



PROGRAMME 11: KEEPING SAFE

AIMS

The aim of this topic is for children to develop the skills for, and an awareness of, keeping themselves safe in public places.

LEARNING OBJECTIVES

Children will be able to:

- Tell an adult where they are going
 - Find adults who are able to help if they feel unsafe
 - Know the possible dangers of being in a secluded area
 - Learn the advantages of safety in numbers
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SKILLS

- Communication
 - Sociability and co-operation
 - Problem solving
 - Work and study
 - Self-management
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VIRTUES

- Reliability
 - Responsibility
 - Assertiveness
 - Confidence
 - Steadfastness
 - Trust
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LESSONS *(Adapt for Juniors)*

View the DVD *Keeping Safe* before the lesson.

1. Start with a warm up game **Keep it Safe**. In a classroom or outdoor area, the class is to be standing on a line. One child is to be **Safe Keeper** sitting on a seat some distance away while his/her back is to the rest of the class. The object of the game is for the class to sneak up when he/she is not looking and try to grab a set of keys under the chair. They must freeze when he or she turns around. Those who have been named or pointed at by the **Safe Keeper** have to go to the beginning point again. The winner is the first person to grab the set of keys.

The teaching point could be to develop their awareness skills when something does not feel right.

2. **Bus Stop Activity**

Have children arranged in **four** groups. Each group will have felt-pens and a large piece of paper in the middle. In the middle of each large sheet have either a, b, c, or d's words.

- a. How would you keep yourself safe in a shopping mall/area?
- b. How would you keep yourself safe in a fun park/zoo/circus?
- c. How would you keep yourself safe while on a beach
- d. How would you keep yourself safe when walking down the street?

Children can brainstorm their ideas and points from the DVD programme and write around each phrase. After 5 minutes of brainstorming, the sheets of paper are to be handed to another group who has not received that sheet and so on until all sheets have been around all groups/bus stops. Share and display ideas as a whole class.

3. Children can role play (copy sheet) certain scenarios in small groups on how to keep themselves safe while in a number of situations. Perform for the whole class to evaluate the best *Keep Ourselves Safe* scenarios (adapt for Juniors).

Hand out Word Find for the Juniors.

Role Play Cards

You and your friends are in a shopping mall and you walk off to find some clothes. How would you keep yourself safe if you are being followed?

You have lost your way at a Funpark or the Zoo. Who should you approach for help?

Make up one of your own.

You are about to go out with your friends and you either tell your parents where you are going or not. Show what happens.

There are some kids who are hurting you when you are in the play-ground. What should you do?

Your friend tells you he or she is being hit often by a big brother and he/she is scared. What actions could you take?

Keeping Safe Word Search (Junior)

Name:

Date:

Try to find the words in the word search. They are up, across and diagonal.

K	E	V	L	K	N	Z	R	U	D
C	O	E	U	L	A	U	R	C	F
T	E	O	T	A	N	P	E	E	K
F	K	E	L	W	K	S	A	L	A
S	F	Z	Y	N	E	V	F	N	V
J	T	Z	V	T	O	N	M	V	Z
E	E	G	S	J	E	S	L	S	X
K	N	O	W	T	A	L	A	E	H
I	Z	Z	S	J	B	F	L	E	K
V	B	W	I	B	E	O	D	N	S

Ask
Feel
Keep
Know
Look
Run
Safe
See
Tell
Walk

Supplementary Activities

Visual Language

Display brainstorm charts on the wall or hand them out for children to see.

Display large posters with four drawings of scenarios that children may face. For example have a child walk down the street by himself and in the picture next to this have the same child joining up with friends.

Written Language

Have children write an account on a time when they felt unsafe in their lives. Have those children who wish to share with the rest of the class do so.

Write an explanation on why you should take certain steps in order to keep safe in a variety of situations.

Health

Have children learn their personal details in case they get lost or are in an unsafe area; name, address, phone number.

Art

Make finger puppets of Bryan and Bobby and have them act out the copy sheet cards in front of the class in small groups.

Reading/Spelling

Write out the given virtues and find out the dictionary meanings.

Write out the virtues as the weeks spelling words.

Virtues Day

Have a Virtues Day on one of the virtues given for the lesson. Brainstorm ideas with the class and have children role play these virtues. Give positive reinforcement to children who display these virtues.

Copy the role-play cards on the next page and have children in small groups act out each with **Keeping Safe** solutions.

Make up one of your own.
