

# Litter in the UK

- **Fact:** Around **2.25 million pieces** of rubbish are dropped every day in the UK
- **Fact:** **30 million tonnes** of litter are collected from our streets every year - enough to fill four Wembley Stadiums.
- Chewing gum costs councils **£20,000 a year** to clean.
- **99% of streets** in town centres have cigarette litter.
- The UK has the worst reputation for littering in the developed world. **62%** of people in England drop litter - but only 28% will admit to it!
- Cigarette butts are far and away the most littered item in the world, with roughly **4.5 trillion** being thrown on the floor each year.
- **It's not going away any time soon!** All types of litter take time to degrade, so the ideal thing is not to drop it in the first place. Here is the average time it takes for some commonly discarded litter to decompose.
  - Orange peel and banana skins - up to 2 years
  - Cigarette butts - up to 2 years
  - Plastic bags -10-20 years
  - Tin cans - 50 years
  - Aluminium cans - 80-100 years
  - Plastic bottles – they can last forever
- **It's not just on our streets.** Ocean pollution is most often the result of rubbish being dumped from the land, but marine littering isn't uncommon. An estimated **1.4 billion pounds of litter** winds up in the oceans each year.
- The litter that's swirling around on the surface of the oceans is moved by the currents, which helps to consolidate it into floating rubbish heaps. One of the largest, the Great Pacific Garbage Patch, is estimated to be anywhere from **270,000 to 5.8 million square miles** in size.
- **95%** of all farmers say that they have cleared up other people's rubbish from their land
- Dropping litter is illegal. People who drop litter can be **fined up to £150** or face prosecution in court.

**Use a bin for your rubbish  
or take it home with you!**



# What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe – with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

## WHAT ARE THE RISKS?

### CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have *anyone* behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

### EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

### INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

### ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

### ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

### VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



### CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



### DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



### CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



### BE READY TO BLOCK AND REPORT

If a stranger *does* connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS** National Online Safety®  
#WakeUpWednesday

# The Top Tips



Here are some top tips if you are struggling with your sleep.

## Why better sleep?

It happens to the best of us. Lots of things can cause us to be anxious – whether that's school, friendships and relationships, or even home life. The important thing is to deal with the worries so they don't impact on your mental health and your sleep.

## Social media, screen time and peer pressure

Screen activity too close to bedtime interferes with your sleep, making it harder to fall asleep and leaving you looking less than fresh the next day – not a good look for that morning Instagram post!

## Delayed sleep phase

You're not lazy. You're just a teen! You can't help that you release melatonin later in the evening so you feel awake long past bedtime, and that when your alarm goes off for school or college, you just want to crawl back under the duvet.

## Time

Run out of time to sleep? It's no surprise that happens when you've fitted in schoolwork, exercising, chores and chatting with family and friends. Something has to give and it's usually your sleep. But did you know that actually getting a good night's sleep will make you better at all of the above?

## Routine

Is your sleep routine working for you? Bedtime routines aren't just for little kids you know! Teenagers – and even adults – benefit from a regular routine. Getting to bed at the same time each night and winding down in the hour before bed are key to helping your routine.

## Sleeping in the winter

We know it can be difficult to get a great night's sleep when it starts getting colder and the nights are getting darker, so we've created our list of top tips to help you sleep through the frozen winter nights.

## Sleep and exercise

Exercise doesn't only help you sleep, but sleep helps you exercise – repeating this cycle can have great effects on your sleep, but also comes with a range of other benefits too.

## Remixes to relax

We have collected our [top 5 Spotify playlists](#) to help you get a better night's sleep. With such a huge range of different music available, we know it can be hard to find the right songs to help you drift off at night.

