

The Recovery Position is for when someone is unconscious or passed out but is not hurt and is breathing normally. Reading this could help you save someone's life.

Step 1. Check if they are hurt. If you think they may have hurt their back DO NOT attempt to move them. Instead call 999 and request an ambulance

Step 3. Gently roll them onto their side.

Step 5. Tilt head back and tuck hand under their chin to keep the mouth open and allow them to breathe.



Step 6. Make sure someone is keeping an eye on them at all times while you wait for the ambulance

Step 2. Bend arm to stop them from rolling over onto their face.

Step 4. Bend leg to support their position and stop them rolling over

Useful Numbers-

Emergency Calls: 999

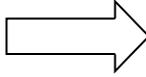
Non-Emergency Calls: 101

Turning Point: 01473 252 607

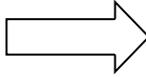
DrinkLine: 0300 123 1110

Talk To Frank: 0300 123 6600

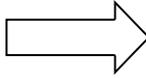
S=Safe



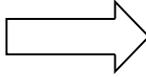
M=Meeting



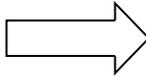
A=Accepting



R=Reliable



T=Tell



- **Who** will see the information?
- **What** will strangers do with the information?
- **How** do you stop strangers getting details about you?
- **Why** shouldn't you meet with strangers you met online?
- **What** might happen if meet a stranger you met online?
- **Who** should you tell and what should you do?
- **Who** sent it?
- **Will** it be safe to open it?
- **What** can I do to protect myself from strangers online?
- **Whether** you can believe the stranger is who they say they are
- **What** can I do to check they are who they say they are?
- **What** can I do when people I'm chatting to online make me feel uncomfortable?
- **Who** can I tell?
- **What** can I do to stop it happening again?

Kids Rules for Online Safety

1. I will not give out personal information such as my address, telephone number, parents' work address/ telephone number, or the name and location of my school without my parents' permission.
2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
4. I will never send a person my picture or anything else without first checking with my parents.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the service provider.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
8. I will be a good online citizen and not do anything that hurts other people or is against the law.