

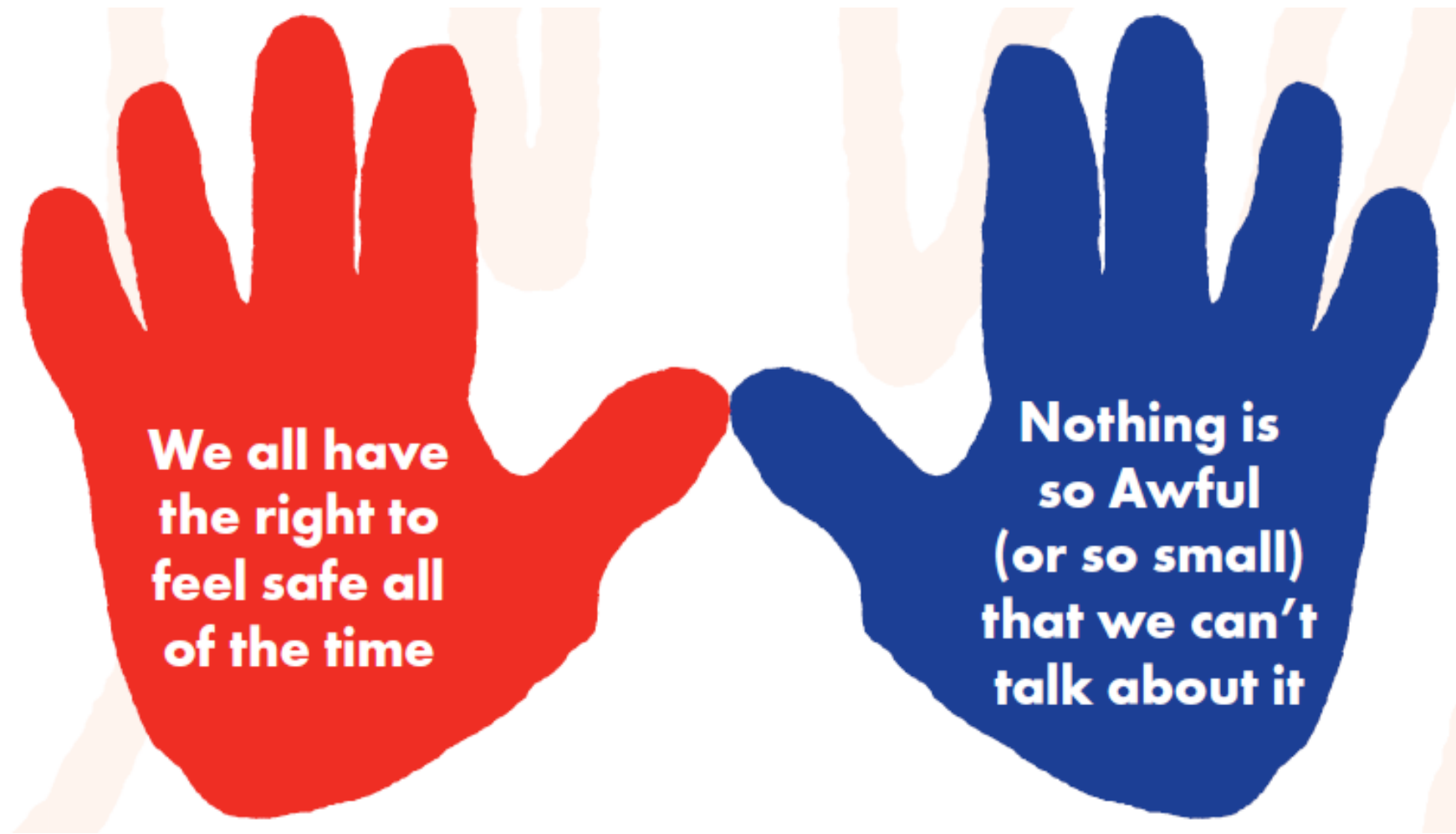
iSdfe



RSS

iSafe Programme

- Session 1 The right to feel safe
- Session 2 Early Warning Signs
- Session 3 Recognising Feeling Unsafe
- Session 4 Recognising Good Friends
- Session 5 Being Safe Around the Home
- Session 6 We are all Unique and Special
- Session 7 Race
- Session 8 Religions and Celebrations
- Session 9 Differently Abled
- Session 10 eSafety
- Session 11 Keeping Our Bodies Safe
- Session 12 Dealing With Bullies/Good Mental Health




Session One

We all have the right to feel safe all the time.



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**



Everyone around
the world has a
right to feel safe
all the time.

Watch and Learn

<https://www.youtube.com/watch?v=X69w6WILApM>

At the start of every day we are all going to close our eyes and make the safe sign.

If there is something making you feel unsafe, make a sign with two fists and someone during the day will speak to you about why.



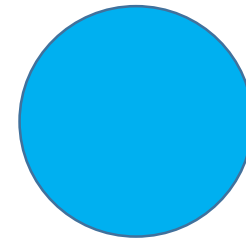
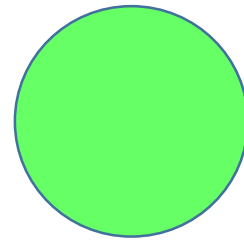
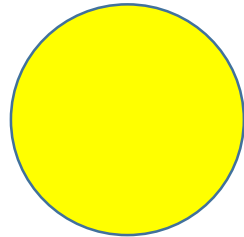
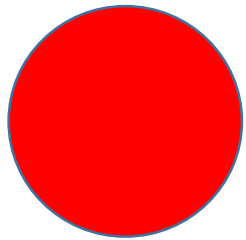
Belonging Safety Networks

We have all got a **safety network** of people who keep us safe.

Discuss - Who are these people/ groups of people/ communities of people?

You all belong to a family, a school, a class & a House.

Discuss - How can these groups help you to feel safe?

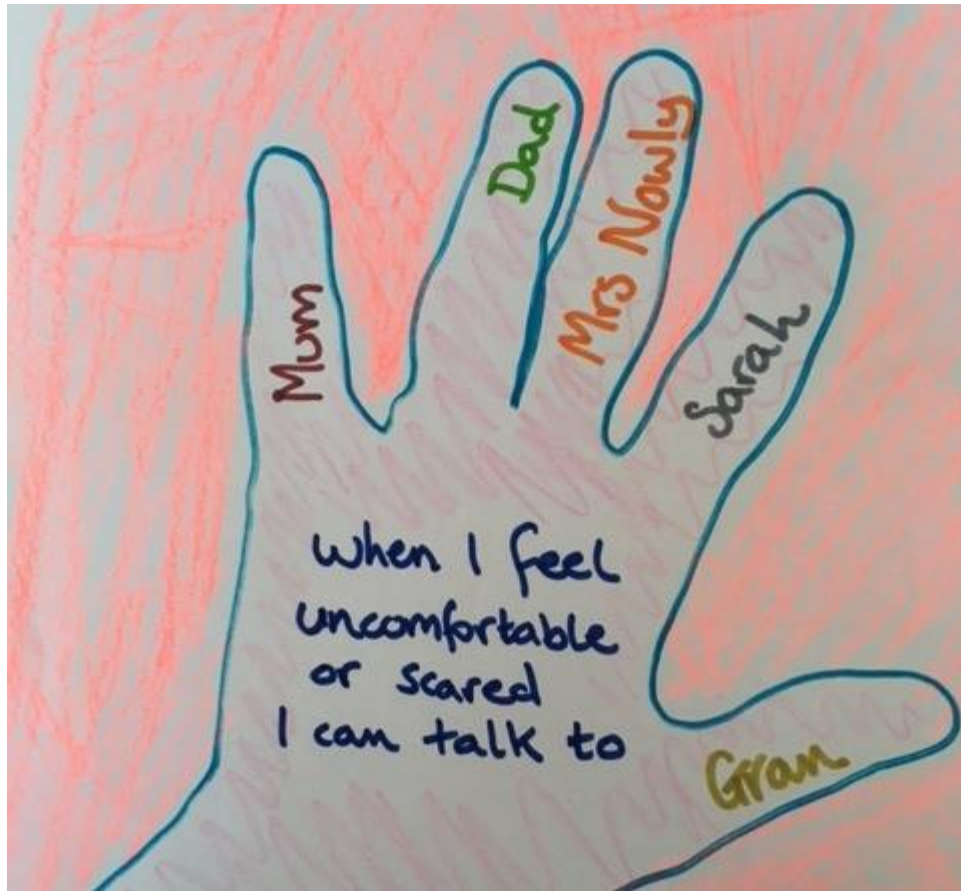


Wear your House Badge with pride!

Every time you look at your badge, remember that this is one of your networks!

TASK

Draw your safety network



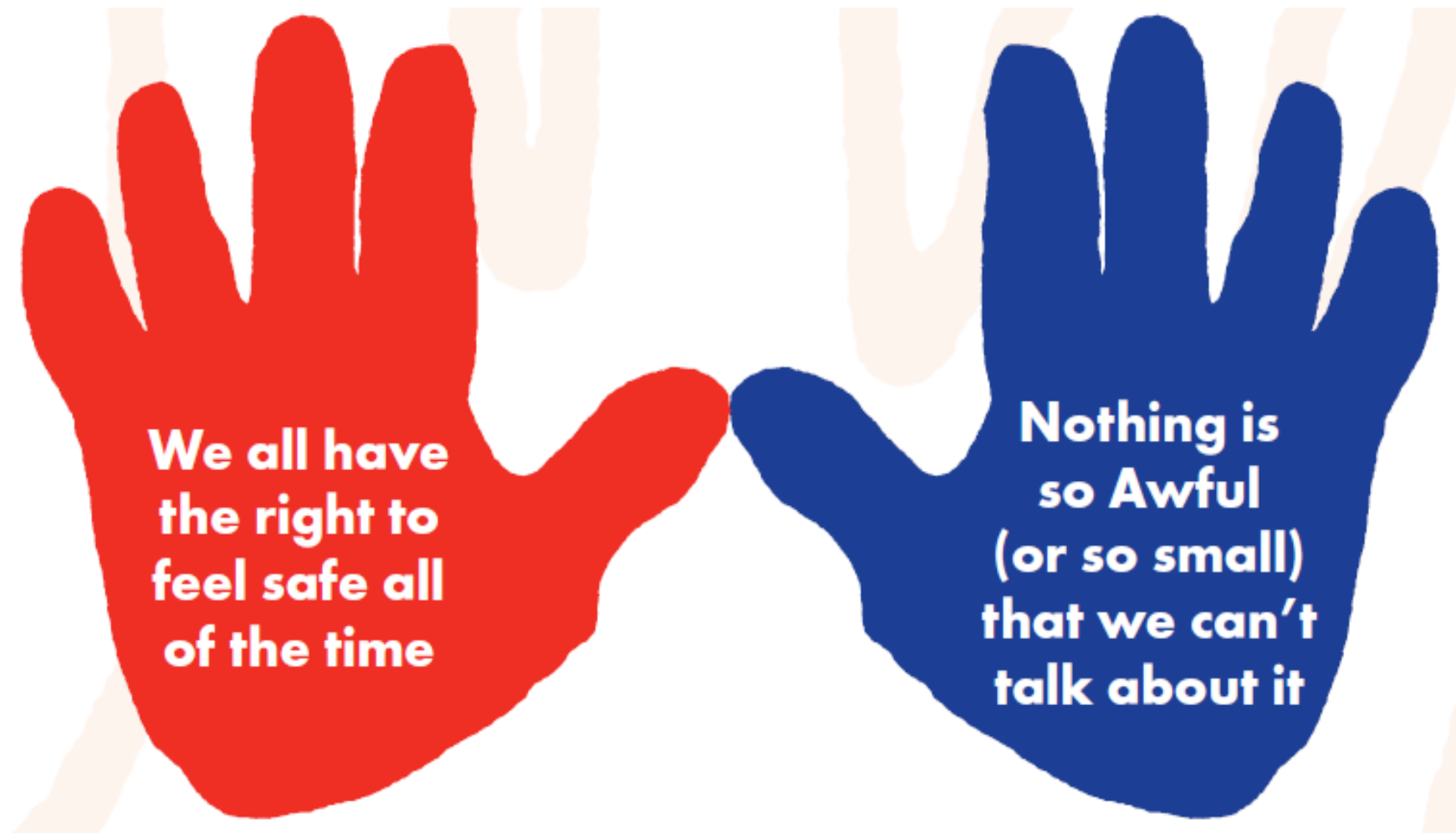
Having a number of **Adults** for my **Network** is very important
I can use my network for **help** and **support**



TASK

Draw your
safety
network






Session Two

Early Warning Signs



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**

Early Warning Signs

Our bodies will tell us when we don't feel safe/feel scared.

There are many different ways to feel unsafe/feel scared.

Sometimes this is ok - Discuss

Going on a roller coaster – where there are safety checks, the ride lasts for a limited time and you are with an adult?

