



Water Safety

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Talk About Water Risks

- Make sure your child knows water can be dangerous – even if they are a good swimmer. Rivers, lakes and the sea can have strong currents and can lead to cold water shock.

2. Know Where They Are Going

- Ask where your child is swimming or spending time near water. Check if it's a safe and allowed area.

3. Teach Basic Safety

- Show them how to float on their back if they get into trouble and tell them never to swim alone.

4. Watch for Peer Pressure

- Children may take risks to impress friends. Remind your child it's okay to say no if something feels unsafe.

5. Learn What to Do in an Emergency

- Make sure your child knows how to call 999 and explain clearly where they are if someone is in danger.