

It may seem that lots of people carry, but the truth is that 99% of under 29s don't carry a knife so it's not normal to take a blade with you when you leave the house.

Rather than protecting you, a knife can actually put you in **more danger** as it can be used against you. You also risk a criminal record as carrying a knife is a crime, whether there's intention to use it or not.

It's safest to **Ditch the Blade**.



If you need support to go knife free, take a look at the advice from Staffordshire Police below, you're not on your own.

## Are you feeling pressured to carry a knife?

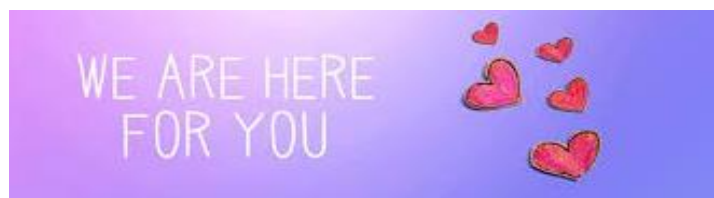
Here are some tips to help you #DitchtheBlade and to live #knifefree

- Your mates should **never** pressure you into doing something you don't want to. Consider whether those you surround yourself with are having a positive impact on your life.
- Some friends may pressure you to carry. Try and think of a way to **say no** before you're put on the spot, so you're ready – **it could save your life**.
- Try and stay away from situations that you know are likely to result in conflict or violence.
- Find positive things to do which will help you avoid dangerous situations. This will also help you meet others living knife free.



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**Consequences** can include:

- Being arrested - police can stop and search someone if they believe a weapon is being carried
- Prosecution – makes no difference if you say it was for your own protection or you were carrying it for someone else
- Prison - sentences of up to four years are given for possession of a knife OR if you stab someone and they die then a life sentence means 25 years inside
- A criminal record – this can stop you getting in to college, university, getting a job or travelling to countries like the USA or Australia
- Death - you could get seriously injured or even killed

### **Are you worried about someone you care about being involved with knives**

- If you are worried about a friend, being pressured into carrying a knife or are in a situation that you feel uncomfortable with you can get advice from independent agencies. When you contact them you can stay anonymous, which means you don't have to give your name or any information that will identify you. They can give you confidential help and advice:
- **Childline 0800 1111** Counsellors are there for young people 24/7. They can help and support with any issue they're going through, no matter how big or small. For more information visit the [Childline website](#).
- **Victim Support 0808 1689 111** There for anyone who has been affected by crime, whether it was reported or not, and no matter how long ago it happened. Victim Support will provide free, confidential support so you can move forward with your life. The [Victim Support website](#) also includes a live chat function.
- **Fearless** Fearless is an independent charity that allows people to pass on information about crime 100% anonymously. They provide a route for passing details of crime securely and safely via the [Fearless website](#).

### **For parents and teachers**

When someone becomes involved with knife crime or drugs they often change their behaviour. As a parent or carer, it is important to know what to look for. Common warning signals may indicate a young person is involved in something untoward, such as if they:

- become withdrawn from family and school
- change their behaviour and/or are skipping school
- have lost interest in hobbies and old friends, and now hang around with a new group, staying out late
- they're vague about where they're going or where they've been
- become secretive and defensive easily, particularly about what's in their bag and might even have told you that they need to carry a knife for protection
- take kitchen knives from home, hiding them in their bag or coat.
- If you are worried you can contact Staffordshire County Council's First Response on 0800 1313 126, or out of hours 0345 6042 886

You can pass on information to Crimestoppers anonymously by calling 0800 555 111 or online. By reporting a crime or giving information, you can prevent future crimes from happening and potentially **save someone's life**.

## Key dates for open days

South Staffordshire College at Cannock, **Tamworth** Lichfield and Rodbaston Campuses from 10.00 am

- Saturday 17<sup>th</sup> May 2025
- Saturday 21<sup>st</sup> June 2025

**WHAT  
NEXT?**



Students enjoy WEX placements – if you'd like your child to take part, please contact the school for further information.



Students enjoy food lessons – building key skills they can take home and also enjoying sharing, cooperating and spending time with others.



Try at least one of these this week:

- Do something to contribute to your local community.
- Find a way to help a project or local charity you care about.
- Reflect on what makes you feel valued.





## Meaningful May 2025

### MONDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

### TUESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

### WEDNESDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

### THURSDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

### FRIDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

### SATURDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

### SUNDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

WE ARE HERE  
FOR YOU



# Mr. Hall's Health & Fitness



MAINTAIN A  
HEALTHY LIFE STYLE



CONTACT WITH  
FRIEND



RELAX WITH  
FAVORITE MUSIC



DON'T USE SMOKING  
AND ALCOHOL

**TIPS FOR  
ANXIETY**



FOCUS ON  
POSITIVE ACTIVITIES



CREATE A  
TO-DO LIST