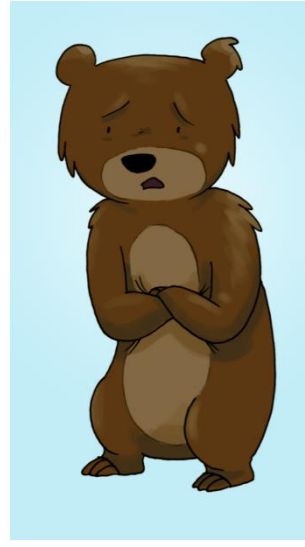
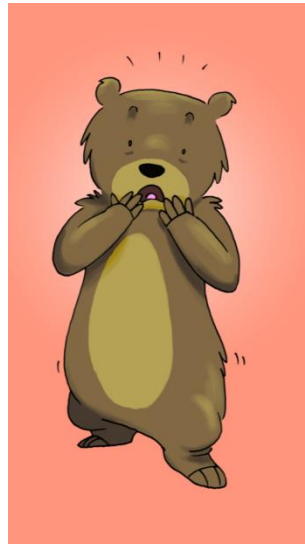
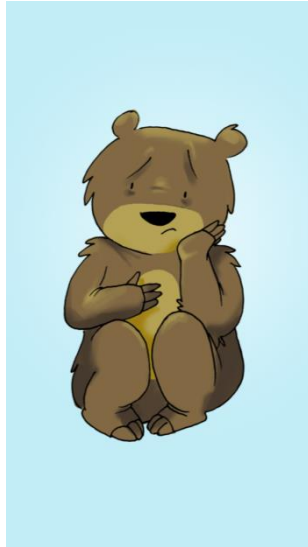
Can you think of any more examples?



Early Warning Signs

How can we tell when our bodies are telling us that we feel unsafe/scared and it isn't ok?

Look at the bear feelings cards (ppt or printed). Can you tell how the bears are feeling? Which bear is showing your unsafe feeling? You can choose the same bear card as another person.



Early Warning Signs

What are other early warning signs?



Is This How You Feel...

When your
Unsafe ☹️

Do you have butterflies
in your stomach?

Do you feel
like eating
when your
not safe?

Do you have sweaty palms?

Does your heart beat
faster?

Do you want to be
left alone.

Does your body get stiff?

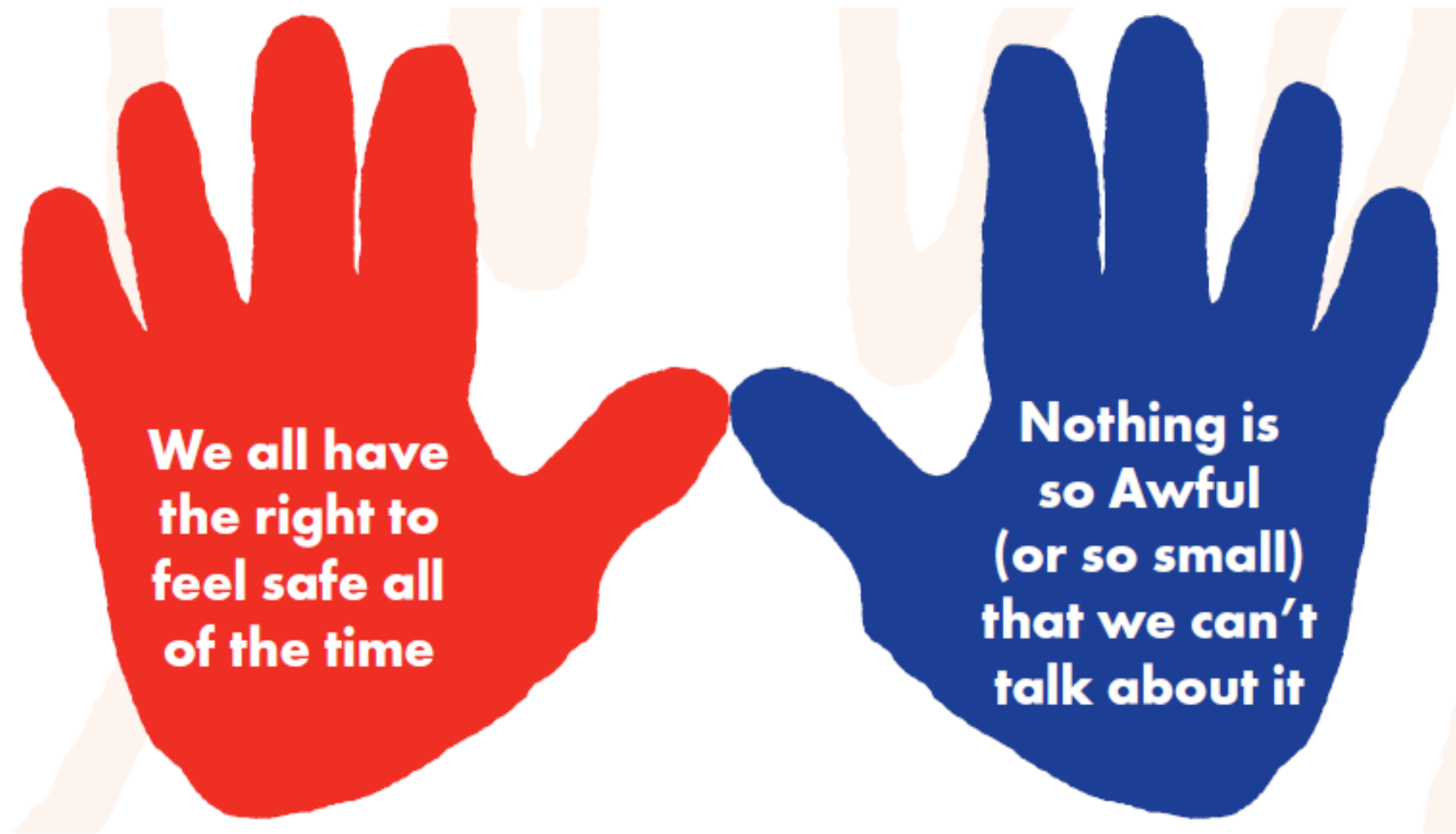
Do you have a
headache?



TASK

Make a list of your

Early Warning Signs




Session Three

Recognising Feeling Unsafe



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**

Feeling Unsafe

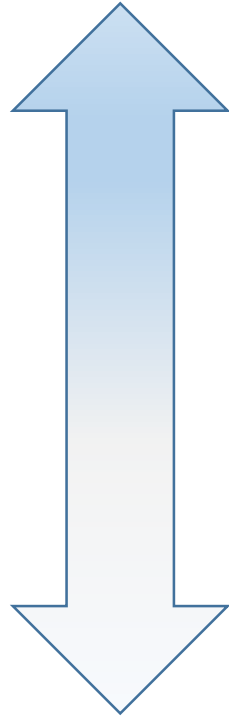
It is really important to be able to recognise when you feel unsafe.

Look at the chart on the next page and think how you would feel if these things happened below?

1. Going to the dentist.
2. Going in a car without a seatbelt.
3. Being at your birthday party.
4. Getting lost in a shopping centre.
5. Going on a plane.
6. Having an injection.
7. Reading out loud in class.
8. Getting WOW.
9. Seeing a fight on the playground.
10. Someone shouting at you.

How safe am I?

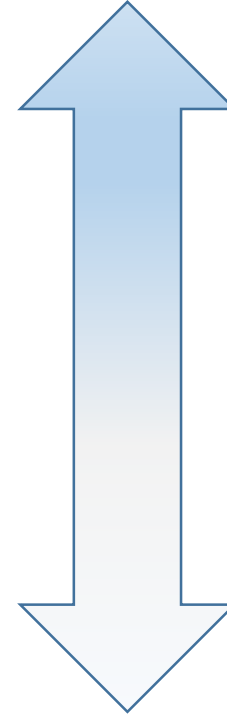
Safe



Really unsafe/dangerous

How do I feel?

