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# Being Safe

What does this word mean to you?



Do you feel safe at home?

.....

Do you feel safe in your community?

.....

Do you feel safe at school?

.....





## **Being Safe**

**Discuss the different meanings of the word safe.**

**Explore their answers to the questions further.**

**Support further.**

# My Safe Hand

In the **FINGERS** below list 5 people (if you can) in your family who make you feel safe or who keeps you safe.

On the **PALM** of the hand list people outside of your family who you may not know but who can still keep you safe.





## **My Safe Hand**

**Discuss the word safe and  
what it means.**

**Give options of people who they  
don't know who can keep them safe.**

**Discuss the term safe stranger.**

# Safe

These are the things that make me feel unsafe or scared

.....

.....

.....

.....

These are the people who make me feel unsafe or scared

.....

.....

.....

.....

This is who I'm going to talk to, to help me feel safe and happy

.....

.....

.....

.....



## Safe

Support further on this  
if needed pending answers.

Give options for other people  
who can help for their list.



# Where I Feel Safe

This is where I feel most safe...

If you don't have a safe space could you try the following?

Bedroom

Garden Shed

Treehouse

Neighbour

Under the bed

GARAGE

Friend's House

If none of these work for you, can you think what may work?

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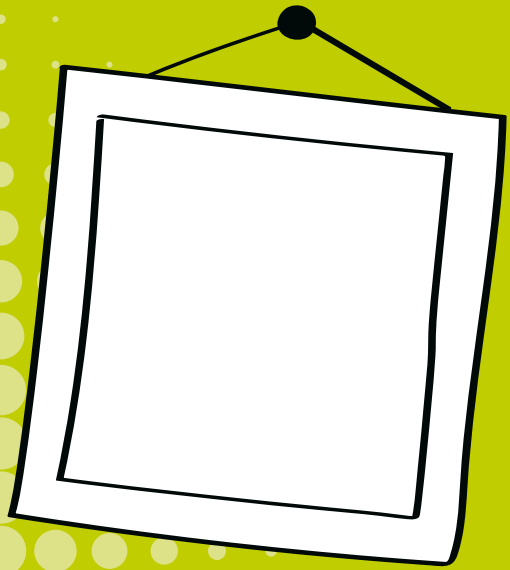
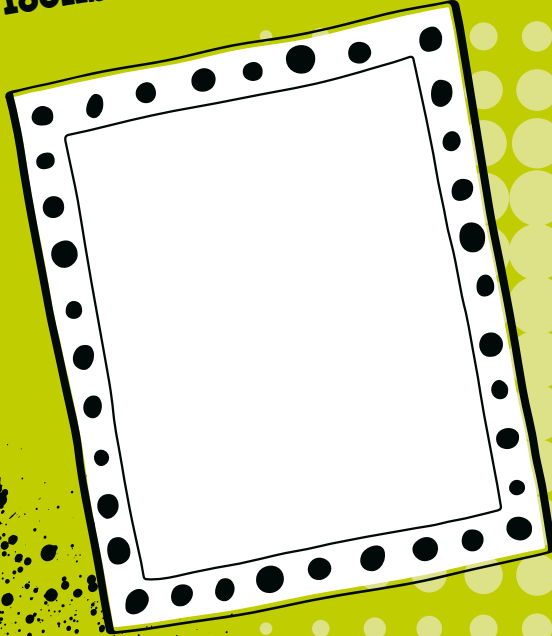
## Where I Feel Safe

Children can draw, write or talk about their safe place.

Why would you need to use a safe space in your home?

# Who Looks After Me?

**This is who  
looks after me**



**When they are out  
or not around, this is  
who looks after me**



**Sometimes when I'm on my own I feel...**



**Do you look after anyone when they are on their own?**

Blank space for writing an answer to the question: "Do you look after anyone when they are on their own?"

## Who Looks After Me?

If the child doesn't have anyone who looks after them, how do they manage on their own and how do they feel about this?

(This will need further action if there is cause for concern regarding age etc).

Do they like being on their own?

Does the person who looks after them make them feel safe?

# At Home

What could happen if you were left home alone?  
Can you write or draw the answers in this house?



If I am left alone and feel scared or unsafe,  
this is who I will contact if I am able to.





## **At Home**

**Age-appropriate activity.**

**Go through all possible scenarios  
with the child of what could happen.**

**Why is it important to always be with  
a trusted adult and not left alone?**

# Keeping Safe in the Community

Circle the things you should do to keep safe in the community

**LET A PARENT OR CARER KNOW WHERE I'M GOING**

**Come home when it's dark**

**Stay with other people**

**causing trouble for others**

**KEEP A PHONE ON ME IF I CAN**

**staying out late**

**GETTING INTO TROUBLE WITH FRIENDS**

**NOT COMING HOME**

**Being careful when crossing the road**

**Messing around by the side of the road or train tracks**

**COMING HOME WHEN I SAID I WOULD**

Can you think of other ways to keep safe in the community?



