if anyone does this.
- If someone did try to grab you it is ok to break all the rules of politeness to others e.g. scream, kick, punch, bite etc; to draw attention and alert others to the fact that you are in danger.
- Please also remember that sometimes a stranger can be the only person who can help us and is a far safer option than not talking to anyone; if you feel uncomfortable in any situation go to the nearest public building, for example a shop, or a public place. Whilst it is important we remain vigilant it is equally important to remember that not ALL strangers are "bad".
- Tell an adult straight away if you have any concerns.

Have a lovely half term,

Yours sincerely,

The River Bank Safeguarding Team