

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



Volunteer Centre
Sutton



Summer holidays are nearly here!

Historically crime figures around drug use and anti-social behaviour rise in the summer months.

Here are some key **drug crime prevention tips for youth.**

1

Understand The Risks.

- Drugs can damage your health, relationships, and future.
- Involvement with drugs (even just possession) can lead to criminal records, limiting job and education opportunities.

2

Choose Your Friends Wisely

- Surround yourself with people who support positive choices.
- Peer pressure is powerful—having friends who respect your boundaries makes it easier to say no.

3

Know How to Say 'No'

- Practice ways to say no confidently. For example:
 - "No thanks, I'm not into that."
 - "I've got better things to do with my time."



4

Get Involved in Positive Activities

- Sports, music, volunteering, or clubs can help keep you busy and connected to healthy social groups.



Summer holidays are nearly here!

Historically crime figures around drug use and anti-social behaviour rise in the summer months. Here are some key **drug crime prevention tips for youth.**

5 ***Talk to a Trusted Adult***

- If you're feeling pressured or have questions, talk to a parent or teacher.

6 ***Stay Informed***

- Learn about the dangers of drug use and trafficking.
- Know the law—some substances are illegal to possess, and ignorance isn't a defence.

7 ***Use Social Media Wisely***

- Don't post or share content that glamorizes drug use.
- Law enforcement monitors social media, and even a joke about drugs could lead to serious consequences.

8 ***Be Aware of Your Environment***

- Stay away from places or events where drug use is common.
- Trust your instincts—if something doesn't feel right, leave.



StreetSafe is a service that allows you to report safety concerns in public places without giving your name. You can report:

- Issues like poorly lit streets
- Abandoned buildings
- Vandalism
- Instances where you feel unsafe due to someone following or verbally abusing you



If you would like to report anything, or simply look at what StreetSafe does, visit the website or scan the below QR code.



met.police.uk/notices/street-safe/street-safe/

In Summer, **bikes** and **E-bikes** are more frequently used.

When leaving bikes **outside**:

- Leave it in a **safe** area covered by **CCTV**
- **Lock** it up
- **Register** your bike



(Scan for tips on keeping your bike safe or visit met.police.uk/notices/street-safe/street-safe)

To report anonymously you can contact fearless:



How to report to Police

- If you witness an incident report it to Police
- Dial **101** if it isn't urgent
- Always dial **999** in an emergency

For more information and to access past newsletters on safety created by the Young Commissioners in collaboration with the MET Police, please go to this link:

<https://vcsutton.org.uk/young-commissioners/safety/>



METROPOLITAN
POLICE



YOUNG
COMMISSIONERS
The local youth voice in action