## **Keeping Safe in the Community**

**What is a community?**

**Go through all of the sentences if needed.**

**Can the child add more ways of  
keeping safe to the list?**

**Do they go out on their own?**

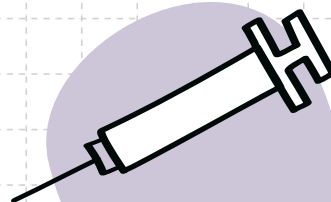
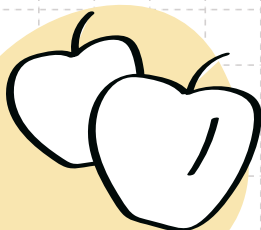
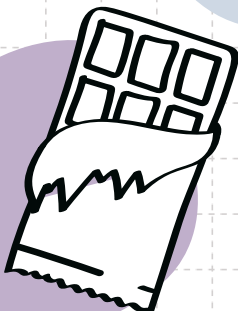
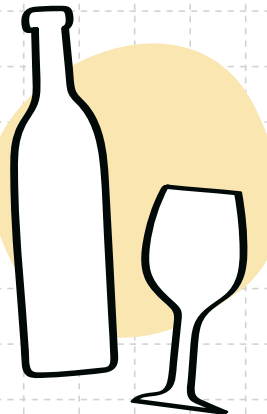
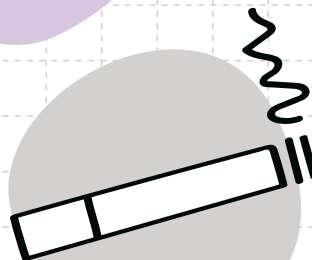
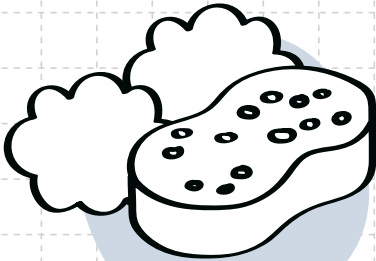
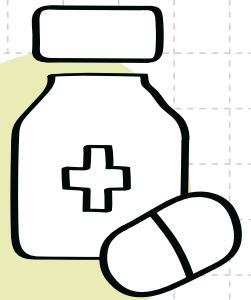
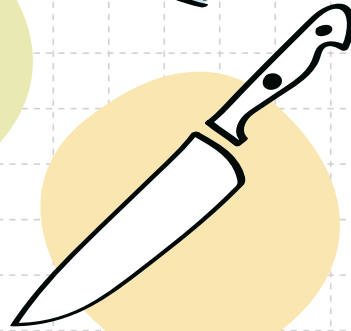
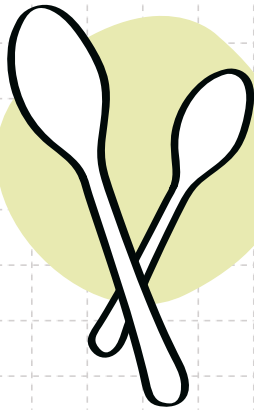
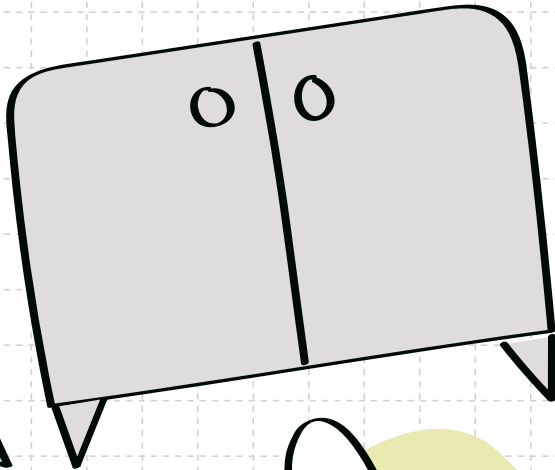
**Do they go out with friends?**

**How do they feel?**



# Keeping Safe at Home

**CIRCLE THE OBJECTS THAT SHOULD BE LOCKED OR STORED AWAY SAFELY IN THE CUPBOARD**





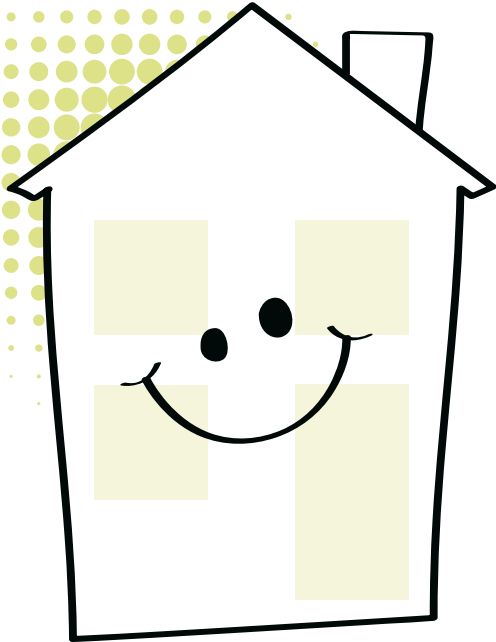
## Keeping Safe at Home

Do they keep these things  
safe in their home or not?

Why is it important to keep  
these things safe?

Who can help us keep safe  
at home?

# Happy and Sad Home



I am happy in my home when...

.....