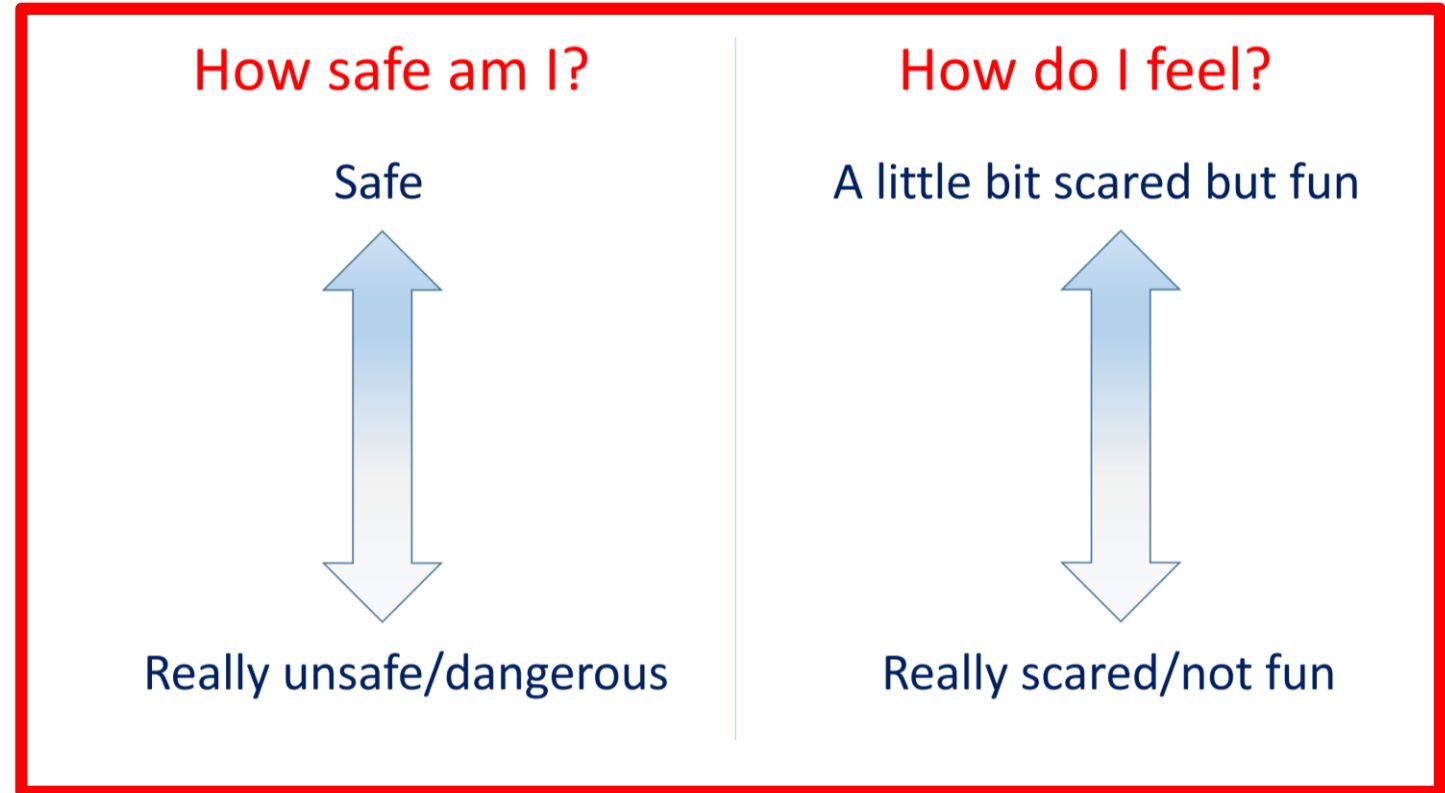
A little bit scared but fun

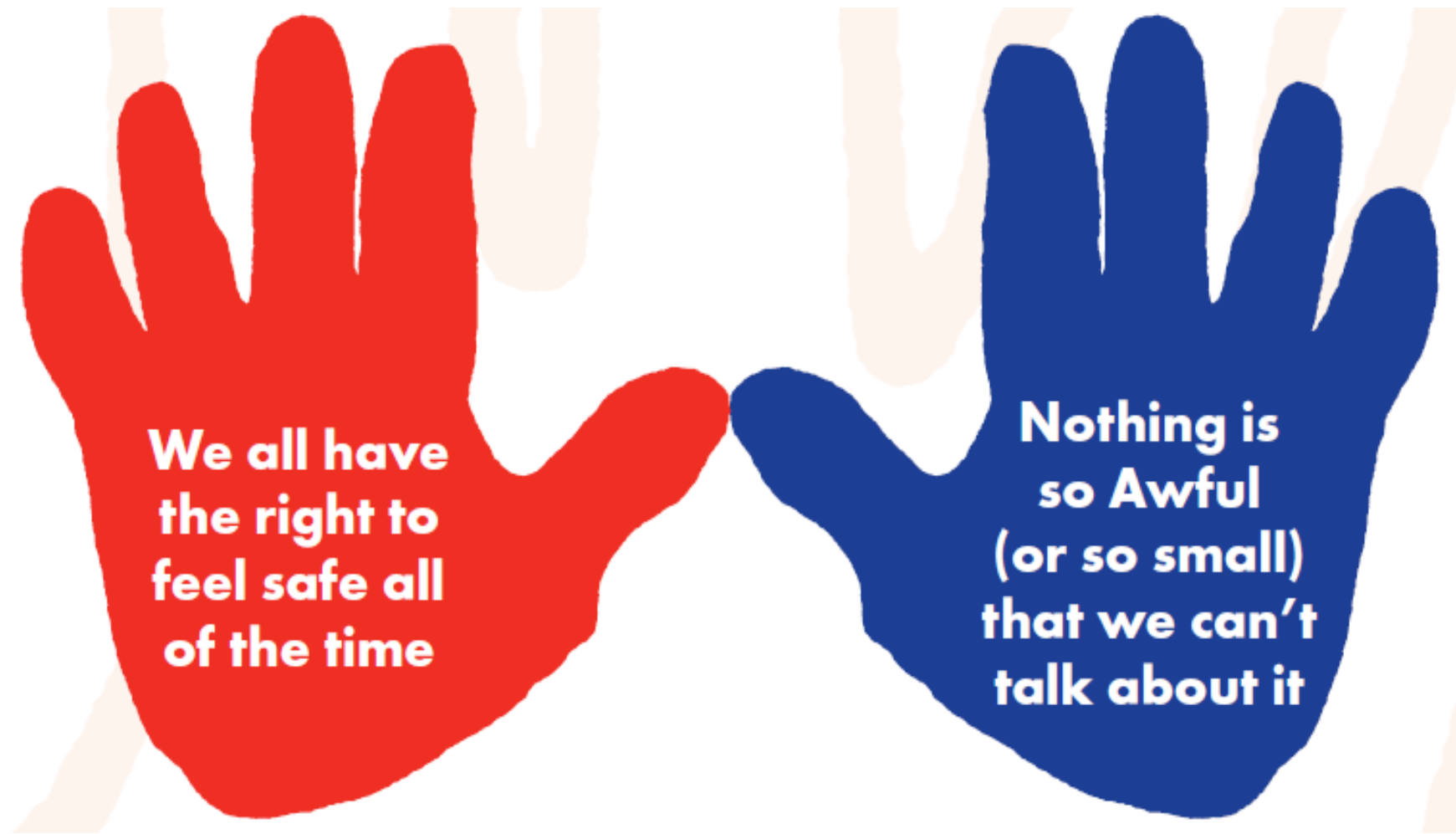


Really scared/not fun

TASK

Write/draw examples of when you feel safe/unsafe on the How safe am I/ How do I feel chart.






Session Four

Choosing Caring Friends



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**

What makes a good friend?

https://www.youtube.com/watch?v=avHdx18pi_U What makes a good friend song

<https://www.youtube.com/watch?v=BL9fYl3qHmc> Know who to trust

<https://www.youtube.com/watch?v=Te6ftIq9tDA> We can all get along

<https://www.youtube.com/watch?v=QxSKKtUdAjU> It's ok to back away

<https://www.youtube.com/watch?v=AWuUoxQrhZY> Courage

<https://www.youtube.com/watch?v=5r5obtzi9gl> Turtle and Dog – friends – KS1

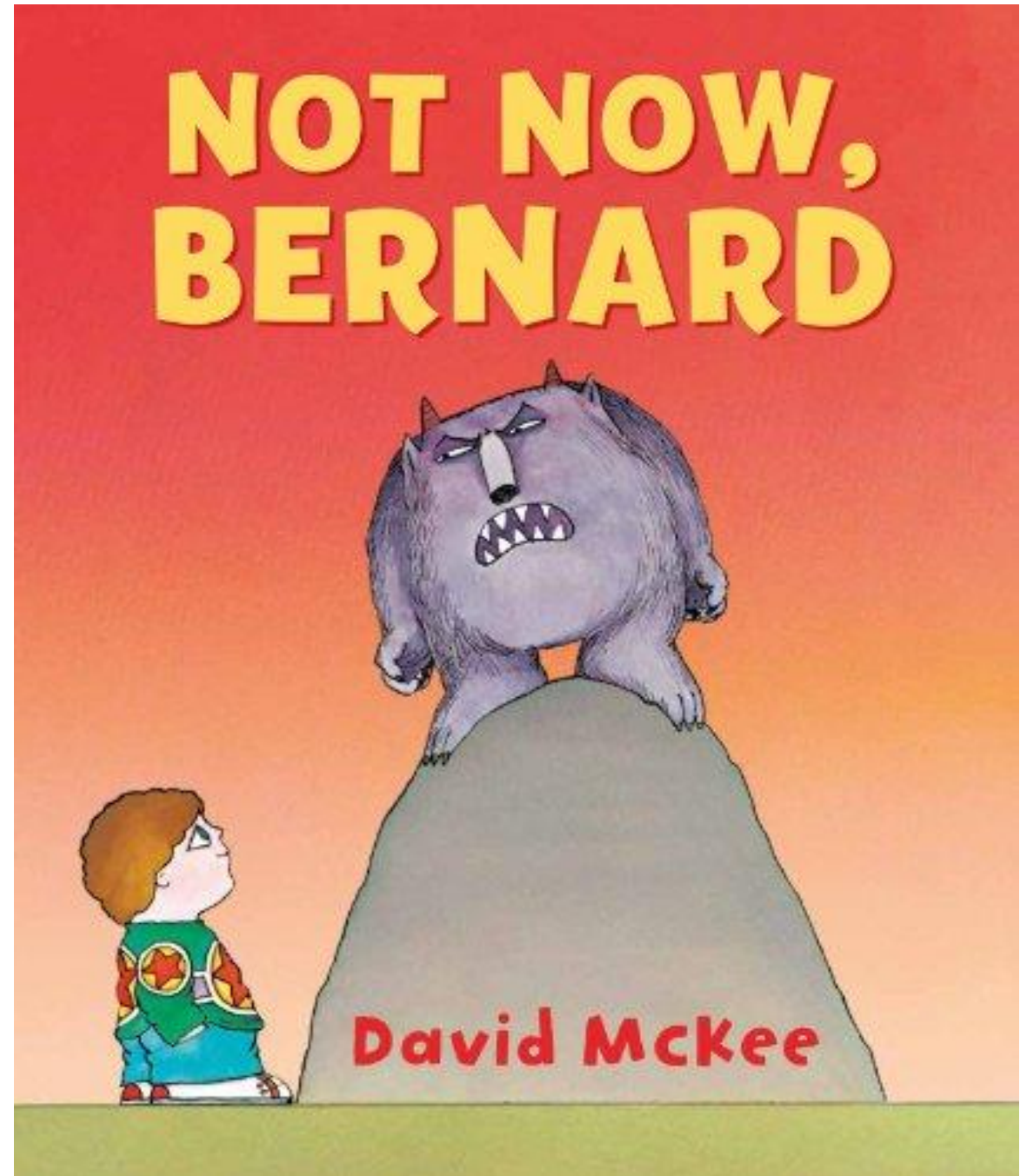
https://www.youtube.com/watch?v=avHdx18pi_U

What makes a good friend - examples

<https://www.youtube.com/watch?v=ReMq3KX8F94>

A good friend
listens to you.

<https://www.youtube.com/watch?v=Ld6-askv1vQ>



Which of these statements would you expect a friend to do?

I hurt the other person.

I listen to the other person.

I take other people's things.

I care about the other person

I do not want the other person to be happy.

I make fun of the other person.

I do not listen.

I push people.

I tell other people they are very good at things.

I always help others.



List in order
the qualities
you think
make a good
friend.

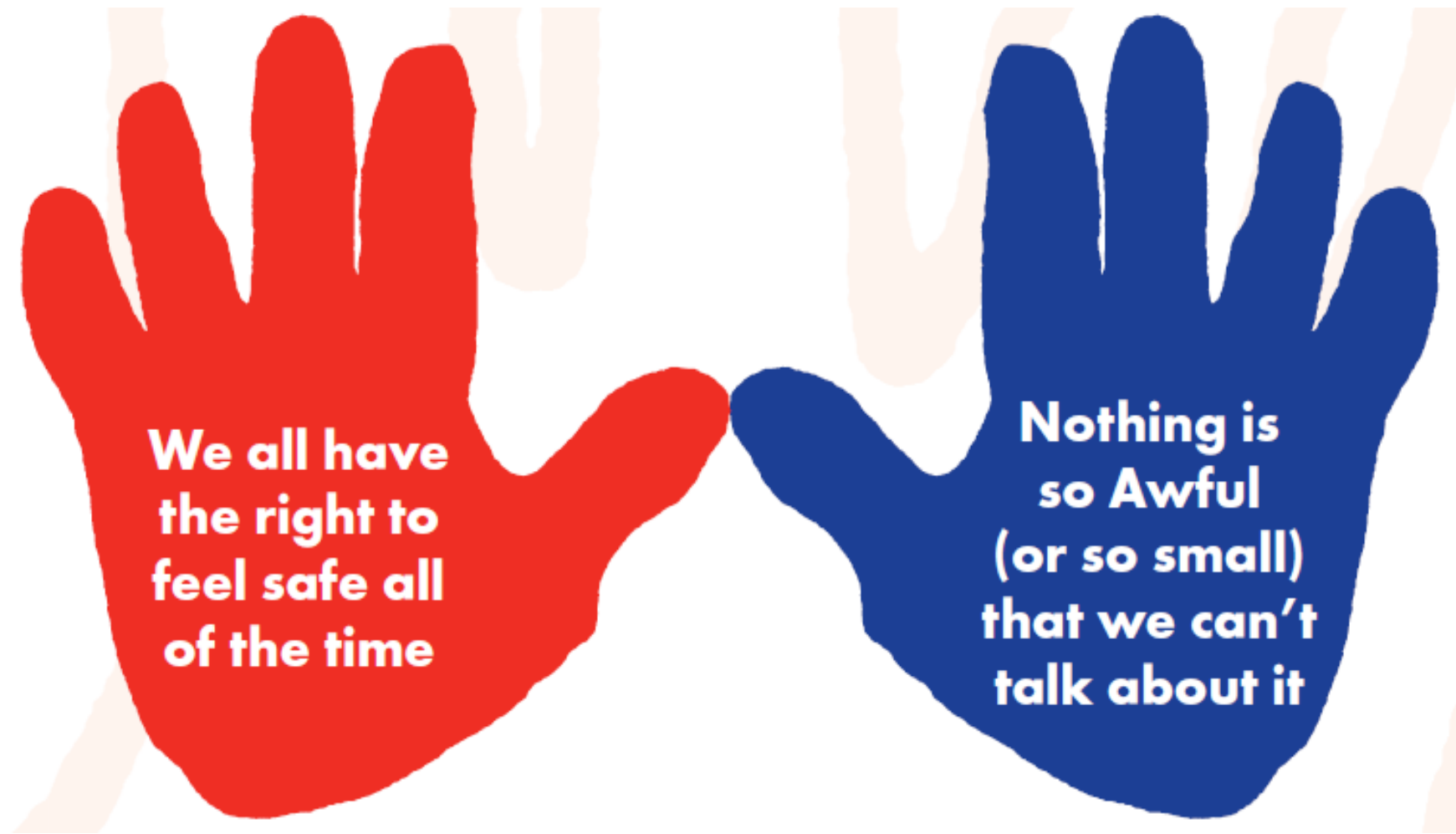
Highest		
2nd	2nd	
3rd	3rd	3rd
4th	4th	
Lowest		

TASK

Add ideas to this list below

A GOOD FRIEND should:

A GOOD FRIEND should not:




