

SUMMER HOLIDAY HELP FROM KENT AND MEDWAY VIOLENCE REDUCTION UNIT



The summer holidays are here. While it's a great opportunity for your child to recharge and have fun, we know it can also bring extra worries for parents - especially when it comes to keeping them safe and active.

This guide offers free activities, practical safety advice, and clear signposting to support when you need it.

We partner with Sports Connect to run free sports sessions for all ages and levels. There are a range of activities taking place this summer.

SportsConnectUK run a number of sessions each week, providing young people with:

- Skills development
- Positive role models
- Confidence building
- A safe space to belong

The sessions are a great opportunity in learning about building resilience, teamwork and positive relationships with trusted adults.

Visit the [Sports Connect website](#) to find activities near you this summer.

Be an active bystander

The summer holidays are a good time to remind your young person about safely speaking out against bullying, knife crime and toxic behaviour.

Our "Clock it, Check it, Change it" campaign can help you navigate these conversations and break them down:

- Clocked something that doesn't look right?
- Checked if it's safe to act?
- Now change it!

The approach works across many situations, not just the three themes we highlight. An active bystander is simply someone who spots poor behaviour and takes action to prevent harm.

[Find out more on our website.](#)

Spotting the signs of exploitation

A new jacket? A new bike? If your child is receiving gifts and you're not sure where they are coming from, this could be a sign of exploitation.

Other behaviours that could indicate exploitation include becoming more secretive, frequently missing school or being late, or receiving excessive texts and calls from unknown people or numbers.

If something feels wrong, [visit the Eyes Open website](#) for guidance on what to do next.



Useful websites

Young Minds: Mental health support, resources and advice for young people and parents

NSPCC: Expert advice on safeguarding and keeping children safe

Fearless: Enables children to report information about crime anonymously

Contact the Kent and Medway Violence Reduction Unit

[Visit our website for tools to help parents.](#)

Get in touch with our expert team for confidential support: vru.programme.delivery@kent.police.uk

Our team can provide advice and guidance all year round.