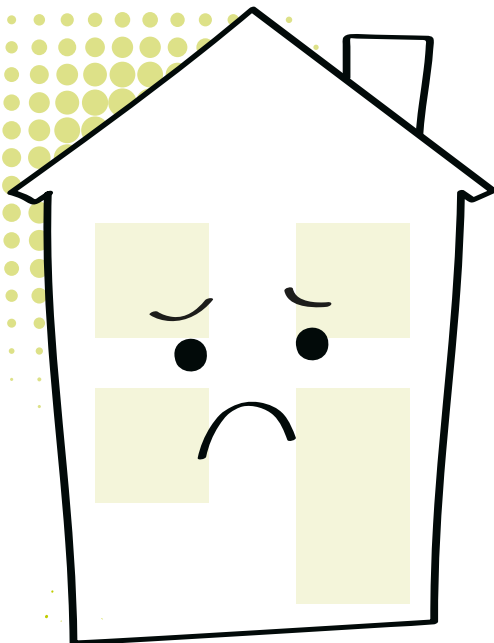
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I am sad or scared in my home when...

.....

.....

.....

.....

.....

.....

This activity continues on  
the 'What Can I Do' sheet



## Happy and Sad Home

Give examples of being happy in the home if needed (laughing with family, watching a movie etc).

Discuss the answers for sad home in more detail.

Support further on this.

# What Can I Do?



This is what I can do when I feel sad  
or scared in my home

.....

.....

.....

This is who I can call if I feel sad or scared

.....

.....

.....

These are the places close by that I can go to if I feel sad or scared

.....

.....

.....

This is where I could go if I feel sad or scared in my home  
(my safe space)

.....

.....

.....

## **What Can I Do?**

**Safety plan for children – things they can do, give examples, listening to music, reading a book etc.**

**Age-appropriate questions (may not have access to a phone for example) amend questions to suit.**

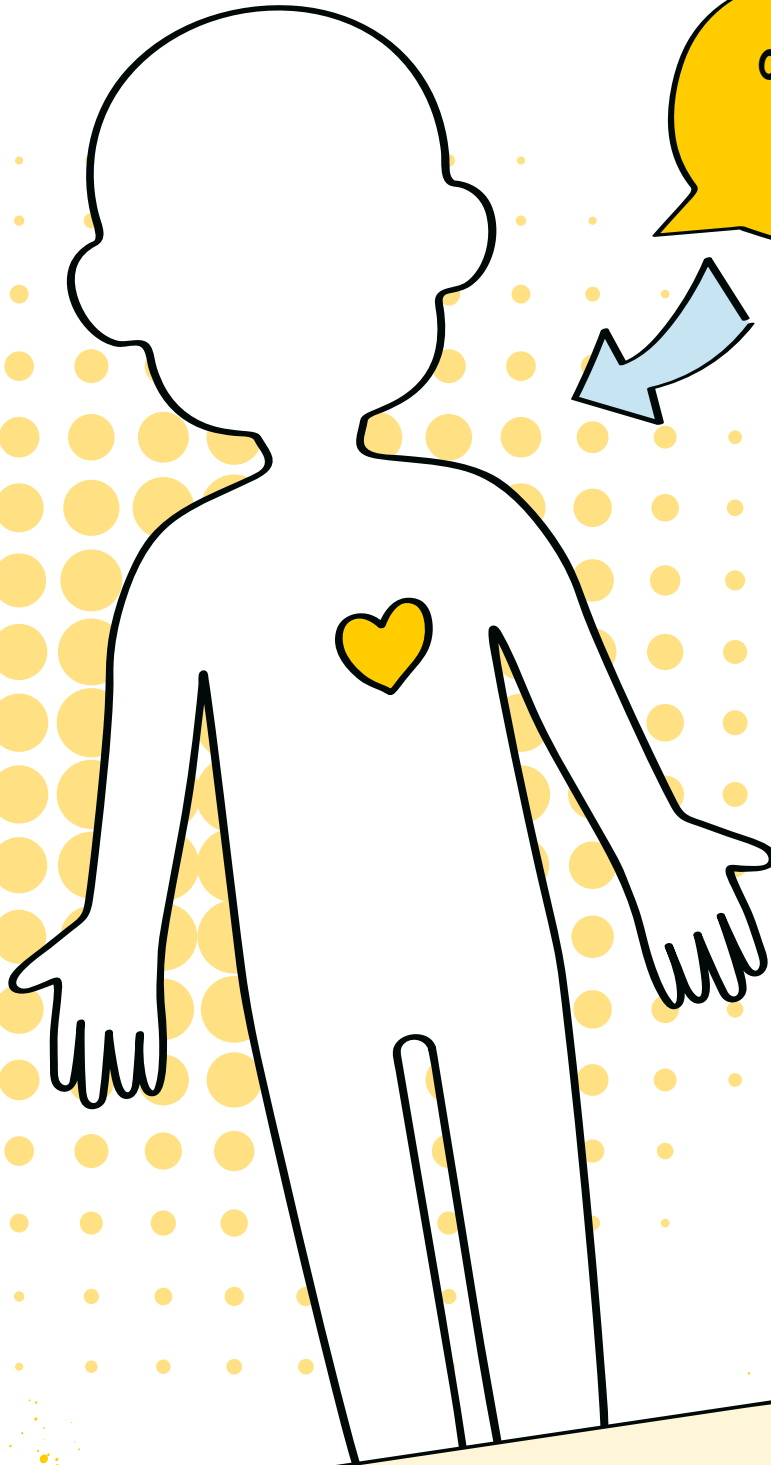
**Places close by – only if applicable and safe.**

**If they don't have a safe space, refer to 'Where I Feel Safe' activity.**

# My Body

SOMETIMES OUR BODIES GIVE US EARLY  
WARNING SIGNS THAT WE FEEL SCARED OR UNSAFE

CAN YOU DRAW OR  
LIST THESE ON  
THE BODY?