Session Five

Being Safe Around the Home



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**

In an emergency call

999

ask for either



Ambulance



Coastguard



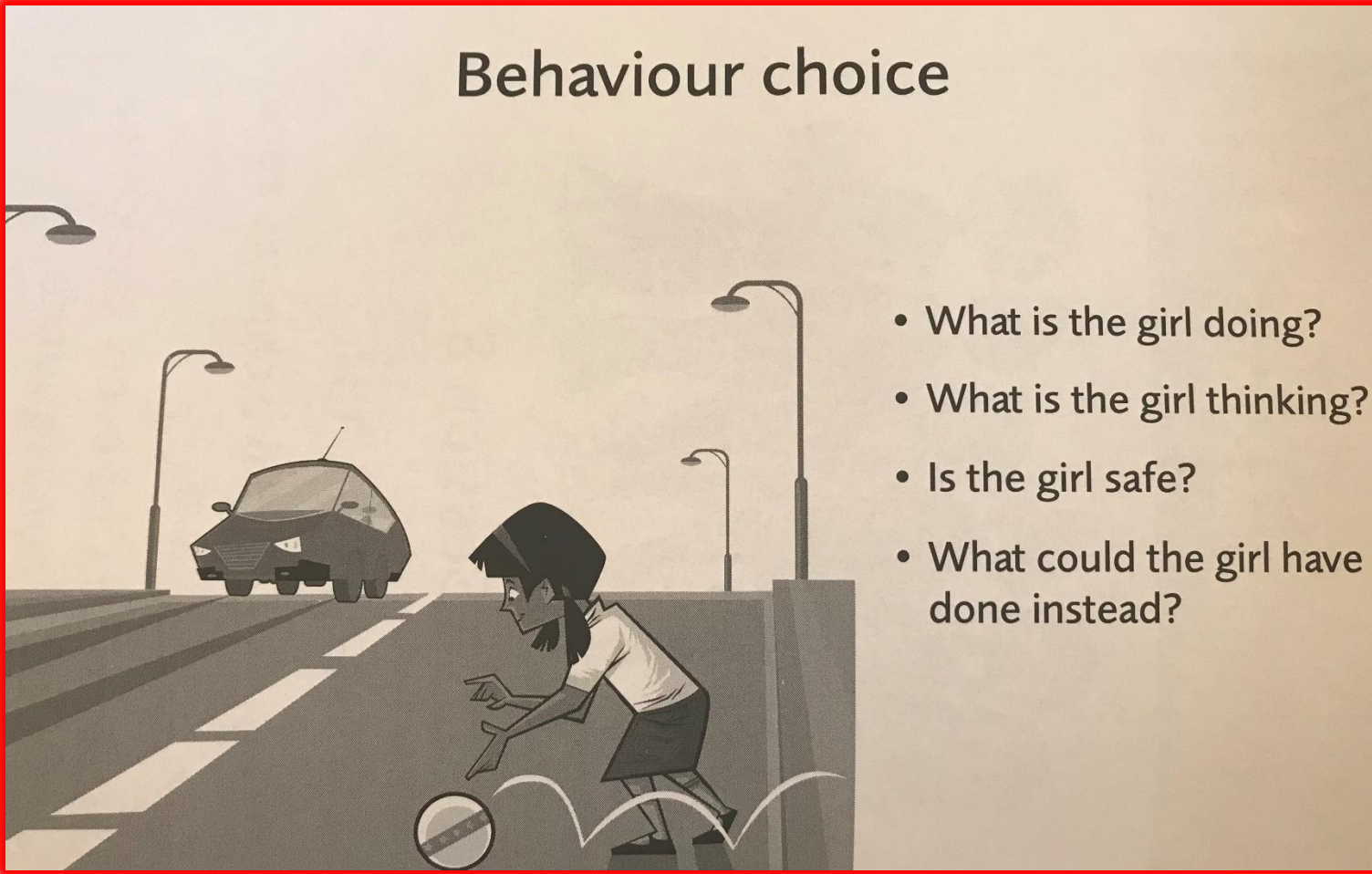
Fire service



Police

Behaviour Choices

Behaviour choice

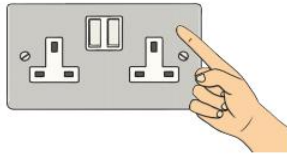
An illustration showing a girl in a white shirt and dark skirt juggling three balls on a road. A dark car is driving towards her from the distance. The scene is set on a road with white dashed lines and streetlights. The background is a plain, light-colored wall.

- What is the girl doing?
- What is the girl thinking?
- Is the girl safe?
- What could the girl have done instead?

Staying Safe with Electricity



Don't pull wires.



**Don't put your
fingers in sockets.**



**Don't fly kites or
climb trees near
power lines.**

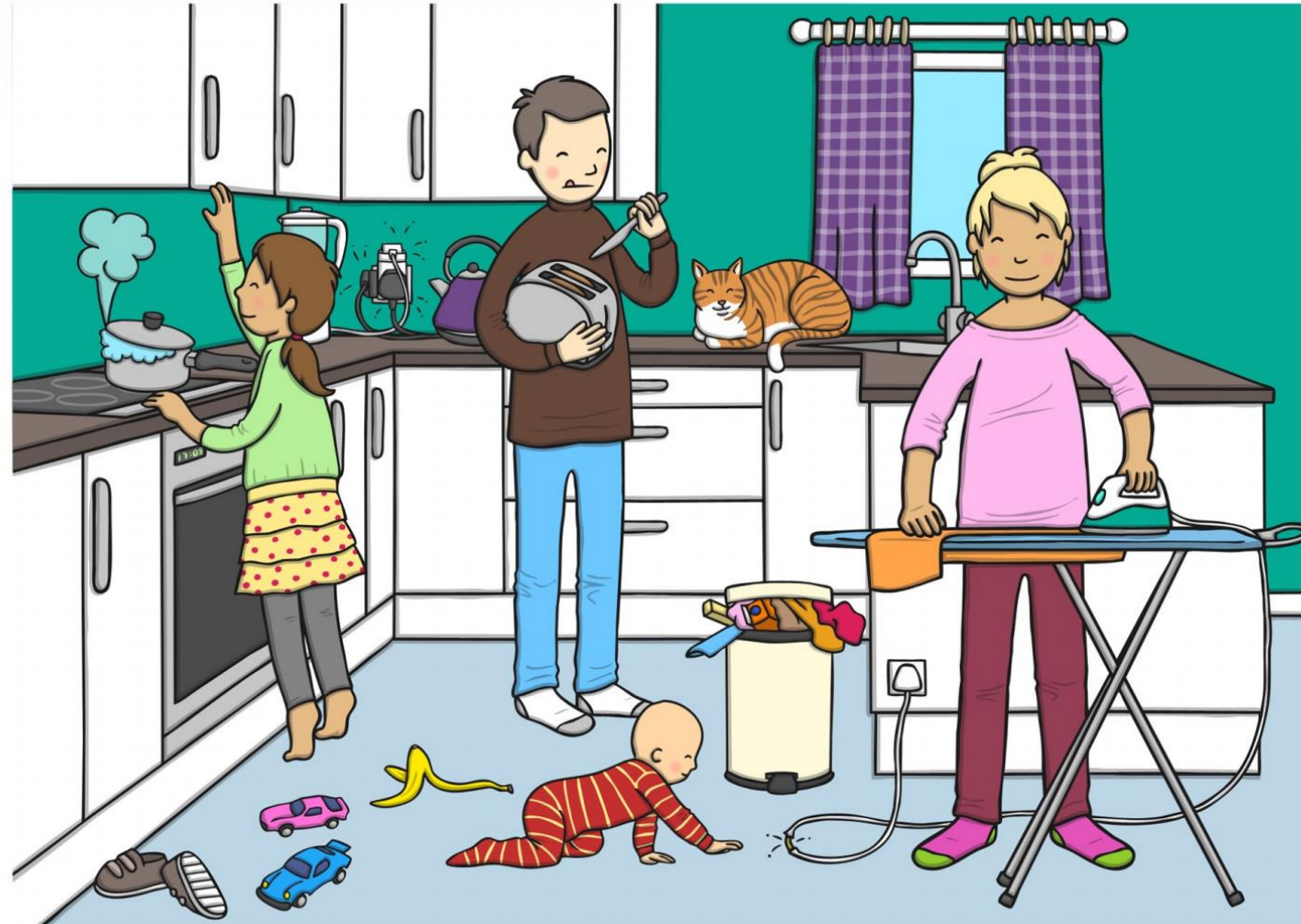


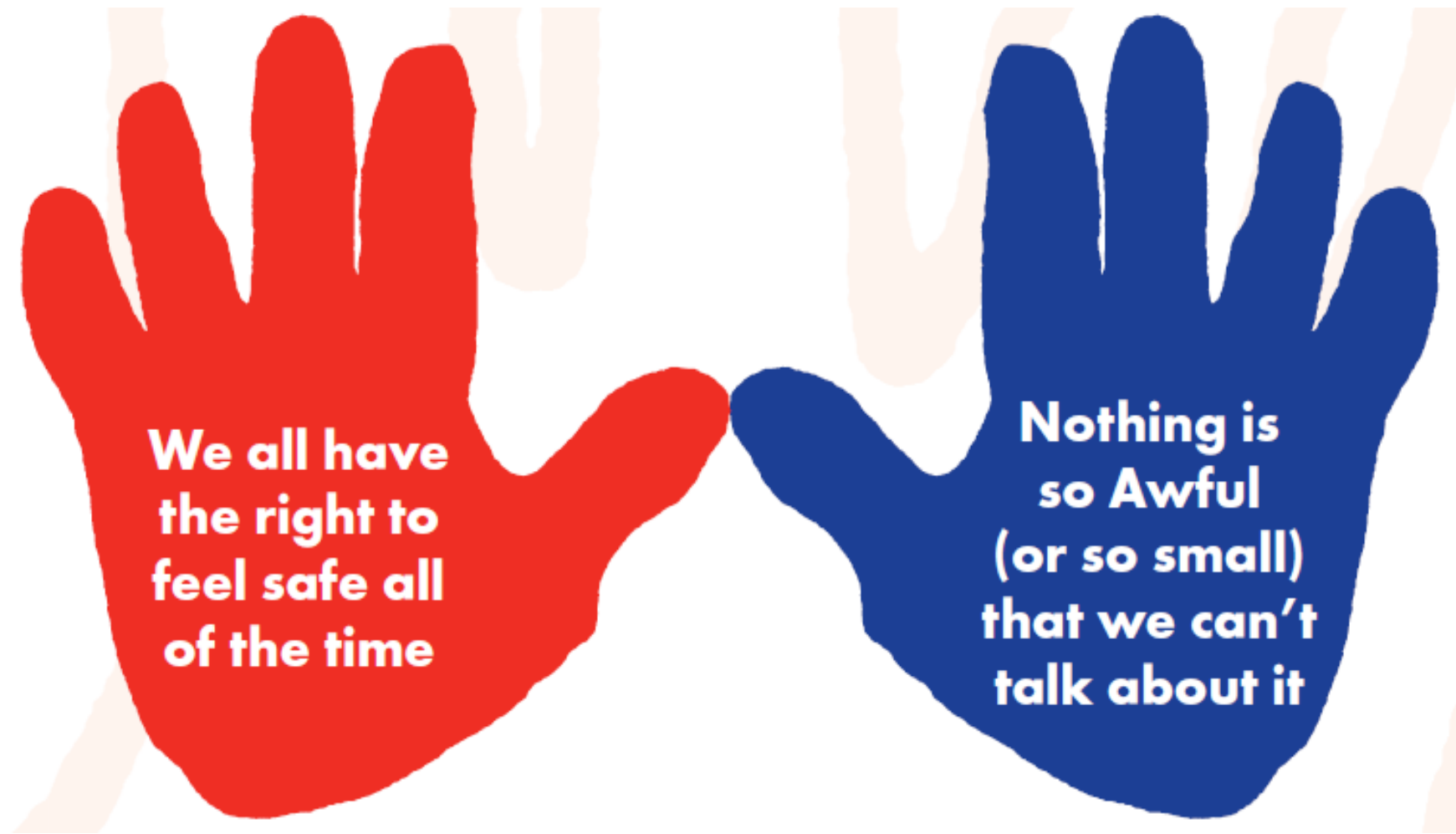
**Don't use radios
or hair dryers
near water.**

TASK

Dangers in the Kitchen

Can you circle the dangers you can spot in the kitchen?






Session Six

We are all Unique and Special



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**

We are all unique and special



It's hard to be different,
To act just like you,
To love your uniqueness,
In whatever you do.

Your hair can be curly,
Or wavy or straight,
Your eyes might be different,
But that makes you great.

Running or writing,
Numbers or art,
Your friends will all love you,
For the size of your heart.

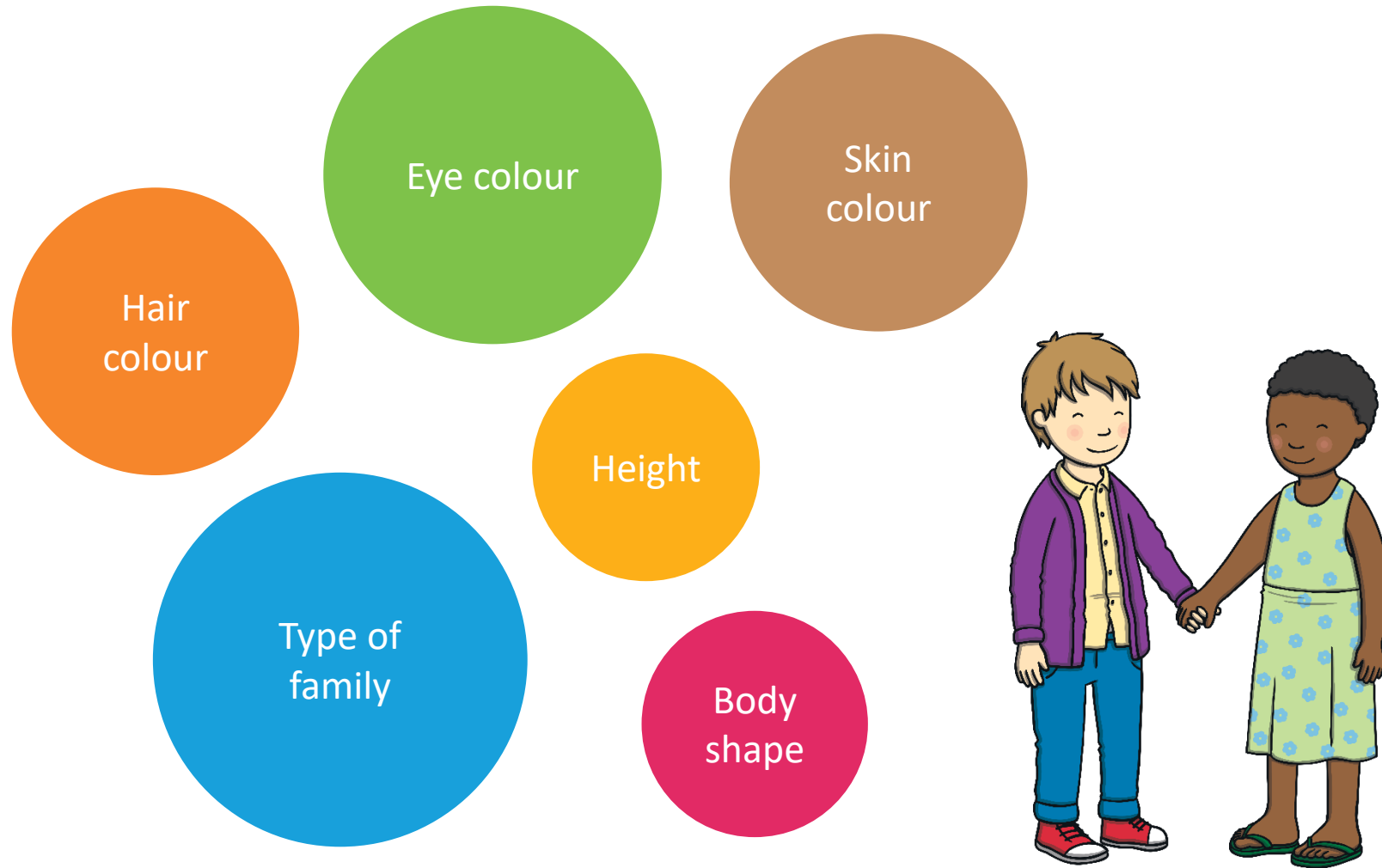
But what makes a good friend?
Someone who cares?
Someone who laughs with you?
Someone who's there?