**Information supplied by Teen Sleep Hub**  
[teensleephub.org.uk/teens-young-people/](https://teensleephub.org.uk/teens-young-people/)



**CANNABIS  
EDIBLES:  
INFORMATION AND  
ADVICE FOR CHILDREN,  
PARENTS AND GUARDIANS**



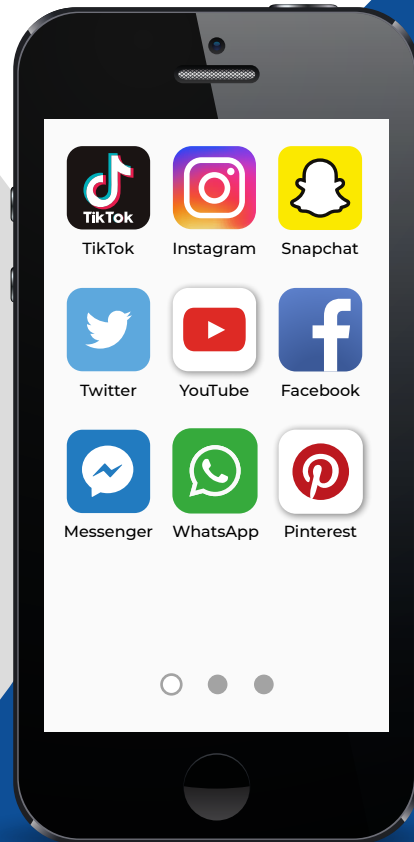
**Serving our communities to  
make them safer and stronger**

## WHAT ARE CANNABIS EDIBLES?

Laced with a mood altering ingredient from cannabis, cannabis edibles are an illegal and really strong 'sweet' aimed at young people/teenagers. They come in the form of sweets, chocolate and drinks. Although cannabis edibles contain an element of cannabis, they do not have the smell or appearance of cannabis. Instead, they look and smell like a shop bought item but are much stronger than other cannabis products.

## PURCHASE AND SUPPLY

Due to being illegal in the UK, cannabis edibles are generally purchased through networks such as social media outlets including TikTok, Snapchat, and Instagram. It is because of these modern communication methods for supply and purchase, young people are able to access cannabis edibles at the touch of a button.



## CAN YOU IDENTIFY CANNABIS EDIBLES?

Cannabis edibles can be difficult to identify. Sometimes the packaging differs slightly from shop bought items. Differences are in the form of appearance, spelling or poor quality packaging. Below are examples of shop bought items and how they compare to cannabis edibles.

### Shop bought items

### Purchased cannabis edibles



Change of name  
Removal of additional logos  
Different font for text



Change of name  
Removal of additional text  
Amended logo



Change of logo  
Removal of additional text  
Change of colour scheme



Small change to title  
Decreased package quality  
Details removed



Change in colour scheme  
Change of package type  
Poor quality packaging



# THE EFFECTS OF CANNABIS EDIBLES

Cannabis edibles are much stronger than other cannabis products. Unlike smoked cannabis, swallowed cannabis is much easier to be consumed but takes longer to take effect. Young people are likely to eat too many due to the delayed effect. Eating one sweet is equivalent to smoking one cannabis joint.