This activity continues on  
the next 'My Body' sheet



## My Body

At what point might our bodies warn us that we don't feel or are not safe?

Give appropriate examples, (if someone comes too close to us, if someone is shouting at us for example).

Give examples of things that can happen to our bodies if needed.



# My Body



This is what I can  
do to calm myself  
if I get an early  
warning sign



## **My Body**

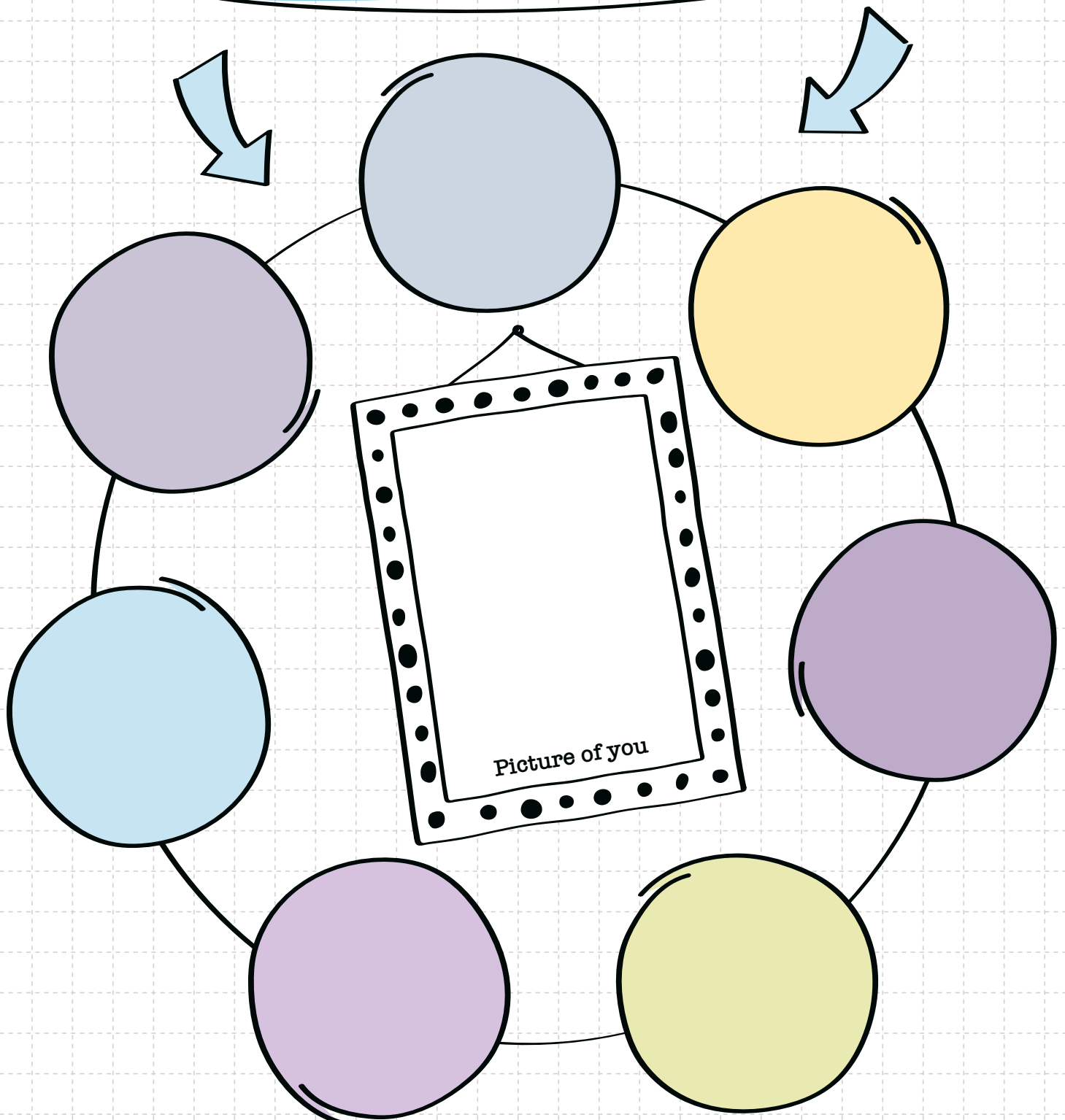
**Give examples if needed.**

**Children can draw, write  
or discuss these.**

**Children can help others by sharing  
these examples if someone they know  
experiences these warning signs.**

# The Trust Circle

Can you think of people or places that you can go to if you feel unsafe?



## **The Trust Circle**

**Children can draw or write.**

**Discuss the word unsafe and  
what that means.**

**Discuss people we know who  
can help us keep safe and people  
who we don't know.**

**Discuss the word safe stranger and  
what this means.**

**Give examples of people if needed.**

**If the child wants to add more  
people/places in the  
circle they can.**

# How to Keep Safe Online



How can we keep safe online? Can you make a list of ways that we can keep safe online?

.....

.....

.....