Someone who helps you,
When you've hurt your knee?
Or someone to catch you,
When you fall from a tree.

A friend sees that you're special,
And loves all of you,
From singing to dancing,
And you love them too.

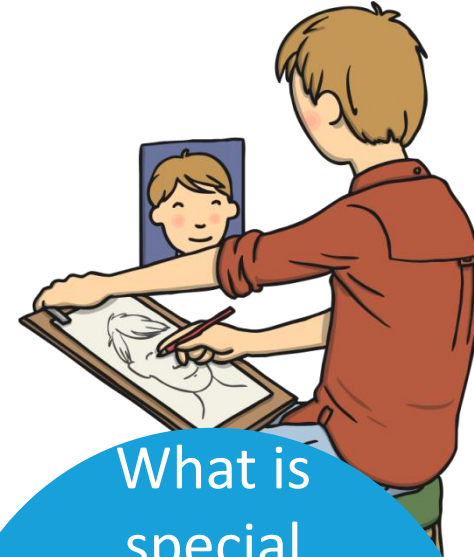
It's hard to be different,
To act just like you,
So love your uniqueness,
Whatever you do!

What things make us unique and special?



What things make us unique and special?

What is special about you?
What can you do well?



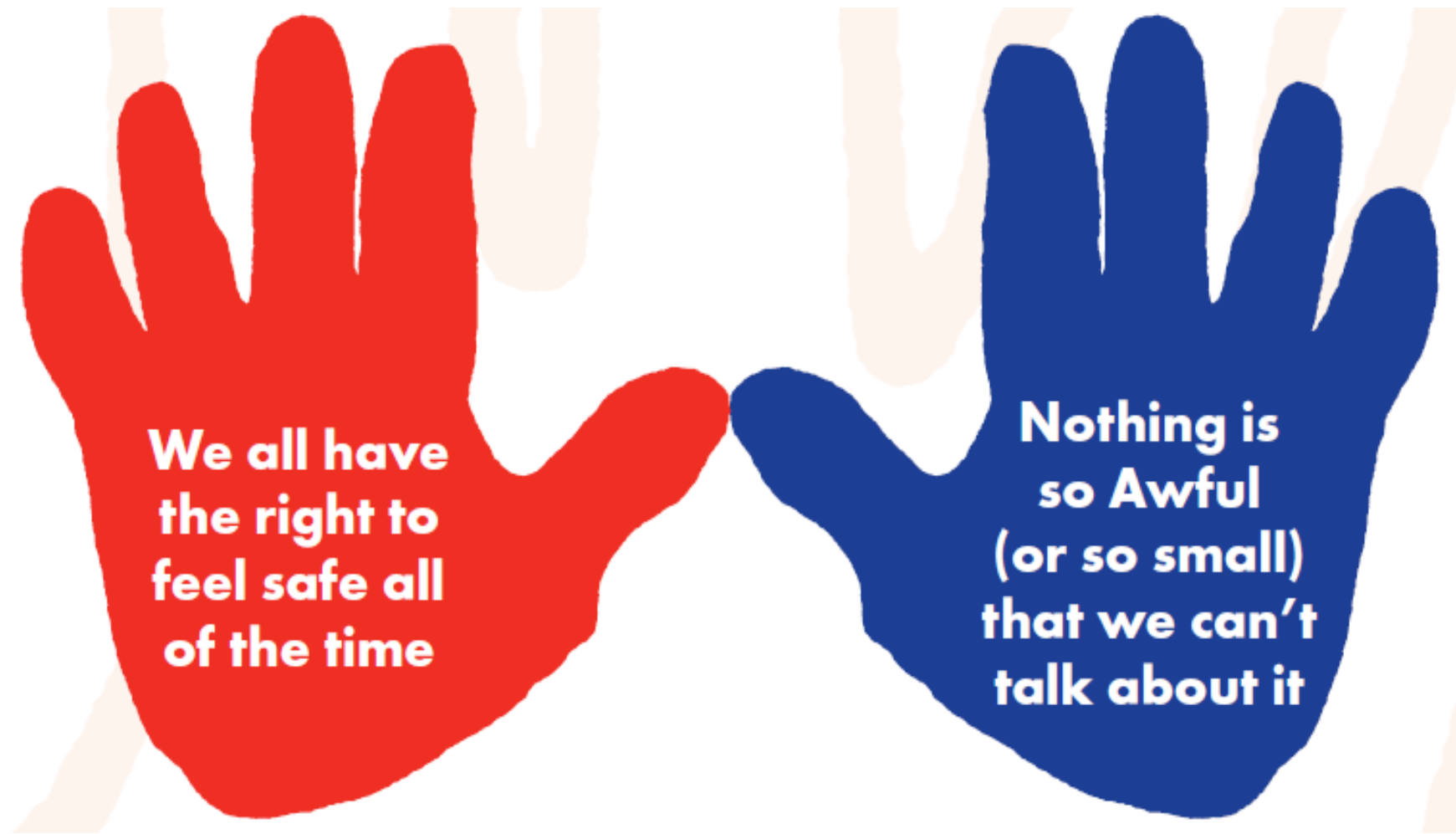
What is special about your friends?
What can they do well?

We all have the right to play.
We all have the right to be happy.

TASK

What else
do we have
the right to
be?






Session Seven

Race (Significant People)



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**



Marie Curie (1867 – 1934) Polish

Marie Curie was a Polish scientist who worked with radioactivity.

She was the first ever woman to be awarded the Nobel Prize, and she won it twice!

Marie had two daughters; Irene and Eve. Irene was also awarded the Nobel Prize.

Today, Marie Curie is known as the 'Mother of Modern Physics'.



Mother Teresa (1910 – 1997) Albanian

She was born in Albania and at 18, moved to Ireland, where she learned English. She later moved to Calcutta in India.

Mother Teresa left the convent and founded the Missionaries of Charity in 1950.

The organisation was dedicated to feeding and caring for the poor, the sick and the dying.

The organisation also educates and cares for orphaned children in Calcutta.

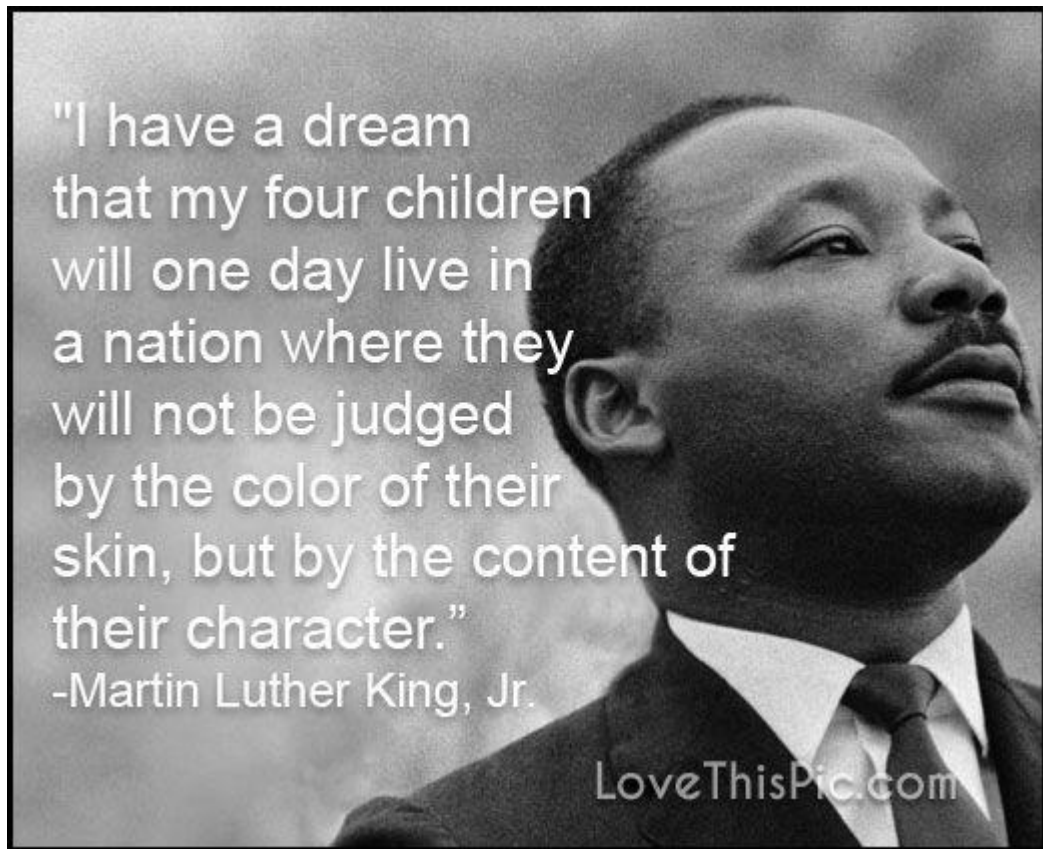


Marie Seacole (1805 – 1881) – Jamaican

Mary Seacole was a mixed-race, British-Jamaican lady, who overcame racial prejudice to help others.

She was most famous for travelling to the Crimea in 1855 to help care for soldiers wounded in the war.

The soldiers even called her Mother Seacole.



"I have a dream
that my four children
will one day live in
a nation where they
will not be judged
by the color of their
skin, but by the content of
their character."

-Martin Luther King, Jr.

LoveThisPic.com

Martin Luther King (1805 – 1881) African-American

In 1964 Martin Luther King Jr received the Nobel Peace Prize for his work to end racial prejudice in the United States.

The law was changed so that everyone could vote.

It is because of Martin Luther King Jr , and others like him, that people in the United States have equal rights today.



Emmeline Pankhurst (1858-1928) - British

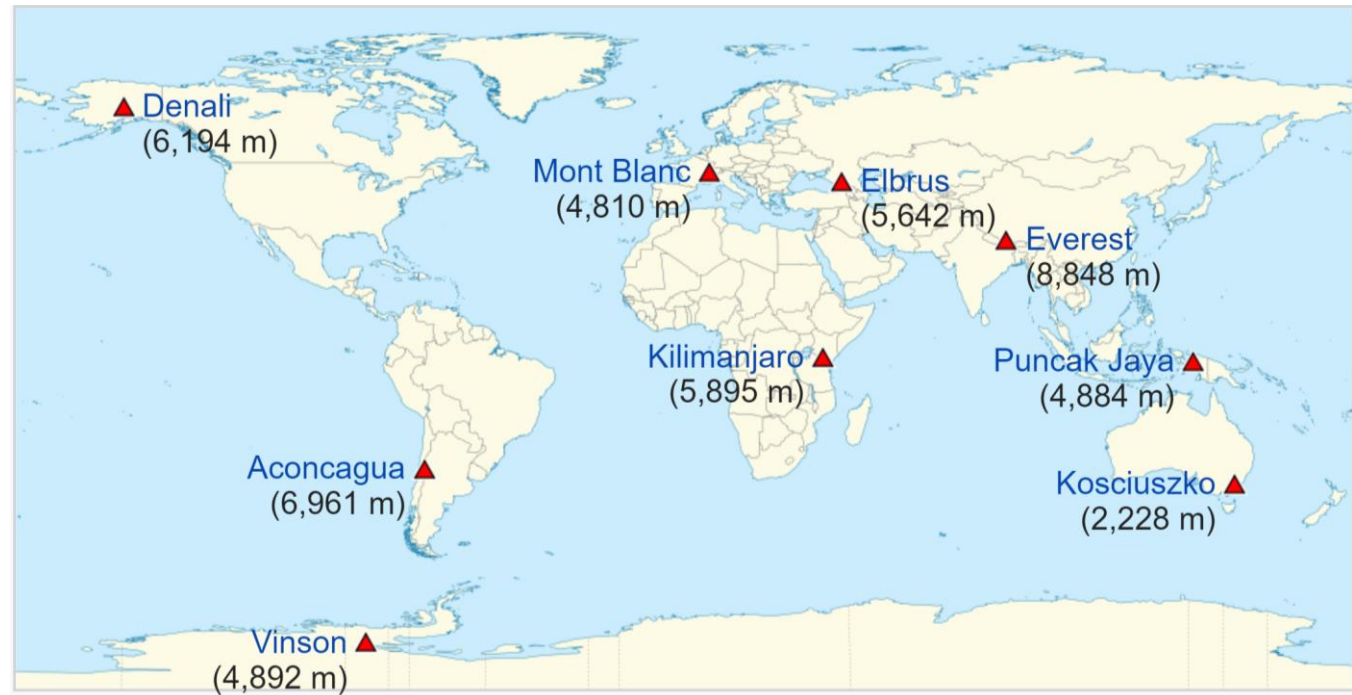
Emmeline Pankhurst was a British political activist and leader of the British suffragette movement who helped women win the right to vote.

