

Welcome to our schools Policing Update, where you can read information regarding how we police to keep young people safe and useful information to keep young people out of trouble.

Nitros Oxide is now illegal



From Wednesday 8 November, it is illegal to possess nitrous oxide for the purpose of getting high and is now classified as a Class C drug under the Misuse of Drugs Act 1971.

This means that it is now a criminal offence to possess nitrous oxide without a legitimate reason, as opposed to just supply and intent to supply.

Under the legislation, repeat, serious users could face up to two years in prison while those convicted of supplying it could face up to 14 years.

Superintendent Naomi Edwards, Essex Police's lead on anti-social behaviour, said: "The use of Nitrous oxide - widely known as laughing gas - in public spaces is a nuisance to communities.

"Cannisters are often discarded in the street and close to schools and it is one of the main contributors to youth ASB.

"Including the significant impact this has on health, this also impacts on communities where the after effects of vomiting and nausea are left in open spaces where people want to feel safe."



Bike & Moped Safety

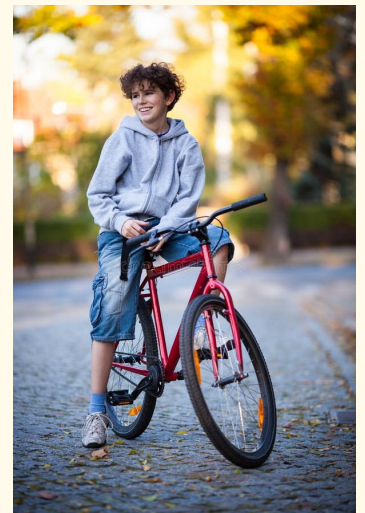
Across Colchester we have seen an increase in thefts of mopeds and also push bikes.

It is important to be vigilant when parking your bike and make sure it is always secured with a good quality lock, and locked to something secure. If you are out using your bike do not leave your bike laying around unsecured.

It is a good idea to take a photo of your bike, so if it is stolen, when you report it to the police, we know what the bike looks like. You can also register your frame number on the national bike register so if it is stolen and recovered, we can link it back to being your bike.

If you would like us to register your bike on the bike register we are offering free bike marking and registering on Sunday 26th November between 3pm—6pm Outside leisure world, Cowdrey avenue. Just bring your bike along and we can ensure it has a serial number and register it on the bike register website so if it is stolen its easier for us to return it to you if we find it.

If you know people out committing crime, stealing bikes or mopeds, you can report the information to Essex Police online at www.essex.police.uk or to remain anonymous you can use crimestoppers or www.fearless.org



Young People and Vaping

Vaping is not for children and young people, whose developing lungs and brains are more sensitive to its effects.

That's why there's a minimum age of sale for vaping products in the UK. It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.

Some of the side effects to vaping are:

- coughing
- dry mouth and throat
- shortness of breath
- mouth and throat irritation
- Headaches



We regularly run test purchasing operations in shops that sell age restricted items utilising our volunteer police cadets. If you have concerns or information regarding shops selling age restricted products to under 18s you can report them direct to trading standards.

Social Media

We have been made aware of young people posting various videos to TikTok, in some cases whereby they are being paid to lie and create a bit of a story and trouble with other children, or make up something they have done.

This is just a gentle reminder that anything that goes on social media can be seen by anyone, and once its on there, you lose control of the video and it can be taken and circulated anywhere, which can not only lead to you having issues now, but also these video's can re-appear later in life.

Similarly it is important to remember just because somethings been said on TikTok it does not mean it is true, nor is it an excuse to copy or imitate behaviour or language seen on TikTok in your life.

For more advice on how to keep safe on social media you can read information at www.NSPCC.org.uk/keeping-children-safe.

Free Football



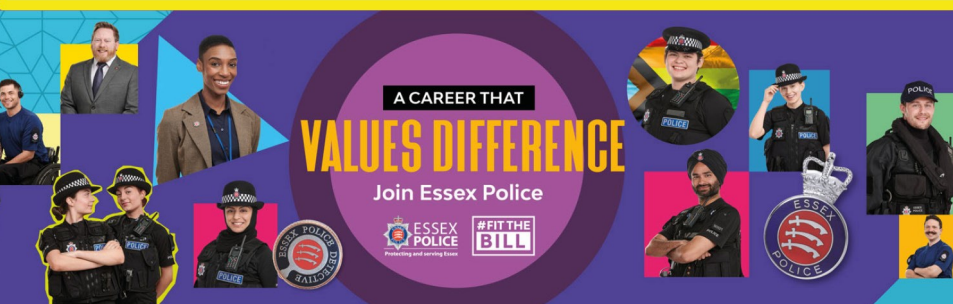
Colchester United run FREE football sessions in the community whereby you can attend with your friends and just play football under the PL Kicks scheme. We work with the PL Kicks scheme regularly and attend to give inputs and listen to the childrens concerns.

To find out more visit:

www.colchester-united-cf.classforkids.io/term/27



Digital 101 is available on the Essex Police website: essex.police.uk



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