**MAKE SURE YOU KNOW  
WHO YOU ARE TALKING TO**

**If someone is  
bullying you  
online you must  
tell someone**

**KEY SAFETY  
POINTS**

**Never share  
personal  
information  
online**

**never share  
pictures of  
yourself online**

**make sure your  
privacy settings  
are on for any  
social media**

**If anything makes you feel  
uncomfortable online then tell  
an adult that you trust**

Can you think of any other key safety points?



## How to Keep Safe Online

Discuss the word safe and what it means.

How often are they online?

Does the child use social media?

Go through the key safety points  
and what they mean.

Can they add any more to the list?

Children can take the activity sheet  
home with them if they want to.

# My Online Friend

What is an online friend?

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.....  
.....

Do you have an online friend?

.....  
.....

What do they look like?

.....  
.....

Have you ever met them in person?

.....  
.....

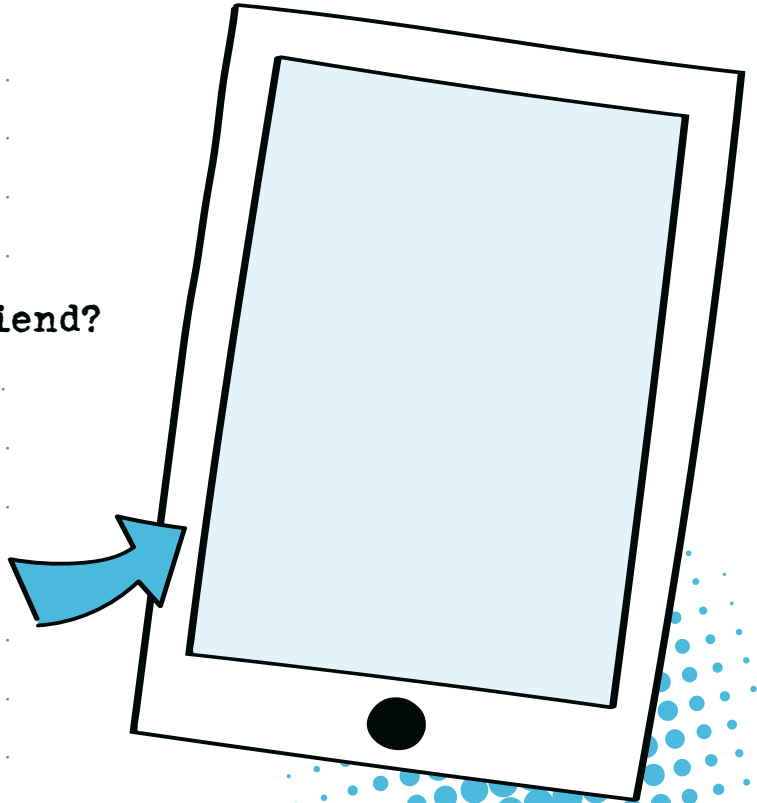
What things must you not share with your online friend?

.....  
.....  
.....

What things can you share with your online friend?

.....  
.....  
.....

**Remember – if your online friend ever makes you feel uncomfortable or scared then you must tell an adult who you trust**



## **My Online Friend**

**Discuss places that the child could have an online friend and give options, (Facebook, chat groups etc).**

**Give examples of what not to share online or add more to their list.**

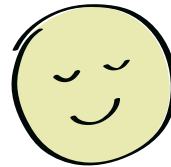
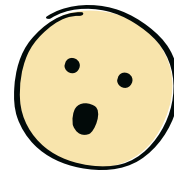
**Tell us what adults you can trust or who you can go to if someone makes you feel unsafe online.**



# Feeling Safe at School

How do you feel at school?

- I feel happy at school
- I feel unsafe at school
- I feel worried about school
- I feel scared at school



These are the people who I trust at school

These are the people who I don't trust or make me feel unsafe at school



What can you do to feel happier and safer in school?



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## **Feeling Safe at School**

**Discuss the word safe and  
what this means.**

**Talk about who they trust and  
don't trust further.**

**Give examples of how the child can  
feel happier in school.**

# My Happy Place

WHAT  
THINGS  
DO YOU SEE?

What sounds  
do you hear?

Where is your  
happy place?

What can you  
feel or touch?

What  
do you smell  
or taste?

HOW  
ARE YOU  
FEELING?