In 1999 *Emmeline* was named as one of the 100 most important people of the 20th century, stating "she shaped an idea of women for our time."



Junko Tabei (1939 – 2016) Japanese

Junko Tabei is a Japanese mountaineer and is the first woman to climb Everest who then went on to climb all seven summits.





Anastase Dragomir (1896–1966) Romanian

Anastase Dragomir (1896–1966) was a distinguished Romanian inventor, most famous for his "catapultable cockpit" an early form of the ejection seat.

He perfected a system to save pilots and passengers in case of accidents.





Harry Houdini (1874 – 1926) Hungarian

Harry Houdini was an extremely famous Hungarian-born illusionist and stunt performer, noted for his sensational escape acts.





Mao Zedong 毛泽东 (1893 – 1976) Chinese

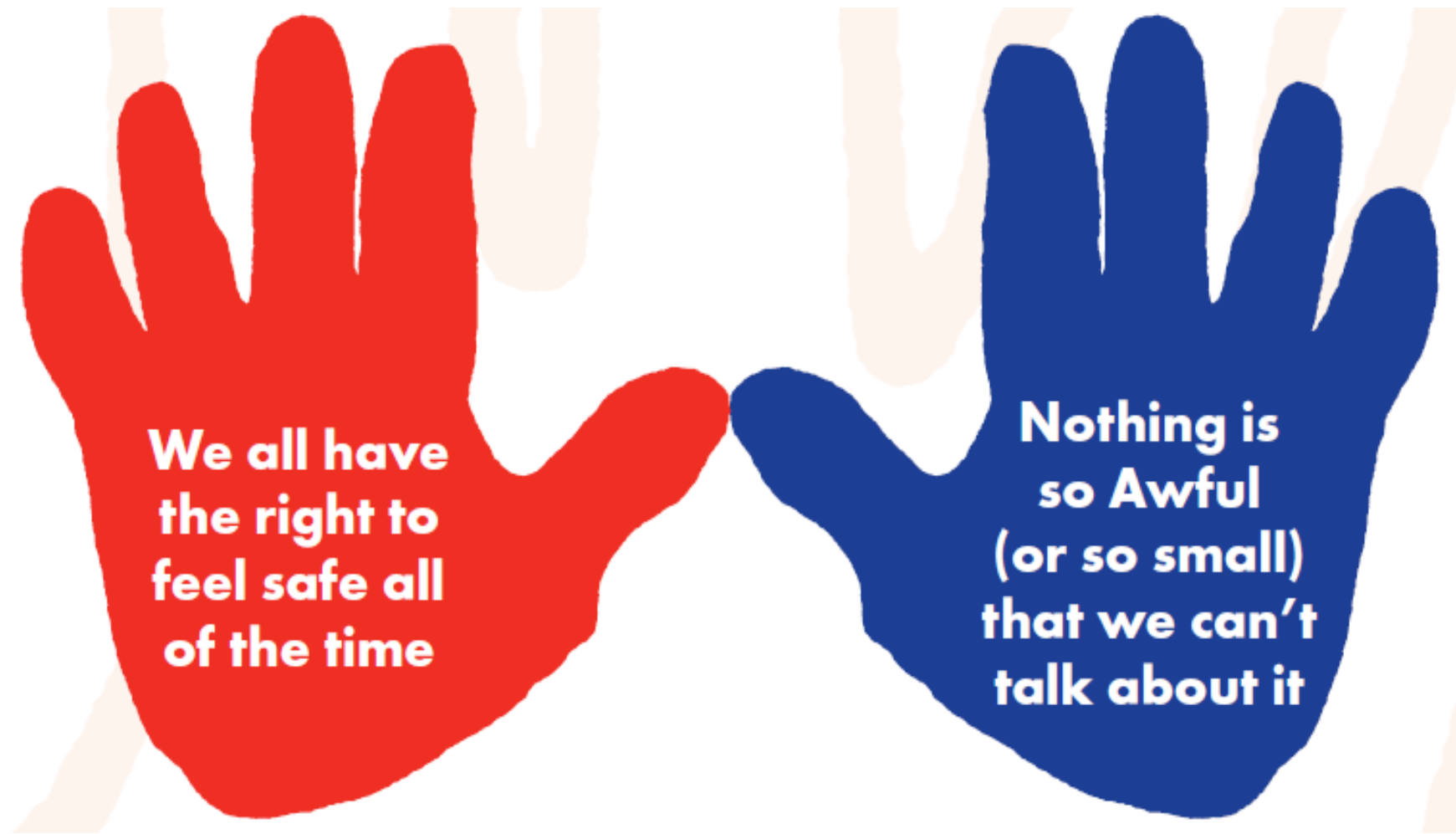
Mao Zedong was a Chinese communist revolutionary, politician.

He was the founding father of the People's Republic of China from its establishment in 1949.

He governed the country as Chairman of the Communist Party of China until his death.

DISCUSS

Which person has inspired you most and why?




Session Eight

Religion/Celebrations

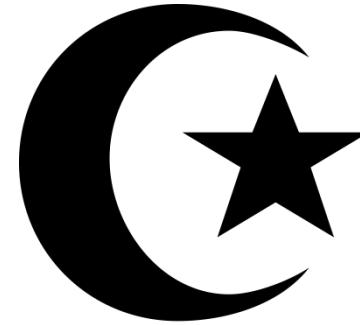


**Feeling safe
is more
important
than keeping
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**If any secret
gives you
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feeling it's
not good**

Religions/Celebrations in our School

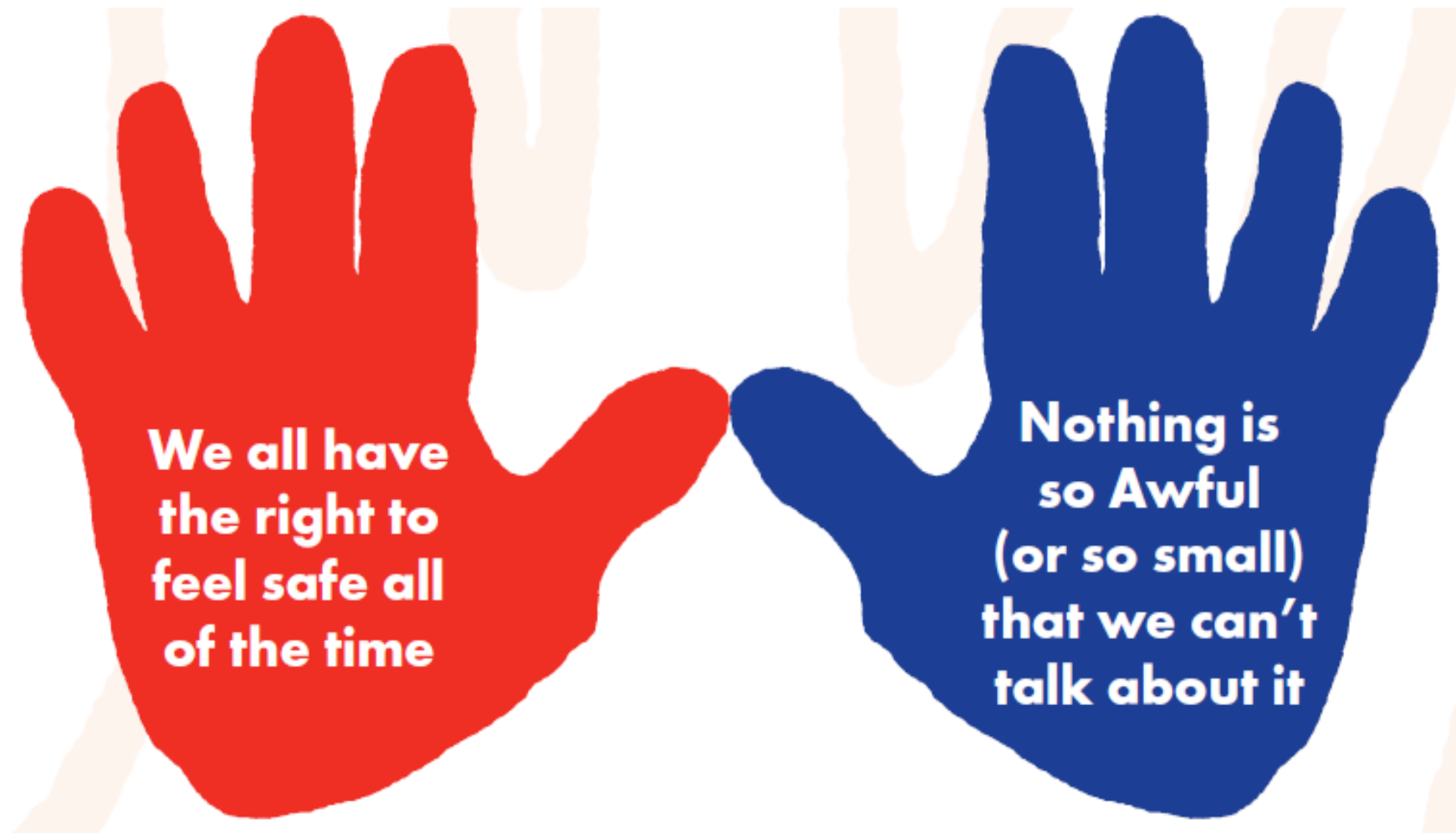


Do you recognise any of the symbols in this picture?

Religions/Celebrations in our School

TASK - Can you find out all of the religions and the things celebrated by the children and adults in our school?

Do you celebrate anything with your family that we do not celebrate in school?
Make a list & we will celebrate with you.




Session Nine

Differently Abled



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**

Disability



twinkl

visit [twinkl.com](https://www.twinkl.com)

I Have the Ability





Stephen Hawking was a world renowned English Scientist and author. He studied black holes and space. His book “A brief history of time” was a best seller.



Despite being deaf, **Beethoven** turned out to be one of the biggest composers of all time. He was guided by Mozart and studied Piano.



Sudha Chandran is a world famous Indian actor and dancer who has an artificial leg.



Stevie Wonder is an extremely famous musician and singer who is blind.



Tanni Grey-Thompson – Olympic Wheelchair Racer
Medals - Gold: 11 Silver: 4 Bronze: 1 Total: 16
She is now a Baroness.



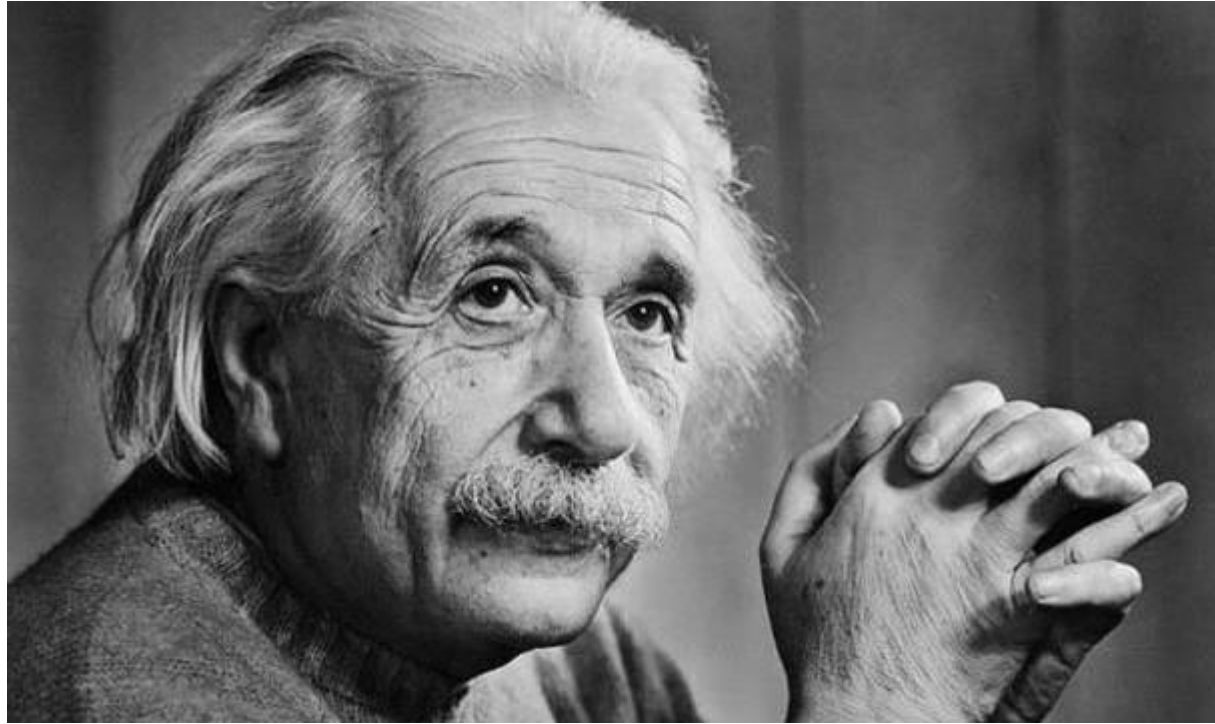
Arunima Sinha is the world's first, and India's first amputee to climb Mount Everest.

