



Cheshire  
Constabulary

Here are a few tips we'd like to share with  
you to help keep you safe over summer.

Only go swimming at properly supervised sites and never go on your own.



Remember or have in your phone a number of a trusted adult



Always wear a Bike helmet

Tel: 101 non emergency  
999 emergency



Follow the 5 S's of Sun Safety  
Sunglasses  
Suncream  
Shoulders  
Sunhat  
Shade



Don't be afraid to say "NO" to a stranger



SSYP  
SAFER SCHOOLS  
STOPPING PEOPLE  
MAKING THE RIGHT CHOICE