

Personal safety For Younger Children: - It's never too early to learn about personal Safety.

These lesson plans are developed to assist children in identifying difficult situations.

At the end of the day, children should be able to:

- Identify for themselves safe and unsafe situations
- Develop skills to help keep them safe.
- Developed their own personal safety networks.

Notes to the trainer: Explain to the class that you are going to look at different ways that might help keep them safe:

Explain your not looking at self defence i.e. kung Fu, judo, Karate etc. but that you are going to look at lots of different things you could do before you ever have to use self defence. It is important to stress that the possible attacker could be much bigger or stronger than they are.

"Ways to Grow Up Safely"

Lesson Plan 1

The aim of this session is to get the children to think about general safety.

Materials needed

Flip charts, pens, blue tack,

Prepared Sheets of A4 paper each divided into four sections, (See attached)

This sheet of paper should be used throughout the sessions to build up there own personal safety port folio.

- Useful numbers
- Safe Places
- Keep me safe
- Uh-Oh

Method

Divide children into groups, give each group a flip chart paper, and pens
Read out this scenario.

"It's Saturday morning you are off school, you have made plans with some new friends to meet at (local park, Tesco etc) at 11am, you over sleep so are running late. When you get up there is no one in the house (your mum has nipped to the corner shop for a loaf of bread) you decide to grab a bowl of cereal and go and meet your friends. Your parents won't mind you think as you always play out with your friends at weekend. You leave the house; in the rush, you forget your mobile phone.

When you get home at 5pm for your tea, your mum, dad, aunts, uncles and the police are all at your house. You get told off and grounded for a month. You didn't get into trouble when you were out you just did the usual stuff. You not sure what all the fuss is about.

Ask yourself

- What should you have done and why?
- What were your parents upset about?
- How can I avoid being grounded in the future?

At the end of this session the children should know ask themselves a series of questions

Before I go anywhere I should ask myself

Where am I going and how will I get back?

Does anybody know where I am going?

Do I know what numbers I can phone in an emergency?

Do I know where I can go for help if I feel unsafe.

- Don't ever go anywhere without telling a parent or carer what you are doing.
- If you feel unsafe, always find a safe place that you could go to
- Find out the phone numbers of the people you know would always help you.

Using the Port Folio in the useful number section

The first number is done for you.

Name	Landline	Mobile
Police	999	Even when your keypad is locked. (999)
Mum		
Dad		
Carer		
Childminder		
Neighbour		

Lesson Plan 2

My Safe Places.

Material needed

Drawing paper, coloured pencils

Get the children to discuss in pairs what a safe place is, ask them to feedback to the large group the places they have come up with.

Explain that a safe place is somewhere they feel safe. A place they can go if they feel unsafe or need help, it could be where a friend lives, a shop on their way home from school a police station, their own home or even a place with lots of other people about.

Next ask the children to draw a picture of their safe place.

Get the children, to discuss their safe places with their parents or carers when they go home.

Ask them to add their own personal safe places to the list on the portfolio when they go home.

Here is the list that is already started for them.

Police station
Local Shop
Supermarket
Relatives house

School

Remember tell the children that other adults as well as their parents carers may have good personal safety tips for them, tell them to talk to other adults they trust like a teacher, teaching assistant grandparents, as they may have some good ideas. The children might also teach them a trick or two.

Lesson Plan 3

Material needed

Flip chart, Pen

Safety Planning. At the end of the session, the children should remember a simple way to **PLAN** to stay safe.

Notes to trainer.- explain to the class that when they watch TV or read newspapers, stories about lost children, attacks in the street or even murders this can sound really scary. Tell them that luckily these type of things do not happen very often and there are lots of things they can do to keep themselves safe.

Method.

On a flip chart write the letters

P

L

A

N

Ask the class if they can guess in turn what each letter stands for
Discuss what each letter stands for with the class.

At the end of the session cover up and ask them to shout out what each letter stands for as a reminder.

Prepare: - before you go anywhere think about where you are going, and how you are going to get there. Always tell a parent or carer where you are going even if it's just outside to play.

Look Confident: - Walk tall and hold your head up. If you look confident other people are less likely to trouble you. Pay attention to what is going on around you so you can see if trouble is near and **avoid** it. Don't wear headphones or only listen in one ear or you might not hear what is going on around you.