## **My Happy Place**

**Think of a happy place, this could be a made up place, a dream or an actual place.**

**Ask the child to close their eyes whilst they think of this place and then write down their answers.**

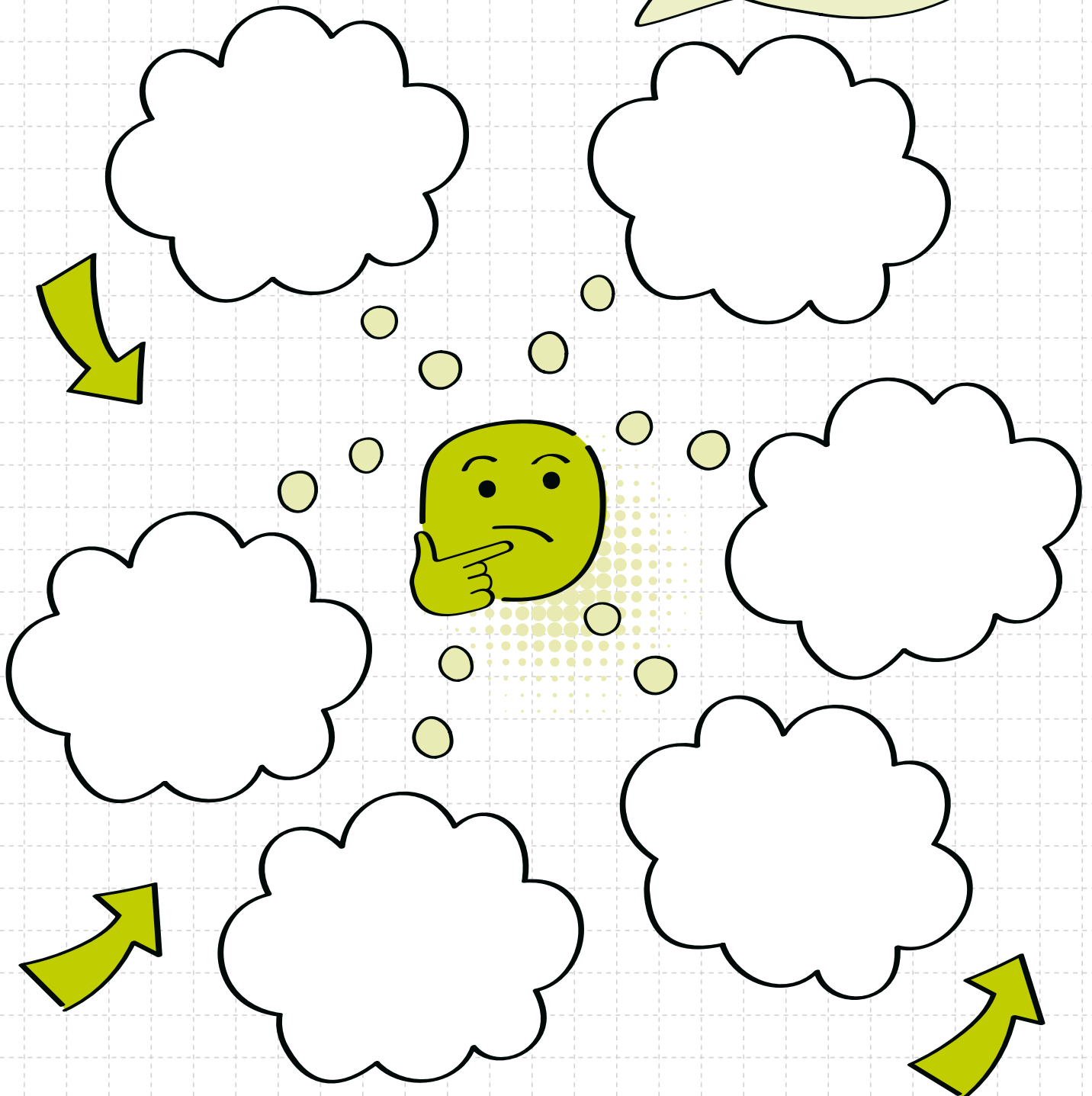
**Remind the child to think of this place if they ever feel scared, sad or worried.**

# What Do I Need?

Everybody deserves to have a safe and happy life.

What do you think you need to make this happen?

Think about practical things like a house, food and water, then think about what we need in other ways such as feeling loved or cuddles.