She is also a national level volleyball player.

She said "Failure is not when we fall short of achieving our goals. It is when we don't have goals worthy enough."



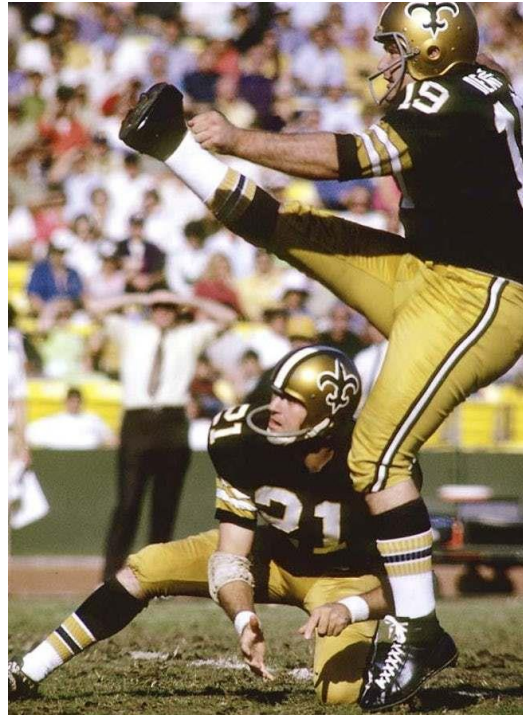
Helen Keller was an American author. When she was one and a half years old, she became deaf and blind. She graduated from university becoming the first deaf blind person to earn a Bachelor of Arts degree. She very soon learned to speak and started delivering lectures. She listened to others by placing her hand on their mouth and figuring out the words.



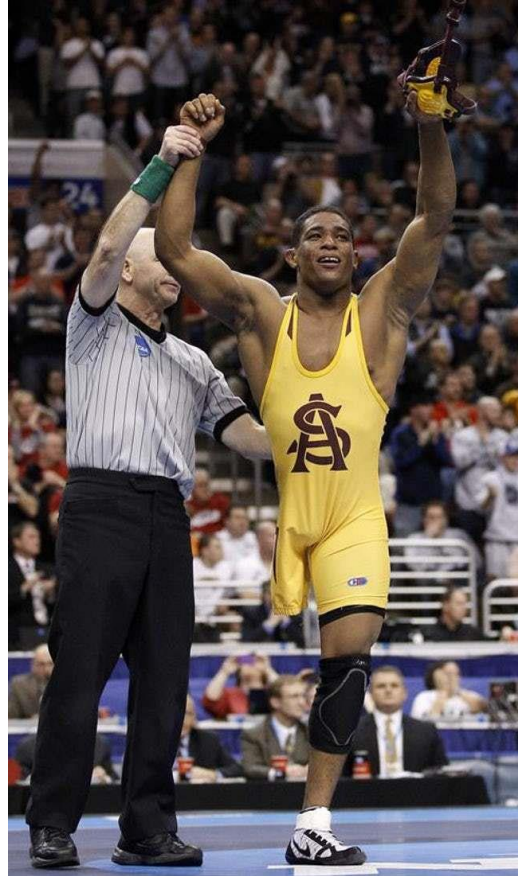
Albert Einstein is probably the most famous person known for his intelligence. Einstein struggled to learn when he was young and didn't speak a word until he was 3 years old.



Lord Nelson was A British officer in the Royal Navy. Lord Nelson is known as one of the greatest commanders of his day. In spite of losing both his arm and his eye in combat he continued to win victories until his death during a battle in 1805.



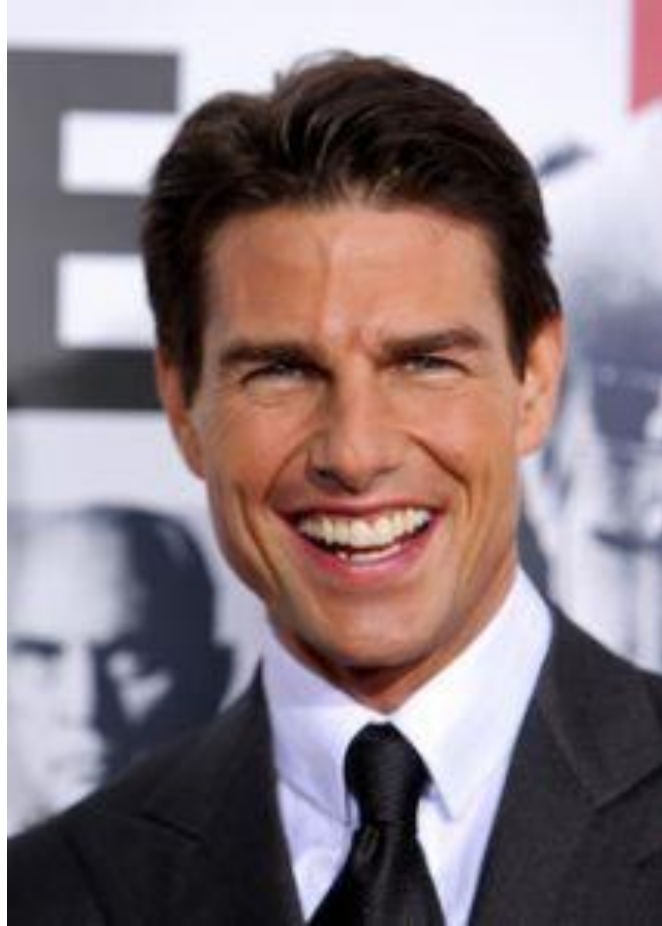
Tom Dempsey is a NFL kicker who was born without toes on his right foot and no fingers on his right hand. He has played for the top following teams: Philadelphia Eagles, New Orleans Saints, Buffalo Bills, Los Angeles Rams and Houston Oilers.



Anthony Robles was born with only one leg. He went on to win the 2010-11 NCAA individual wrestling championship in the 125-pound weight class.



Daniel Radcliffe suffers from dyspraxia, meaning he can find organisation of movement difficult.



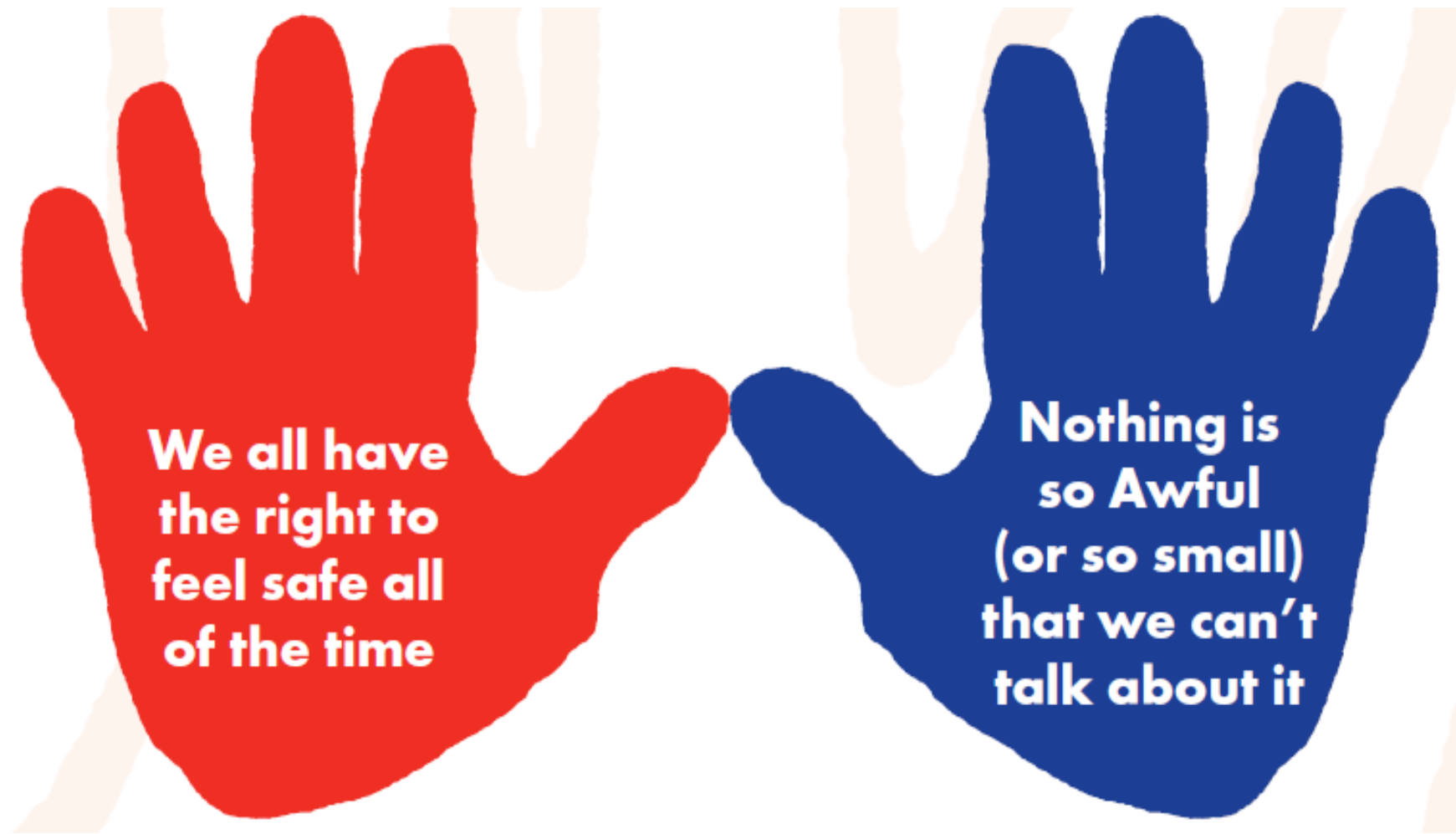
Tom Cruise, the world-famous movie actor, is extremely dyslexic, meaning he finds it hard to spell and write any words.



Ellie May Simmonds, OBE is a British Paralympian swimmer. She qualified to swim for Great Britain in the Olympics, despite being the youngest member of the team, at the age of 13. Her height is 1.23 m

DISCUSS

Which person has inspired you most and why?




Session Ten

Using the Internet (E-Safety)



**Feeling safe
is more
important
than keeping
secrets**



**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**

Never give out any personal information such as your full name, address, phone numbers or school name.



Only use a computer when an adult is nearby.



Tell an adult right away if you come across anything that upsets you or makes you feel uncomfortable.



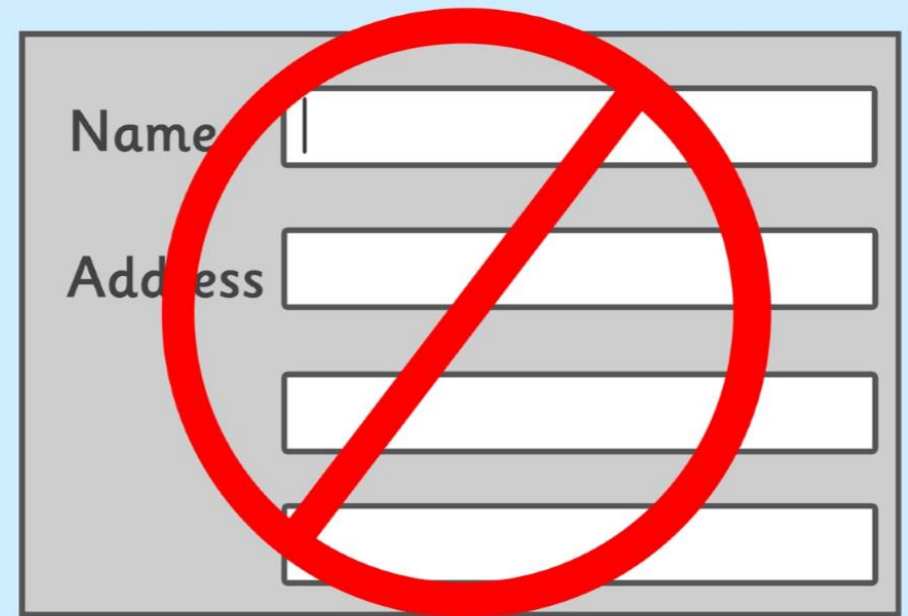
Never send a picture of yourself to a person that you don't know, or haven't met.



