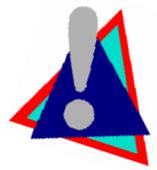


Personal Safety



Teacher's Notes

The following worksheet has been developed to complement the activities carried out at the Lifeskills Centre. However, it can easily be adapted to suit a wider range of abilities.

Below are some examples of other possible activities:-

- Cut out each picture to create flash cards and use them to encourage a group discussion with the class.
- Ask the children to create their own quiz relating to the subject e.g. create crosswords, word-searches etc.
- Ask the children to write a short story or draw pictures/comic strips of each scenario.
- Encourage the children to think about their answers by getting them to act out the scenarios described in the activity.



Personal Safety



We all have the right to feel safe, wherever we are.

Sometimes we choose to scare ourselves for fun by watching scary films or going on fast rides at the funfair. At other times we find ourselves in frightening situations that we haven't chosen to be in.

On a clean piece of paper, write and draw about:-

a) A scary situation that was fun

b) A 'real' scary situation

Our bodies warn us that we are scared or in danger by changing the way we feel. How does your body feel when you are scared? Make a list of these warning signs below.

There are things we can do to help keep ourselves out of danger. Look at the pictures below. What could these people do to avoid getting into a dangerous situation?

1 _____

2 _____

3 _____

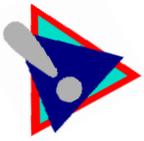
4 _____

5 _____

Remember! – If you find yourself in a scary situation:-

Get away quickly – try to run toward a public place where there are lots of people.

Tell an adult you trust as soon as possible.



Personal Safety



Answers

1. The girl should keep her mobile phone out of sight so that she isn't attacked for it.
2. The boy should keep his MP3 out of sight so that he isn't attacked for it. He also shouldn't be listening to it while he is trying to cross a road.
3. This person needs to keep clear of the needle on the path and then tell an adult about it.
4. There is a gang of teenagers that this person should be aware of. He may want to find an alternative route.
5. This person should keep away from the dark alley and find a safer route home.