



Parent Safeguarding Newsletter

July 2025

Royal Life Saving Society

Using the Water Safety Code as a basis, this free guide offers 10 essential tips to help keep children safe when swimming or playing near water, whilst promoting responsible and informed behaviour.

Whether it's sunny days at the beach or fun in the paddling pool, children are naturally drawn to water. But with excitement comes risk. This guide brings together 10 clear, practical tips to help parents and educators protect children around water –whether that's at home, on school trips or on holiday.

Backed by the Royal Life Saving Society UK, the advice includes knowing what beach flags mean, avoiding inflatables in open water, and learning to 'float and call' in an emergency. With a focus on prevention and supervision, this guide is a must-read for summer safety and beyond.



For over 130 years, the Royal Life Saving Society UK (RLSS UK) has been sharing its expertise in water safety, lifesaving, and lifeguarding to educate everyone on enjoying water safely.

RLSS UK believes that no child should drown. On average, 346 people accidentally lose their lives to drowning each year in the UK and Ireland and the RLSS UK aims to prevent drowning through high-quality water safety education.

Also this month there is information about generative AI Safety and what parents need to know about the use of emojis.

'Following Christ we reach our goals'

10 Top Tips for Parents and Educators

STAYING SAFE AROUND WATER

Enjoying time in, on, and around water plays a vital role in a young person's overall development, offering a healthy and exhilarating way to have fun. This guide outlines essential safety advice, based on the Royal Life Saving Society UK's Water Safety Code, to help ensure children can enjoy swimming and similar activities safely and responsibly.

1 STICK TO LIFEGUARDED AREAS

It's never advisable to enter unsupervised bodies of water, especially alone. Instead, it's considered best practice to accompany children to places with lifeguards, as they will be trained to respond swiftly in emergencies and provide first aid when needed.



2 LEARN SIGNS AND FLAGS

When going to a new environment, it's important to research the local area and make children aware of safety signage before entering the water. If visiting the seaside, make sure children are always supervised by an adult and that they know what different beach flags mean, so they're knowledgeable of where and when they can enter the sea.



3 STOP AND THINK

Young people should be cautious before entering water, as it's difficult to know what hazards could be underneath. Use the Water Safety Code and encourage children to ask themselves questions such as, "Is the water too deep or too shallow? Are there currents, tides, or underwater objects?" Make sure children know never to enter water from a height, as what lurks below could cause serious injuries.



4 CONSIDER WATER TEMPERATURE

Even on hot days, water can be deceptively cold. Tragedies strike when young people experience cold water shock. Never let children enter water quickly; instead, ensure that they enter slowly and carefully to allow their bodies to adjust to the temperature or exit easily if needed.



5 INFLATABLE SAFETY

Although inflatables may seem like a fun idea when visiting locations like the beach, they can float further out from shore and into more dangerous water. It's advisable only to use inflatables in spaces like appropriately managed swimming pools, where they're used in more controlled and supervised environments.



6 SUPERVISION IS KEY



For young children, and particularly those under the age of five, it's important for them to be supervised at home, outside and at the pool at all times. It's essential for parents and educators to understand that young children can drown quickly and silently; therefore, anyone supervising them must maintain constant watch in case they get into difficulty.

7 DON'T GO TOO FAR



When swimming, especially in open water, it's best to teach children to stay within a safe depth. Share advice with them such as only entering water up to a standing depth, and in the case of visiting the beach, swim parallel to shorelines. This will allow a child to stay in control and get out of the water easily.

8 KEEP POOLS AND TUBS DRAINED



For parents of young children, a simple way to protect them at home is to keep outdoor spaces and bathrooms tidy after playtime. This includes removing water from paddling pools after use and turning them over, returning lids to hot tubs and taking toys out of baths, so all water can be fully drained from the tub.

9 FLOAT AND CALL 999



If a child gets into difficulty in the water, they should try to float on their back, stay calm, and call for help. If a young person sees someone else in trouble, they should dial 999 or 112 immediately, then shout to reassure their friend, encouraging them to float on their back, and letting them know that help is on the way. Children should never enter the water to attempt a rescue or retrieve belongings.

