


# A guide to staying safe when playing outdoors

## Top tips for children when playing near your home

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- You should always make sure your parents/guardians know where you'll be.
  - It's best to play with friends rather than playing alone.
  - Use play areas in your neighbourhood if your parents/guardians are happy for you to go there.
  - Stay safe and don't play on the road as it's very dangerous. You should also avoid playing near parked cars.
  - Be careful not to damage trees or plants. If anything is damaged or anyone complains - let your parents/guardians know.
  - If you have any litter make sure you put it in a bin or take it home with you.
  - Try not to be noisy or play in one place for a long time.
  - If you're playing with a ball, use a soft or foam football. They are safer to use and will cause less damage.
  - If you're playing with a ball and it goes in a neighbour's garden – knock and ask before going to get it. Don't climb over walls, hedges and fences. Play somewhere else if it keeps happening.
  - Don't play against walls or fences.
  - If you're out on your bike or scooter be sensible and use them safely. Make sure you don't leave them or any toys in the street area. Keep them in your home or garden.
  - Be a good neighbour – think of others!

## Some tips for adults:

- Try to be understanding and remember we were all young once.
- We need to support children being active and exercising as it's important for their health and wellbeing.
- Some children can't always play at home so it's good for them to be able to play outdoors as well.
- Playing outdoors helps children to develop and become aware of boundaries.

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## If there is a problem:

- Talk to the children and explain the problem, see if you can suggest a positive alternative.
- Avoid confrontation and arguments.
- Speak to parents/guardians – especially before reporting a problem.
- Don't invite children into your home.

## Parents/Guardians:

- You are responsible for your children's behaviour.
- Their play needs are important, but can disturb other residents.
- Ask your children to respect the community, people and property.
- Discussion and compromise is the best way to resolve disputes.

**We want children and young people to be able to enjoy being active and won't take action against innocent playing.**