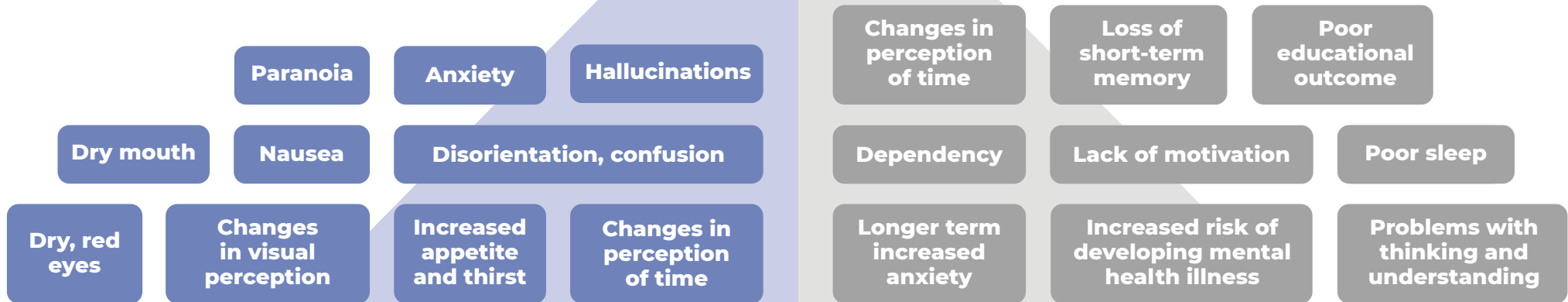


Short term effects

Comparison point	Cannabis edibles	Cannabis joint
THC Strength	10-15mg per sweet	12mg
Time of impact	30-60 minutes	10-15 seconds
Length of impact	Up to three hours	1-2 hours



Long term effects



# My child has taken cannabis edibles. WHAT DO I DO?

Stay calm and try not to panic.  
Assess the situation and gather the facts.

## What information would be good to know?

It may not always be possible but there are pieces of information which would be beneficial to know if medical professionals are required. This information includes:

- 1 Details of the child (age, name, medical history etc.)
- 2 What actually happened? Did the child digest cannabis edibles or is it believed to have happened?
- 3 What type of edible were they?
- 4 Retain any packaging
- 5 When were the edibles consumed?
- 6 Has your child consumed any other substances/alcohol?

## Is the child conscious and responsive but not themselves?

If the child is conscious and responsive but not themselves as a result of cannabis edibles, gather the facts and **telephone 111 for advice and additional information.**

## Is the child coherent, conscious and responsive?

If the child is stable, speak to your child at an appropriate time.



**If the family pet accidentally eats cannabis edibles seek veterinary treatment.**



Is speech slurred?

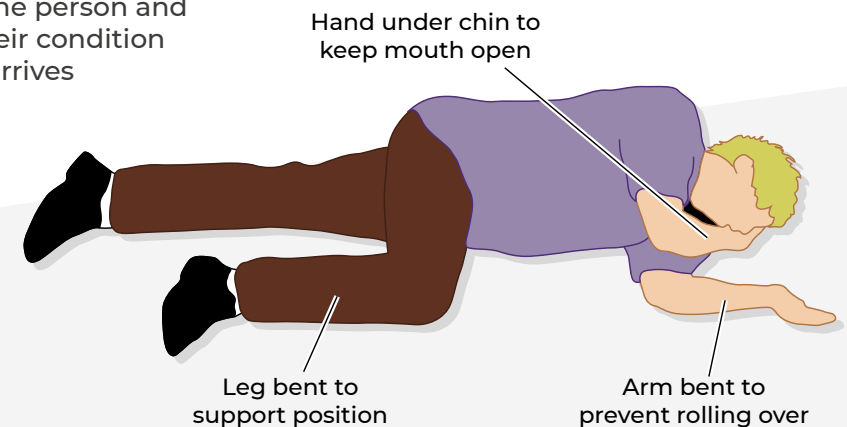
Is the pulse rate elevated?

Are they disorientated, unresponsive or unconscious?

**Call 999 without delay.**

**If a person is unconscious but breathing and has no other life-threatening conditions, they should be placed in the recovery position following the 9 steps below:**

- 1 With the person lying on their back, kneel on the floor at their side.
- 2 Extend the arm nearest you at a right angle to their body with their palm facing up.
- 3 Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place.
- 4 Use your free hand to bend the person's knee farthest from you to a right angle.
- 5 Carefully roll the person onto their side by pulling on the bent knee.
- 6 Ensure the bent arm is supporting the head.
- 7 Open their airway by gently tilting their head back and lifting their chin.
- 8 Check that nothing is blocking their airway.
- 9 Stay with the person and monitor their condition until help arrives



## For further information or support regarding drugs and alcohol, please contact your local service:

*North Lincolnshire*

### **DELTA Young People's Drug and Alcohol Service**

☎ 01724 298 528

*North East Lincolnshire*

### **We Are With You**

☎ 01472 806 890

✉ [northeastlincsadmin@wearewithyou.org.uk](mailto:northeastlincsadmin@wearewithyou.org.uk)