10 TEACH WATER SAFETY



Beyond swimming lessons, children should be educated in school on water safety. Use RLSS UK's accredited programme, 'Water Smart Schools', which offers free lesson plans and resources on how to be safe on, near and around water by following the Water Safety Code.

Meet Our Expert

The Royal Life Saving Society UK (RLSS UK) is a national water safety charity that gives children the chance to enjoy a lifetime of fun in the water, safely. Water safety education provided in schools is vital and, in some instances, could be a child's only opportunity to learn about the water.



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What Parents & Educators Need to Know about GENERATIVE AI SAFETY

Generative AI tools – such as ChatGPT – are now commonly used by children. In fact, 3 in 4 pupils in the 2024 Annual Literacy Survey reported using generative AI, up from just 2 in 5 the previous year. While these tools can boost learning and creativity, they also raise concerns around misinformation, privacy and overuse. This guide explores the key risks and how to support safe use.

WHAT ARE THE RISKS?

MISINFORMATION AND ACCURACY



Generative AI can sometimes produce false or misleading content. Children – and even adults – may assume the information is accurate and trustworthy. This can affect learning and understanding of important topics. It's vital to teach children to critically assess all information, even when it comes from AI.

EXPOSURE TO INAPPROPRIATE CONTENT

Because generative AI is trained on vast datasets from across the internet, there is a chance it may occasionally generate harmful or inappropriate content. Without supervision, children could encounter disturbing or unsuitable material. Active monitoring and clear usage boundaries can help reduce this risk.

PRIVACY AND DATA SECURITY

Some AI tools ask for personal details or store users' interactions. If privacy settings are not correctly configured, children's personal data could be exposed or misused. Teaching good digital hygiene and setting strong privacy controls is essential for protecting children online.

REDUCED CRITICAL THINKING



Relying too heavily on AI-generated responses may reduce children's willingness to think independently. If they consistently use AI to solve problems or complete tasks, it could impact their ability to reason, analyse and form their own ideas. Encouraging thoughtful reflection is key.

DIGITAL DEPENDENCY



Regular use of generative AI can contribute to increased screen time and less real-world interaction. If left unmanaged, it may affect physical activity levels, sleep, and social development. Striking a healthy balance between online and offline activities is important for wellbeing.

UNCLEAR ETHICAL BOUNDARIES



Children may not fully understand the ethical implications of using AI to complete homework or creative tasks. This can lead to unintentional plagiarism or dishonest academic practices. Conversations around responsible use and academic honesty are crucial.

IDEAS

Advice for Parents & Educators

ESTABLISH CLEAR GUIDELINES

Set clear, age-appropriate rules for when and how generative AI can be used. Reinforce these regularly to help children develop a healthy, respectful and informed relationship with the technology.



ENCOURAGE CRITICAL EVALUATION

Help children to question the accuracy of AI-generated information and seek out additional trusted sources. This builds essential digital literacy skills and supports better decision-making.



PROMOTE ACTIVE SUPERVISION

Keep an eye on how the children in your care use AI tools. Check in regularly to ensure they're using them appropriately and be ready to step in if something doesn't feel right.



ENHANCE PRIVACY AWARENESS

Talk to children about the importance of keeping personal information private. Make sure privacy settings are in place and explain how data shared with AI tools could be used.



Meet Our Expert

Brendan O'Keefe, Deputy Headmaster and Director of Digital Strategy at Eaton House Schools, has extensive expertise in digital safety, safeguarding, and generative AI in education. As an author and speaker on digital literacy and online safety for institutions such as The National College, Brendan guides parents and educators in creating safe digital learning environments.



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What Parents & Educators Need to Know about EMOJIS

WHAT ARE THE RISKS?

Emojis are more than playful expressions — they form a fast-evolving digital language that many adults struggle to decode. For young people, this 'secret code' is central to how they communicate identity, humour and emotions. With over 5 billion emojis sent daily on Facebook Messenger alone, understanding these symbols is key to engaging meaningfully with digital youth.