Never arrange to meet someone whom you have met through the Internet even if you think you know them well or they seem really nice.



Don't fill out forms online without asking an adult first.



Your friend asks you to join Facebook.

What should you do?



twinkl.com

You have made friends with a boy called Ryan online. He has asked you to send him a photo of yourself.

What should you do?



twinkl.com

You are on a website when a page pops up saying you have won a prize and asks you to click on it.

What should you do?



twinkl.com

You want to join a website with lots of cool games on, but first you need to fill in a form giving them your name, phone number and home address.

What should you do?



twinkl.com

You find a really cool site but you need to pay £5 a month to access it. You know where your dad's bank card is.

What should you do?

You saw something online that really upset you.

What should you do?

Someone from school sent you a nasty message online.

What should you do?

A few people have been saying horrible things about you online.

What should you do?

You have been talking to someone online for a long time and consider them a friend but you have never met them. They ask if you want to meet.

What should you do?

You receive an email from someone you don't know.

What should you do?

You are talking to a person online and they ask you to turn on your webcam.

What should you do?

Someone has created a fake profile for you on a website, full of nasty comments and horrible pictures.

What should you do?

Your friend is texting and making calls to a person they don't know.

What should you do?

Someone sends you a picture that upsets you.

What should you do?

Someone sends you a rude text that makes you feel uncomfortable.

What should you do?

Your friend is planning to meet up with someone they don't know but has been texting.

What should you do?

Someone you don't know very well has asked for your mobile number.

What should you do?



twinkl.com

Someone you met online wants to talk to you over the phone.

What should you do?



twinkl.com

A friend has asked you to send an inappropriate picture of yourself to them.

What should you do?



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You have lost your phone.

What should you do?



twinkl.com

You have joined a site that requires a profile picture.

What should you do?

You receive a text from a stranger.

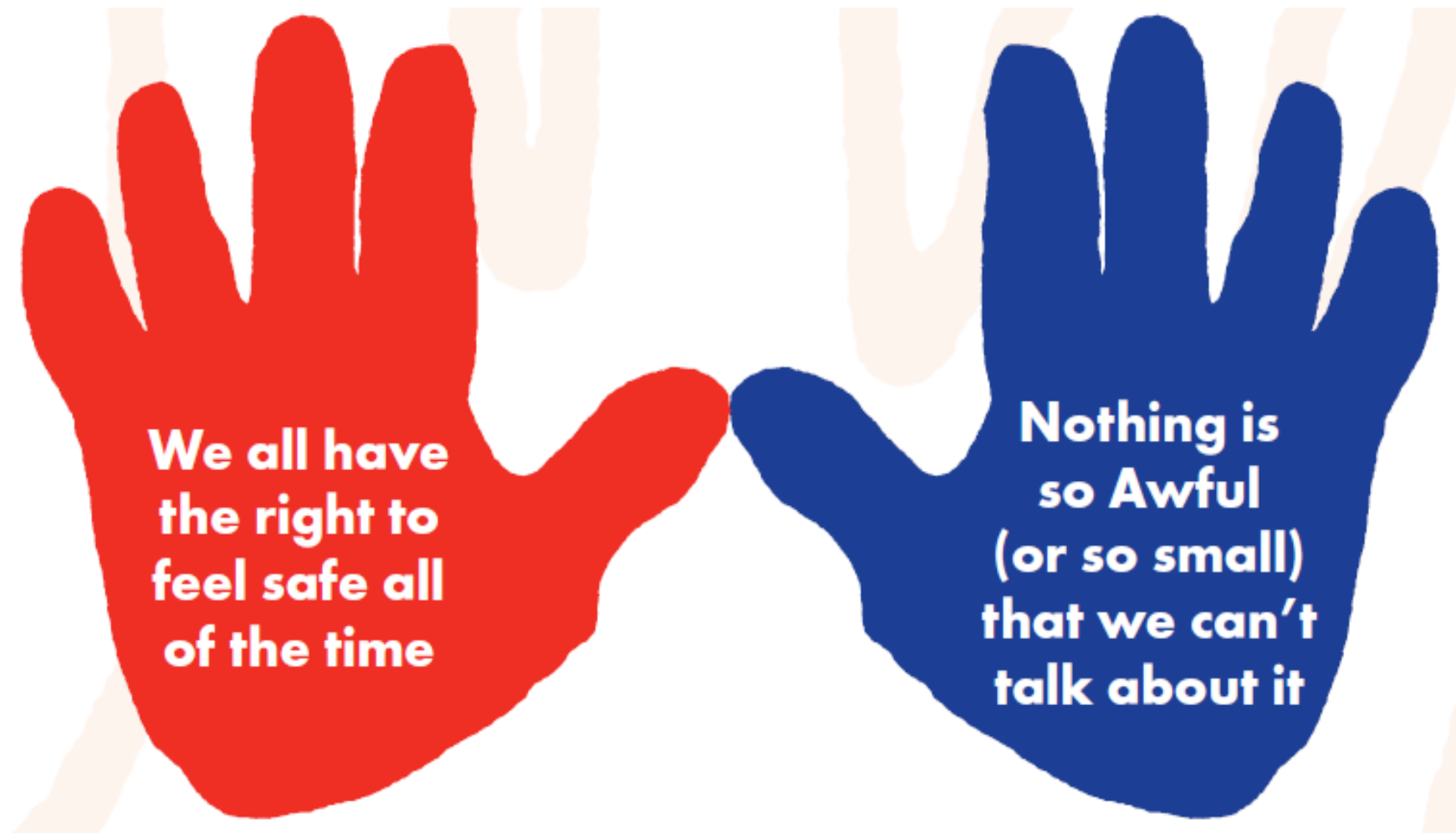
What should you do?

You are talking to a friend you have made online, but not met in person, and they ask you where you live and to which school you go.

What should you do?

Someone from school sends you a mean text message.

What should you do?




Session Eleven

Keeping Our Bodies Safe

A large, solid red handprint is shown with the palm facing forward. Inside the handprint, the text "Feeling safe is more important than keeping secrets" is written in white, bold, sans-serif font. The handprint is positioned on the left side of the image, with a light beige shadow underneath it.

**Feeling safe
is more
important
than keeping
secrets**

A large, solid blue handprint is shown with the palm facing forward. Inside the handprint, the text "If any secret gives you that 'Oh-Oh' feeling it's not good" is written in white, bold, sans-serif font. The handprint is positioned on the right side of the image, with a light beige shadow underneath it.

**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**



WATCH

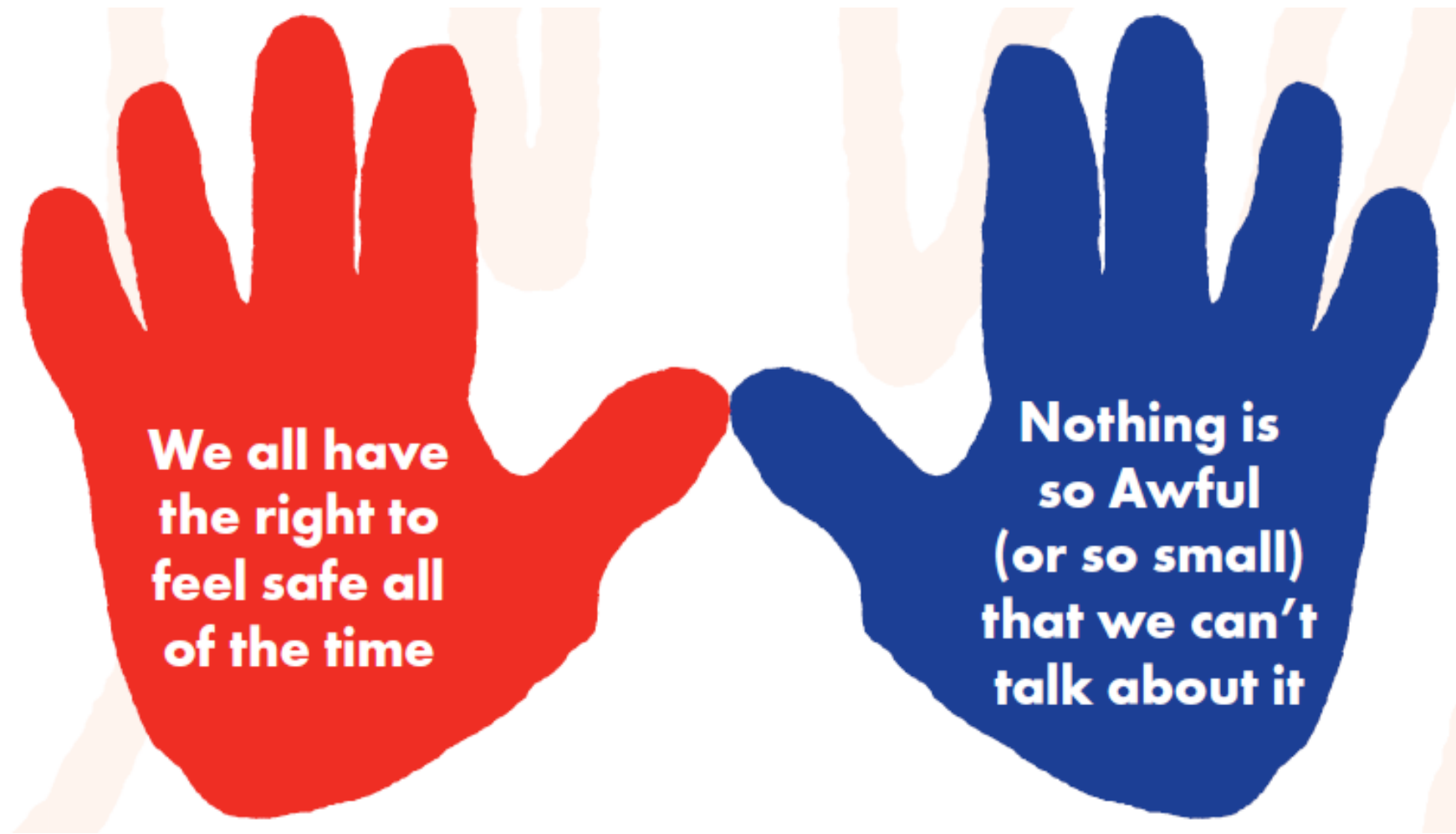
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

TASK

Design a poster to remind people of this rhyme.

What's under my pants
Belongs **only to me**

And others can't
touch there
Or ask me to **see**




Session Twelve

Dealing with Bullies/Good Mental Health

A large, stylized red handprint is shown with the palm facing forward. Inside the handprint, the text "Feeling safe is more important than keeping secrets" is written in white, bold, sans-serif font.

**Feeling safe
is more
important
than keeping
secrets**

A large, stylized blue handprint is shown with the palm facing forward. Inside the handprint, the text "If any secret gives you that 'Oh-Oh' feeling it's not good" is written in white, bold, sans-serif font.

**If any secret
gives you
that 'Oh-Oh'
feeling it's
not good**

What is Bullying?

Bullying can mean many different things to different people. These actions can be described as bullying if they happen often and are done on purpose.



Being called names or teased.



Being threatened or intimidated.



Being hit, kicked or physically hurt.



Being ignored and left out.



Having rumours spread about you.



Having money and other possessions taken or messed about with.



Being pushed or pulled about.



Being put down or humiliated.



These things can happen at school or at home, but they can also happen online and on social networks. If you are being bullied, or someone you know is telling you that they are being bullied, always tell someone. A grown-up will be able to help.

If You See Bullying

Be a Hero!

See

Lots of us see bullying.

Stand

It's easy to stand by.

Brave

If you are brave you can be a hero.

Think

How would you feel if it was you?

Don't

join in or watch people bullying.

Bullies love an audience. Walk away and see if you can get others to leave too. Don't leave someone who is in real danger.

Go get help.

Stop

rumors.

If someone tells you gossip, don't pass it on to others.

You wouldn't want rumors spreading about you!



Stand

up for the person.

If you feel safe, defend the person being bullied.

Bullies often want to be popular.



Encourage

the bullied person to talk.

Offer to talk to an adult with them. Practice and rehearse together what they will say.

Support

Ask the person if they are okay. Be friendly the next day. You can make a big difference to someone just by showing that you care.

Tell

an adult.

Letting an adult you trust know about a situation can resolve it quickly. Although you may feel uncomfortable telling an adult, they are there to protect you.

Telling is not tattling!

Telling is what you do to get someone out of trouble, tattling is what you do to get someone into trouble.

Good Mental Health

Means:

- Being surrounded by - Positive Behaviour
- Having - Good Well Being
- Having – High Aspirations
- Being in control
- Knowing it's ok to be challenged
- Being committed to friendships and school
- Having confidence to deal with situations

This iSafe programme has given you all of these skills.

Discuss how you now know to deal with all of the above situations.

TASK

Design a poster – Bullying Never Happens at The Duston School!

Say in your poster what we all do to ensure this never happens.