*Hull*

### **ReFresh**

☎ 01482 331 059

✉ [refresh@hullcc.gov.uk](mailto:refresh@hullcc.gov.uk)

🖱 [www.refreshhull.org.uk](http://www.refreshhull.org.uk)

*East Riding of Yorkshire*

### **Young People's Drug and Alcohol Service**

☎ 01482 336 675

✉ [info@ads-uk.org](mailto:info@ads-uk.org)

If you think that someone is supplying cannabis edibles in your local area please contact **Humberside Police on 101** or visit [www.humberside.police.uk](http://www.humberside.police.uk)

If you prefer to remain anonymous contact **CrimeStoppers** on **0800 555 111**



**Serving our communities to make them safer and stronger**





# WINTER WATER SAFETY

In winter, children and pets are particularly at risk when tempted to play on the ice formed on open water, and adults can find themselves at risk in attempting to save them.

Here are some useful tips to keep safe this winter:

## Stop and Think

**Keep back** from slippery banks and wear footwear with a good grip.

**Stick to well-lit areas** - the reduction in daylight in the winter adds to risks around water. Plan your walks in daylight or along well-lit paths.

Ice can be extremely vulnerable even during periods of prolonged cold.  
**Never go onto the ice.**

## Stay Together

**Keep children within reach** and teach children not to go onto ice.

**Keep dogs on a lead** near ice and slippery banks.

If out enjoying a winter walk, **walk with friends.**

## In an Emergency

**Call 999** – do not enter cold water or ice to rescue.

**Try and reach them from the bank** using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.

Make sure the **whole family knows basic water safety** and what to do if they find themselves in the water unexpectedly. You can access **FREE RLSS UK resources** to help.

## What To Do If You Fall Through The Ice

1. **Keep calm** and shout for 'help'.
2. Spread your arms across the surface of the ice in front of you.
3. If the ice is strong enough, kick your legs to slide onto the ice.
4. Lie flat and pull yourself towards the bank.
5. If the ice breaks, work your way to the bank-breaking the ice in front of you.
6. If you cannot climb out, wait for help and keep as still as possible. **Preserve heat** by pressing your arms by your side and keep your legs together. Keep your head clear of the water.
7. Once you are safe, go to hospital **immediately** for a check up.

Information supplied by **Royal Life Saving Society UK.**

# Coping With Stress at School

As well as being fun and enjoyable, school can at times be stressful. You may feel stressed about starting school, exams, coursework deadlines, working alongside your peers, or thinking about the future.

Stress is a natural feeling, designed to help you cope in challenging situations. In small amounts it can be good, because it pushes you to work hard and do your best, such as during exams.

But if you're feeling very stressed or feel you cannot manage stress, this can have a negative impact on your wellbeing, which in turn, can also affect your academic performance.

## Signs You Might Be Overstressed

There are lots of possible signs of stress.

Stress can make you feel:

- Irritable
- Anxious
- Like you cannot enjoy yourself
- Worried a lot of the time

You may start to:

- Have a change in your sleep patterns
- Find it hard to concentrate
- Bite your nails, pick your skin or grind your teeth
- Snap at people
- Feel short of breath or breathe very fast

## Things That Can Help With Stress

Short periods of stress are normal and can often be resolved by something as simple as completing a task which cuts down your workload, or by talking to others and taking time to relax.

It might also help to:

- Work out what it is that's making you feel stressed. For example, is it exams, friendship or a certain topic you're learning about? See if you can talk to someone or change your circumstances to ease the pressure you're under.
- Try to have a healthy lifestyle. Eat well, get enough sleep, be physically active, and take time to relax as well as studying.
- Read about the 5 steps to mental wellbeing.
- Try not to worry about the future or compare yourself with others.
- Try relaxation and breathing exercises.
- Try to plan your time to help you keep track of your homework. Break it down into manageable chunks so you can keep up with deadlines.
- Try talking to a friend, teacher or someone in your family about your stress.
- Read about tips on preparing for exams