## **What Do I Need?**

**Give examples if needed.**

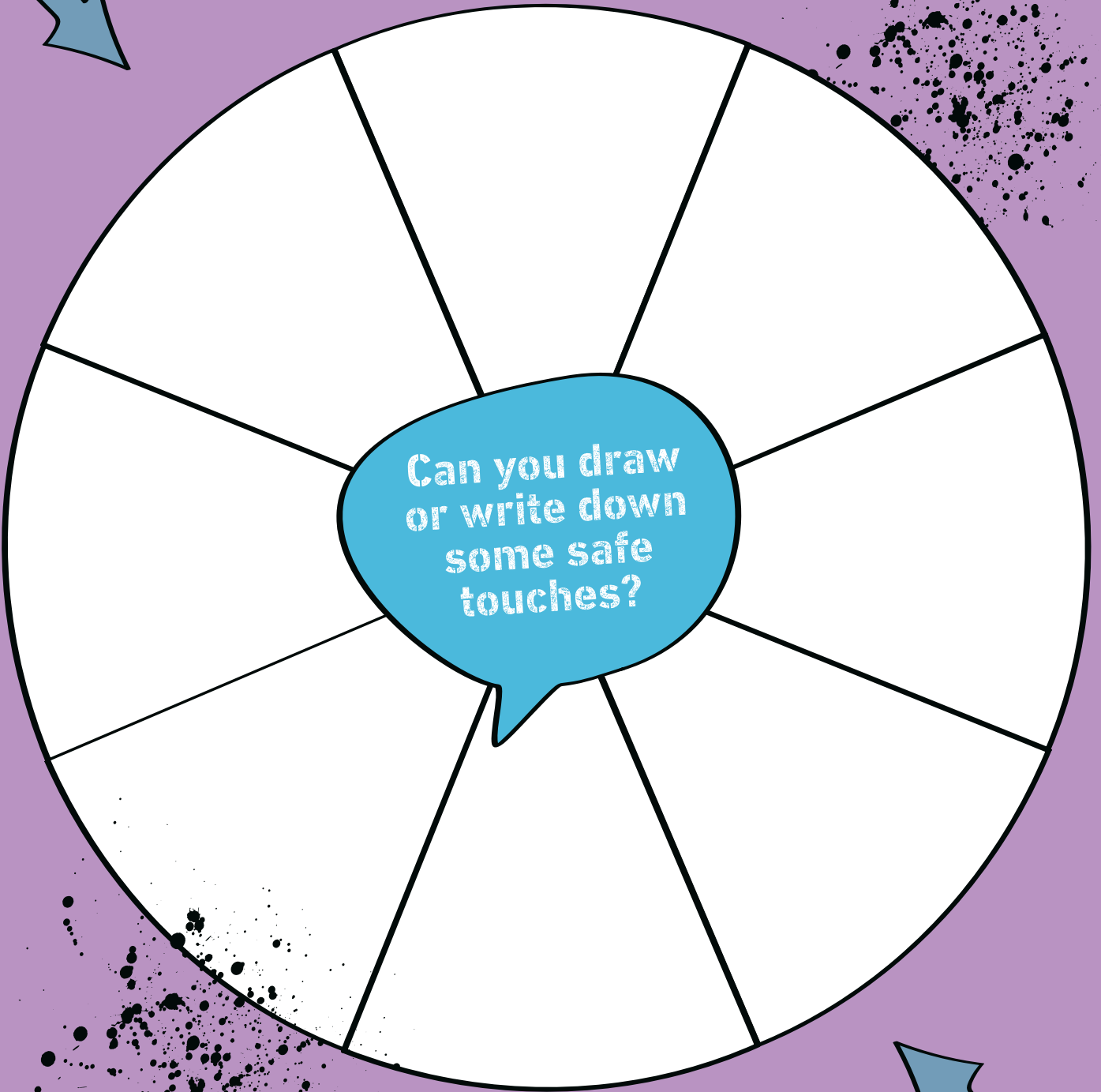
**Children can draw or write.**

**Discuss the answers further.**

# Safe Touch

Do you know what  
safe touch is?

Can you draw  
or write down  
some safe  
touches?





## Safe Touch

Discuss the word safe touch  
and what it means.

Give examples if needed.

Discuss what we must do if someone  
touches us and it is not a safe touch.



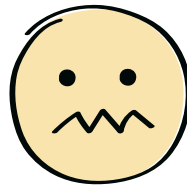
# Unsafe Touch

Do you know what unsafe touch is?

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Unsafe touch can make us feel



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If I ever experience unsafe touch then these are the people  
I trust who I can tell

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## **Unsafe Touch**

**Discuss unsafe touch.**

**Give options of people who can help  
(people who they know or people  
who they don't know).**

# The Pants Rule

**P**

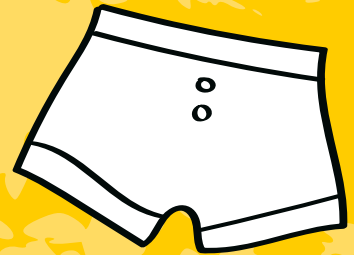
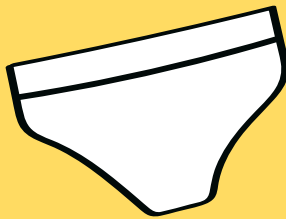


