Primary Language

‘Keeping Safe’ aims to develop children developing self-care and empathy in different situations by nurturing these key skills:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Skills | Communication | Self-Regulation | Risk Assessment | Self-Awareness |
| Keeping Myself SafeToolkit to develop these skills | Share it | Stop, feel, think, react | Sharp exit | Stick at it |
| Know who to trust |  | Knowing the signs | Empathy |
| Let someone know |  |  |  |
| Being strong |  |  |  |

Toolkit Descriptions

Share it – keeping a problem inside will probably make you feel even worse and even more worried and unhappy. No matter what the problem is, no matter how hard it might be to talk about, it is always important to tell someone you trust. Remember, sharing a problem came help you feel better. (LINK: Keep Connected of B.Resilience).

Know Who to trust – trust is something that builds up over time so that you know you can trust them when you have a problem. If you’re not sure about trusting someone then don’t: walk away from the situation. If you are out and about and get lost or need help, then look for someone in a uniform or someone who works there.

Let Someone Know – we all like to have a bit of freedom sometimes, but it is important that an adult knows where you are so they can help you if there is a problem. Always tell someone where you are going and who you are with.

Bring Strong – have you ever done something just because your friends have? Sometimes you might feel like it would be easier to just fit in. But sometimes it is important to stand up for what you know it right.

Stop, Feel, Think, React – if you find yourself in a situation where something is worrying you, STOP what you are doing, explore how you FEEL, THINK about what is happening and how are you going to REACT (what action will you take?) in order to keep yourself safe.

Sharp Exit – what do you do if you’re in a situation where you don’t feel safe? Something inside you tells you that things are not right, and trouble could be ahead. Sometimes the best thing to do is to make a sharp exit: make up an excuse to get out of the situation. You can practise the things you might say and remember…make a sharp exit.

Knowing the Signs – sometimes your body tells you somethings is wrong: your tummy might feel strange, you might start to breath quicker, your heart might beat faster. That could be your body’s way of telling you that you’re not safe or even that you are in danger. Trust your feelings and know the signs when things are not right.

Stick At It – Deciding to tell someone your problem is the first step, but what if they don’t understand or believe you? Do not give up – if you know something is not right and you do not feel safe then remember there is someone who can help you. It is really important that you keep going until you find the person who can help you – even if you have to try a few people. Stick at it and remember you have the right to be listened to. (LINK: UNCRC article 12)

Empathy – if you see one of your friends doing something risky or getting into unsafe situations, you can try to help them make safer choices, but remember do not put yourself at risk. If in doubt, make a sharp exit and share it with someone you trust.

Secondary Language

‘Keeping Myself Safe’ overarching aim is to develop children developing self-care and empathy in different situations by nurturing these key skills:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Skills | Communication | Self-Regulation | Risk Assessment | Self-Awareness |
| Keeping Myself Safe Toolkit to develop these skills | Share it | Stop, feel, think, react | Sharp exit | Stick at it |
| Know who to trust |  | Knowing the signs | Empathy |
| Let someone know |  |  |  |
| Be Assertive |  |  |  |

Toolkit Descriptions

Share it – keeping a problem inside will probably make you feel even worse and even more worried and unhappy. No matter what the problem is, no matter how hard it might be to talk about, it is always important to tell someone you trust. Remember, sharing a problem came help you feel better. (LINK: Keep Connected of B.Resilience).

Know Who to trust – trust is something that builds up over time so that you know you can trust them when you have a problem. If you’re not sure about trusting someone then don’t: walk away from the situation. If you are out and about and get lost or need help, then look for someone in a uniform or someone who works there

Let Someone Know – we all like to have a bit of freedom sometimes, but it is important that an adult knows where you are so they can help you if there is a problem. Always tell someone where you are going and who you are with.

Be Assertive– have you ever done something just because your friends have? Sometimes you might feel like it would be easier to just fit in. But sometimes it is important to stand up for what you know it right.

Stop, Feel, Think, React – if you find yourself in a situation where something is worrying you, STOP what you are doing, explore how you FEEL, THINK about what is happening and how are you going to REACT (what action will you take?) in order to keep yourself safe.

Sharp Exit – what do you do if you’re in a situation where you don’t feel safe? Something inside you tells you that things are not right, and trouble could be ahead. Sometimes the best thing to do is to make a sharp exit: make up an excuse to get out of the situation. You can practise the things you might say and remember…make a sharp exit.

Knowing the Signs – sometimes your body tells you somethings is wrong: your tummy might feel strange, you might start to breath quicker, your heart might beat faster. That could be your body’s way of telling you that you’re not safe or even that you are in danger. Trust your feelings and know the signs when things are not right.

Stick At It – Deciding to tell someone your problem is the first step, but what if they don’t understand or believe you? Do not give up – if you know something is not right and you do not feel safe then remember there is someone who can help you. It is really important that you keep going until you find the person who can help you – even if you have to try a few people. Stick at it and remember you have the right to be listened to. (LINK: UNCRC article 12)

Empathy – if you see one of your friends doing something risky or getting into unsafe situations, you can try to help them make safer choices, but remember do not put yourself at risk. If in doubt, make a sharp exit and share it with someone you trust.