



16 July 2020

Dear Parents and Carers,

With the school summer holidays fast approaching, we would like to work with you to make sure that your children or young people continue to stay safe during this time.

Below are some helpful resources to help you and your children keep safe.

Yourpolice.uk is an [Instagram page](#) where young people can ask questions to police about a variety of topics including crime and how to keep themselves safe.

Make Good Trouble provides radio shows, videos, and support and advice for parents and carers on [website here](#). The site also links to their Facebook group '[Raising Teens in Lockdown](#)' where you can find advice and also share your tips with other parents and carers.

CEOP - Children and young people are spending more time online, and while it is a great way to keep in touch with friends, it can also bring risks.

It's important to talk to your child about staying safe online and what sites they're using. Find advice or report any concerns [here](#).

GOV.uk - Lockdown restrictions are continuing to ease as places such as shopping centres, restaurants and gyms begin to open.

Make sure you keep up to date with the Government advice on Coronavirus. Talk to your child or young person about keeping safe as restrictions ease. Find up-to-date information on Coronavirus [here](#).

Sussex Police - Find crime prevention and safety advice on the Sussex Police website [here](#).

Police Officers and Police Community Support Officers (PCSOs) will be visibly patrolling our communities over the coming months and continuing to work with partner agencies, to keep people safe. If you or your child sees us out on patrol, come and say hello, ask us questions or stop for a chat.

Yours sincerely,
Jo Grantham DG614
T/ Chief Inspector