**Privates are PRIVATE**

**A**

**Always remember that  
your body belongs to YOU**

**N**



**NO MEANS NO**

**T**

**TALK ABOUT SECRETS THAT  
UPSET YOU OR MAKE YOU  
FEEL UNCOMFORTABLE**

**S**

**SPEAK UP  
someone will  
and can help you**





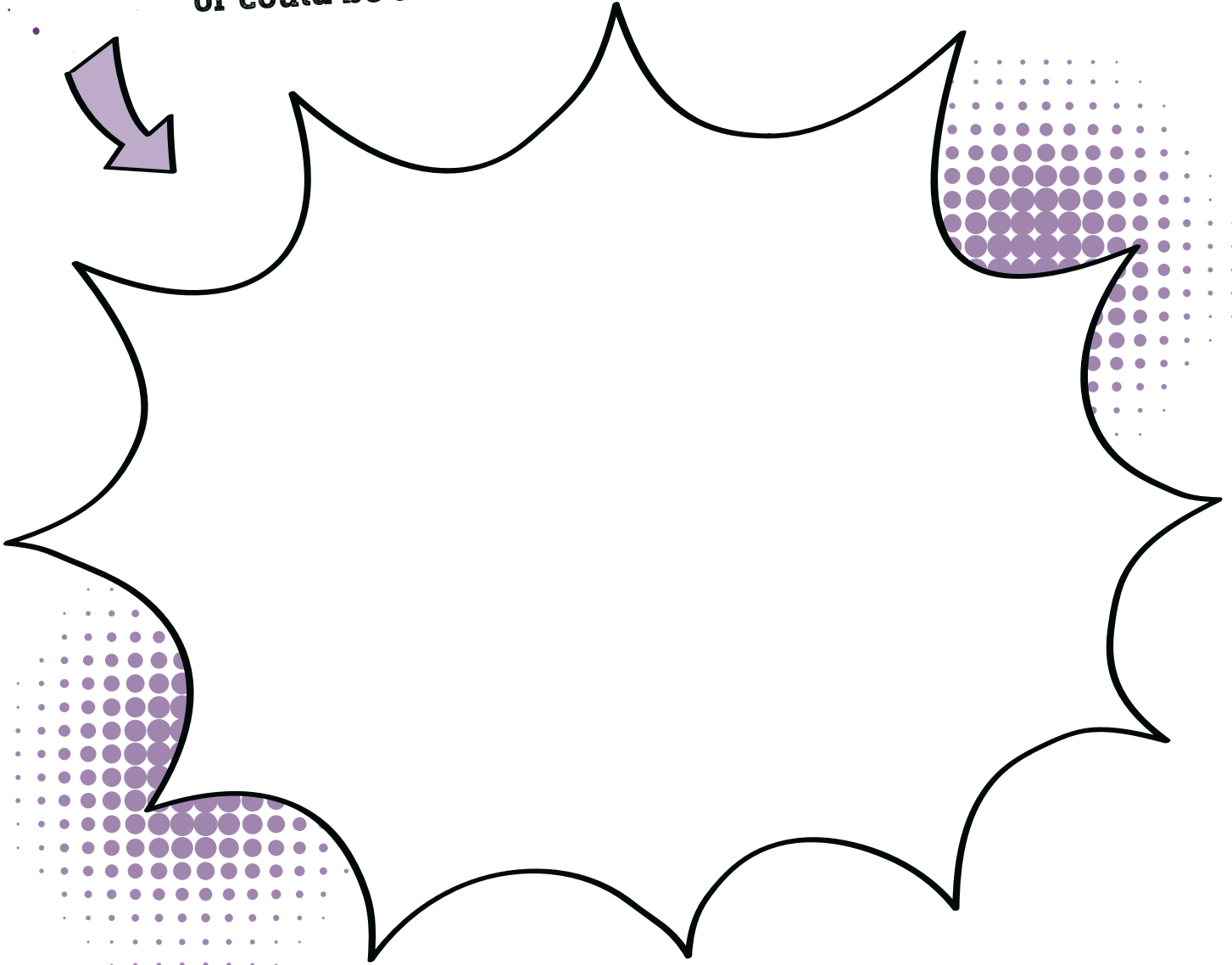
## **The Pants Rule**

**Discuss each point of the pants rule in depth.**

**Discuss what we need to do if someone goes or tries to go against the pants rule.**

# Road Safety

Can you **DRAW** or write down what dangers are or could be around when you are near the **ROAD**



How can you keep safe near the road?



.....

.....

.....

.....

.....

.....



# Road Safety

What does road safety mean?

Give ideas if needed (bikes, cars,  
road crossings etc).

Support on ideas of how  
to stay safe outside.

# Stranger Danger

What is stranger danger?

Can you name some scenarios where you or someone else might trust a stranger because of something they have said or done? (not a safe stranger).

1

2

3

4

# Stranger Danger

What is a stranger?

Differentiate between safe stranger  
and a stranger that is not safe.

Give examples of scenarios if needed  
(e.g. says that they know their parents  
and to get in the car for a lift home).

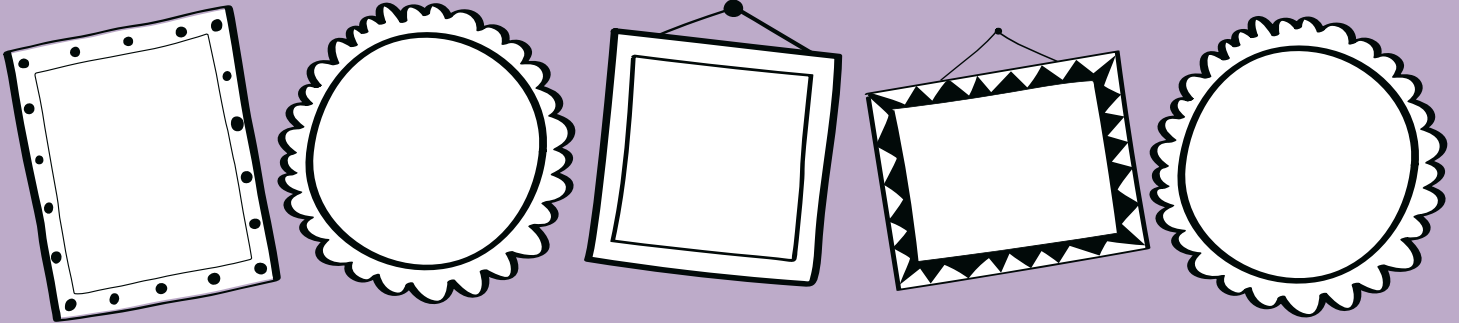
Discuss further and give further  
support on this activity if needed.



# Kitchen Safety

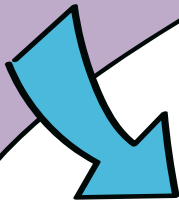
The **KITCHEN** in particular can be a dangerous place especially if unsupervised.

Can you draw some dangerous things that can be found in the kitchen?



What accidents could happen in the kitchen?

How can we keep ourselves safe in the kitchen?



## **Kitchen Safety**

**Is the child home alone a lot and uses  
the kitchen by themselves?**

**Explore further if needed.**

**Use other supporting activities  
if expansion is needed.**

**Give further support and  
examples if needed.**