GENERATIONAL MISCOMMUNICATION

An emoji like 🍑 (thumbs up emoji) might seem friendly to adults, but teens often interpret it as sarcastic or passive-aggressive. These differing interpretations can create confusion or unintended tension in cross-generational conversations.

SHIELDING BULLYING OR PEER PRESSURE

When embedded in emojis, mean-spirited jokes or exclusionary language can fly under the radar. Terms like 'mid' or 'delulu' may seem harmless, but they can be used to undermine peers in subtle ways.

RAPIDLY SHIFTING MEANINGS

Emoji meanings can change overnight. A person standing emoji (👤) once signified awkwardness but might now be repurposed for something entirely different. This ever-changing lexicon can leave adults in the dark and young people vulnerable to misunderstanding or misuse.

MASKING DISTRESS OR HARM

Some emojis are used to discreetly signal troubling behaviours. For instance, 🍂 (falling leaves emoji) or 💊 (pill emoji) might suggest drug use, while 🌵 (wilted flower emoji) could hint at emotional struggles. Such usage can obscure serious issues, making them harder for trusted adults to detect.

NORMALISING RISKY BEHAVIOURS

Emojis can make harmful actions seem light-hearted or fashionable. Strings like 🔥🍷 (fire + 'woozy' face + pill emojis) may appear humorous but can reference partying, intoxication or dangerous challenges, which might otherwise raise red flags.

Advice for Parents & Educators

LEARN THE LINGO

Stay updated with emoji trends and definitions using resources like emojiopedia.org or Urban Dictionary. Knowing current meanings builds confidence when engaging with young people and helps spot potential concerns early.

CREATE SAFE SPACES FOR DISCUSSION

Encourage casual chats about emojis, online slang, memes, or social media trends. Showing interest without judgement reassures young people that they can talk about their digital world openly and safely.

ASK, DON'T ASSUME

Approach unfamiliar emojis with curiosity rather than suspicion. A light-hearted "What does 🍷 (juice box emoji) mean these days?" can open conversation and show that you respect their knowledge.

PRIORITISE TRUST OVER SURVEILLANCE

While parental controls and monitoring tools can be useful, emotional safety matters most. Be someone children and young people feel they can come to — not just someone who's watching them.

EMOJI CHEAT SHEET - The following slang terms and emojis are some common examples - please be aware this isn't an exhaustive list.

COMMON EMOJIS:

🤡 (Clown face) Foolishness or clowning around	🥺 (Pleading face) Over-affectionate or 'simping'
😎 (Cool face) Cool, stylish or ruthless	👁️ (Eyes) Watching drama unfold
😘 (Hot face) Intense attraction or excitement	🐐 (Goat) Greatest of all time (G.O.A.T.)
😐 (Moai) Stone-faced, unbothered	💅 (Nails) Confidence, sassiness, or indifference
👑 (Crown) 'Slaying', as in doing great	🚩 (Triangular flag) Red flag: a warning sign about someone's behaviour

POTENTIALLY CONCERNING EMOJIS

🍌 (Ear of corn) Slang for pornography (avoids censorship algorithms)	🌵 (Wilted flower) Often used to convey emotional struggle or sadness
❄️ (Snowflake, snowman, snow cloud) Can symbolise cocaine	🐍 (Snake) Can represent betrayal or being 'two-faced'
🔑 (Key, lying face) Related to cocaine use	🔫 (Water pistol) Sometimes used to reference violence or self-harm
🍃 (Falling leaves, herb, maple leaf) Can symbolise cannabis	⚠️ (Warning) Used to emphasise drama, threats or emotional turmoil
💊 (Pill) May reference drug use or prescription misuse	🍜 (Steaming bowl) Refers to nudes ('noods' is an abbreviation of noodles)

Meet Our Expert

Keith Broni is a globally renowned emoji expert and the Editor in Chief of emojiopedia.org, the world's number one emoji resource. He has an MSc in Business Psychology from University College London and an MBA from Quantec School of Business and Technology.



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