Act to avoid danger: - Keep to well lit places so that you can see what's going on around you. Keep to places where there are lots of people. Don't take short cuts down alleyways or deserted places.

Never think "I'm just being silly". If anyone ever does anything to make you feel unsafe, no matter who it is, walk away and tell an adult you trust what happened.

Lesson Plan 4

Lone safety. This session looks at situations when children may be on their own and how to keep safe and let others know they are safe.

Materials needed: -, Flip charts, pens, or any other relevant material available, i.e. newspaper clippings etc. Port Folio

Method. If you have time or the resources to do so ask the children to research different ways they can keep safe when home alone, out on the street by themselves, and traveling alone on a bus or train. Pool these resources together if you have them if not the children will have to rely on pens and the paper provided

Next divide the children into smaller groups and ask each group to design a poster which shows how they can stay safe at home on the street or when using public transport.

It might be an idea so they don't all design the same poster to delegate the tasks to the groups.

When they have finished the task, get each group to feed back to the main group what they did.

Finish with the port folios and a talk about asking strangers for help.

As a trainer you should be looking for.

Home,

- Lock the door.
- If you have just arrived, let someone know you are home safely. Have a plan prepared so they know what to do if you don't call.
- Don't answer the door unless you are waiting for someone you know and trust.
- Only open the door when you are sure it is someone you are expecting
- If someone phones don't tell them your parents carers are not in just say they cant come to the phone.
- Useful telephone numbers keep them by the phone remember your list.

Street

- If someone tries to take your bag/phone money, give it to them - you are more important than your belongings, they can always be replaced.
- If, when you are out walking a car pulls up next to you, turn around and walk the other way - you can turn quicker than a car.
- Never go anywhere with someone you don't know well and trust, and always make sure your parent/carers know where you are.
- Make sure your mobile is fully charged. Don't wave it around in public
- Know how to make a reverse charge phone call from a phone box
- Walk tall look confident,
- Know where you are going

Traveling Alone

- When possible wait in a well lit place so you can see if trouble is approaching
- Choose carefully where you sit, try to sit near the driver or the guard so you can get his/her attention if you need help.
- If someone makes you feel uncomfortable or unsafe, move away - it isn't stupid to do something that makes you feel safe.

- Never get into a car with anyone unless you have agreed it with your parents or carer first

Strangers

At this stage, it is a good idea to talk about **strangers**. Explain that sometimes when you are alone you may need to ask someone you don't know or trust for help. Before you do this, it is important to think about what strangers might be safe to ask,

Using the port folios get the children to think about some situations when they might need to ask for help and write down names of people they could ask safely. Get them to talk to their parents/carers about who they have listed; do they agree?

Where might I feel unsafe	Who could I ask for help	Does my carer/parent agree
Railway Station		
Beach		
Airport		
Shopping Centre		
Theme Park		
Museum		
Cinema		
Bowling alley		
Park		
Bus Station		
Library		
Funfair		

Lesson Plan 5

Material needed. Drawing of a body, port folio

This session looks at how children should trust there own feelings when something doesn't feel quite right. It looks at what happens to your body when you feel unsafe.

Some people call these feelings the Uh-Oh feeling and they can help us stay away from danger. Inform the children that if they feel like this they should walk away from whatever is making them feel like that and go to one of there safe places. Explain they are not being wimps or rude they are just keeping themselves safe.

Spot your bodies Early Warning Signs

What warning signs does your body give you when you're in danger?

- Heart beats faster, a thumping in your chest
- Legs shake,
- Feel cold etc.
- Butterflies in stomach
- Goosebumps on skin
- Hair on back of neck stands on end?
- Cant talk a dry mouth and throat.
- A little voice inside your heads say UH-OH!

Draw the warning signs on a body image. How would you feel? How would your face show your feelings?

Remember

Don't ignore your warning signs!

Speak to someone you can trust about your feelings.

On your portfolios, write down five of your own uh-oh feelings

Uh-Oh feelings
Nervous
Scared

If something makes you feel afraid

- Don't panic
- If you can get away to somewhere safe
- If you cant shout and scream "call the police"
- Remember 999 is free from any phone. Ask for the police and stay on the line until the person you are talking to tell you to put the phone down.
- If anything bad happens tell someone you trust.