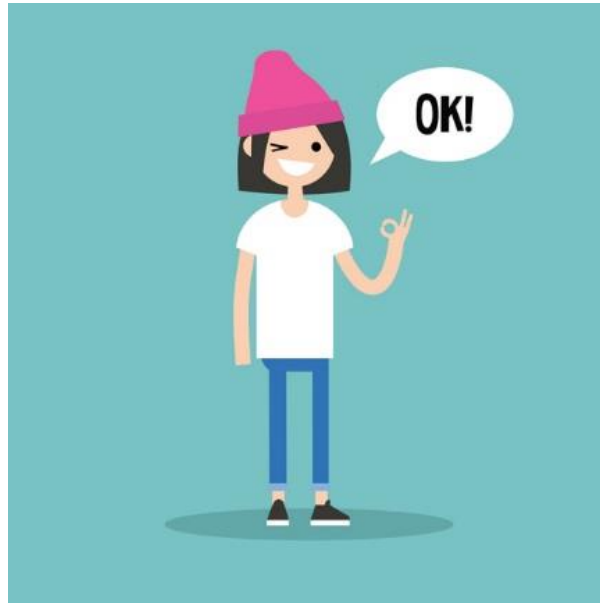


Life Skills Booklet

Personal Safety


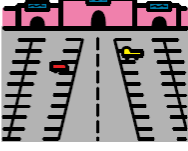





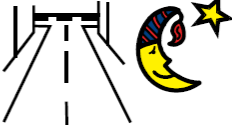


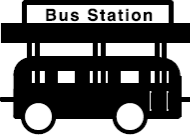

Entry Level 2



Name	
------	--

This booklet is a template evidence to show that the learner has met the assessment criteria for this unit.

1.1 identify situations when they would feel safe and unsafe

 home	 shopping centre	 town	 youth club
 park	 school	 cinema	 on the street at night
 at a concert	 leisure centre	 bus station	 at the seaside

Sort these places into situations where you feel **safe** and those where you would feel **unsafe**

Situations where I would feel SAFE	Situations where I would feel UNSAFE

--	--

1.1 state what they would do in two unsafe situations

Complete the table below

Unsafe situation	What would I do?
1.	
2.	

1.2 identify two situations when it is appropriate to say no and indicate how they would do so

Read the following situations, and discuss them with your teacher and the rest of the class.

- Someone you don't know tells you to get into their car
- Your friend asks you to go to their birthday party
- Your Uncle invites you on a trip to the zoo
- You have to walk home alone at night
- Someone offers you a cigarette when you are out
- The doctor asks you to take off your top so he can examine you
- A stranger offers you a drink from a bottle you haven't seen before
- Your brother and his friends want to take you to the cinema

Choose **TWO** situations when you feel it would be OK **to say no!**

How would you say no?

Situation	How would you say no?

1.3 demonstrate how to say no in two simulated situations

Role Play no 1.

In a pair or group, choose ONE of the following situations and role play for the class how you would say 'no'.

- You are going to the shop. Some older pupils you know are sitting on a bench smoking. You stop to talk to them and they offer you a cigarette.
- You are over at a friend's house and they want to watch a film that you've both been looking forward to seeing. The film is starting soon and you have to be back home in about an hour.
- Your friend wants you to sneak out of school at lunch time and go over to the shop.

Here is a photograph of me taking part in the role play;



My teacher's comments on my role play:

.....
.....
.....

Date:

Role Play no 2.

In a pair or group, your teacher will give you a situation.

Role-play for the class how you would say 'no'.

Here is a photograph of me taking part in the role-play;



My comments on my role-play:

.....
.....
.....
.....

Date:

Safe or Not? (Circling Options)

Resource 9

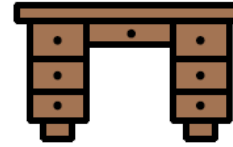
Circle the places that you think are SAFE to keep money in.



under the bed



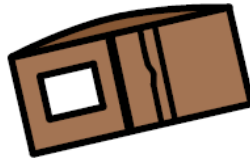
in the Post Office



in a drawer



in the bank



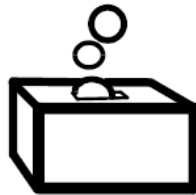
in a wallet



in a shoe



in a piggy bank



in a Building Society



in a bag

2.1 list safe and unsafe places they can keep their money a) in the home and b) when they are out

