

Sutton Safety Newsletter for young people

Autumn 2025

In partnership with Sutton Police, Sutton Council Safety team, Sutton Local Authority - Cognus and Sutton Young Commissioners (Volunteer Centre Sutton).



Volunteer Centre
Sutton

- Young people are now working with the Sutton Council Community Safety Team as well as the Met Police to bring young people safety news that affects them.



Vaping is a huge problem in those under 18, and vapes can easily be spiked.

Find out more on the Met Police website:
<https://www.met.police.uk/advice/advice-and-information/spiking-advice/spiking/>

Spiking awareness week is the **16th to 22nd of September!** Although young people cannot legally drink alcohol or vape, any food or drink can be spiked.



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The local youth voice in action





HATE CRIME AWARENESS



Hate crime comes in many different forms and strikes at the heart of communities. A **hate incident** is any incident which the victim, or anyone else, thinks is based on someone's prejudice towards them because of their race, religion, sexual orientation, disability or because they are transgender.

Hate content may include:

- messages calling for violence against a specific person or group
- web pages that show pictures, videos or descriptions of violence against anyone due to their perceived differences
- chat forums where people ask other people to commit hate crimes against a specific person or group



For more information visit
<https://www.met.police.uk/hatecrime>

Hate Crime Awareness week is coming up from **11th - 18th October!** It is important to be aware of the different characteristics that is subject to hate crime to prevent it.



Online Safety

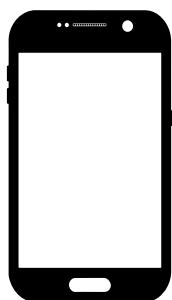


What to do to keep yourself safe online and what to do if you are a victim of online crime

In the **Met** website, there are some helpful guidance and services to help those who have been a victim of online crime, reporting it, or just keeping yourself aware.



For more information, scan the QR code OR go to this link:
<https://www.met.police.uk/advice/advice-and-information/online-safety/online-safety/>



Keeping children safe online

The **NSPCC** website has many tools, especially for adults and parents, to keep the children around you safe. From understanding apps to setting parental controls, online safety is especially important in the digital age and to have discussions about it with children and young people.



For more information, scan the QR code OR go to this link:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



Update from Josh and Michelle from the Council Community Safety Team

Safer Sutton: Projects for Younger People and Our Community

Life Saving Equipment in Sutton

We're teaming up with the Paul Alan Project to install:

- 3 new public defibrillators (life-saving heart restart machines!) in busy community spots.
- Bleed control kits in schools, council buildings, and community spaces.

First Aid Training with StreetDoctors

Over 1,000 young people in Sutton will get the chance to train with StreetDoctors, a national charity teaching:

- How to deal with bleeding & unconsciousness.
- Confidence-building skills.

Community Guardians & Safe Spaces

- Training in first aid, safeguarding, and supporting women & girls.
- Partnerships with groups like Sutton Women's Centre, The Paul Alan Project and local police teams.
- Community-led safety champions who can step up and look out for others.

Safety Training in Virtual Reality

Schools and youth clubs will now have access to VR safety sessions. Delivered by teams within the Quad, using immersive headsets, you'll explore real-life scenarios—like what to do in risky situations—and learn how different choices can shape outcomes.

Youth Support in Hospitals

A new hospital-based youth work programme (YouthLink) is being developed. They'll provide:

- One-to-one safety planning.
- Quick interventions.
- Links to wider support.

WHY THIS MATTERS

Even though Sutton is one of the safest boroughs in London, many young people—and especially women—still feel unsafe, particularly at night.

That's why these projects focus not just on the stats, but on how safe people actually feel.

For more information and to access past newsletters on safety created by the Young Commissioners in collaboration with the MET Police and Sutton Council Safety Team, please go to this link:
<https://vcsutton.org.uk/young-commissioners/safety/>