Use the ideas from the pictures to complete the following table

Safe places to keep money	Unsafe places to keep money

Out and about

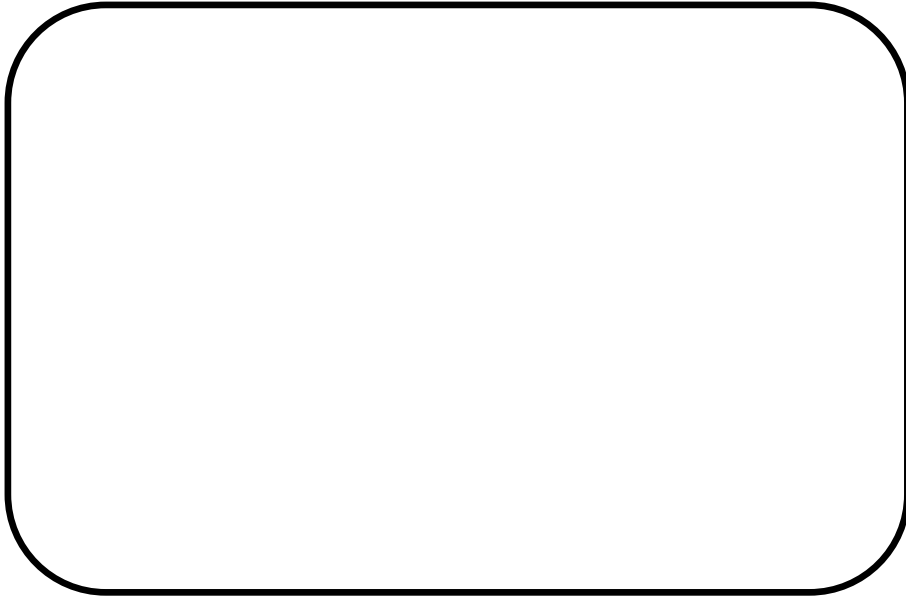
Complete the following sentences;

When I am out the safest place for me to keep my money is

When I am out it would **not** be safe to keep my money in

2.2 identify a bank and two services the bank provides for personal customers

Here is a photograph of me visiting the bank:



The bank is called:

.....

Its address is:

.....

.....

.....

Two services which the bank provides:

1.

2.

2.3 identify how to access their money safely from a bank e.g. cash machine/ withdrawing money from a bank

Getting money from a cash machine safely

Complete the missing words in the sentences to show the steps below



cash card

screen

cash

safe

money

yes

PIN

hand

press

1. Put your _____ into the machine
2. Put your _____ (secret number) into the cash machine keypad
3. Cover the _____ with your hand so no one can see the numbers you are pressing
4. You will see the information on the _____ asking you which service you would like
5. Press _____
6. The screen will show you different amounts of money. You need to _____ the amount you would like
7. The screen will ask if you want a receipt – this is a good idea to say _____
8. Take your card from the machine and put it in a _____ place
9. Take your _____ from the machine and put it in a safe place

3.1 identify two organisations that give advice on personal safety

Find out about two organisations that give advice on personal safety:

	Organisation 1	Organisation 2
Name of Organisation		
Where are they based?		
Who do they help?		
How do they keep people safe?		
How do you contact them?		
Stick in a picture or logo for the organisation		

3.2 identify two examples of bullying or harassment by the following and identify what to do in each situation: a) familiar people and b) unfamiliar people

SCENARIOS

A



Clare has a friend who keeps asking her for money. Her friend says they will not be friends if Clare stops giving him money. Clare feels uncomfortable.

B



Danny has started a new work placement in a cafe. His boss has spoken to him to say he is always late and tells him he needs to get to work on time. Danny is annoyed.

C



Nicola met a boy on a night out and gave him her phone number. Now he keeps texting Nicola and sometimes late at night. Nicola has texted back to say she doesn't want to speak to him but he still texts her a few times a day. Nicola is upset.

D



Jack always goes to the same shop on his way home from school. Recently a girl has started to wait for him at the shop and says nasty things to Jack. Jack feels embarrassed.

1. Which one of these scenarios shows someone being bullied or harassed by a person who is **familiar** to them?

What should they do?

.....

2. Which one of these scenarios shows someone being bullied or harassed by a person who is **unfamiliar** to them?




What should they do?

.....

3.3 identify two ways to get help for bullying or harassment

Put a tick under which of these would be a good way to get help if you are being bullied or harassed:

a) At school

<p>Tell someone you trust</p> 	<p>Be nasty back</p> 	<p>Fight with them</p> 	<p>Tell them to stop</p> 	<p>Keep it to yourself</p> 	
<p>✓ ✗</p>					

b) At work

<p>Tell someone you trust in work like your boss</p> 	<p>Be nasty back</p> 	<p>Tell someone you trust outside of work</p> 	<p>Tell them to stop and they are upsetting you</p> 	<p>Keep it to yourself</p> 	
<p>✓ ✗</p>					

c) When you are out

<p>Walk away from whoever is making you upset to somewhere you feel safe</p> 	<p>Talk to someone you trust</p> 	<p>If you feel unsafe, phone the police</p> 	<p>Tell them to stop and that they are upsetting you</p> 	<p>Keep it to yourself</p> 	
<p>✓ or x</p>					

d) In your home

<p>Go out to look for the people who are making you upset</p> 	<p>Tell someone you trust</p> 	<p>If you feel unsafe, phone the police</p> 	<p>Act scary to get rid of them</p> 	<p>Keep it to yourself</p> 	
<p>✓ or x</p>					

3.4 identify two things to do if someone experiences hate crime/harassment



If someone has threatened you at your home or when you are out:

Circle two things you should do

Put a cross through things you should not do

phone the police if
someone is making
you feel unsafe

threaten them

ask someone you
trust to come to your
home to support you

ask people to leave if
you don't want them
to be there

write down exactly
what has happened
to help you

phone the police if
someone is making
you feel unsafe

keep talking to someone at your
door or on the phone who is
making you feel unsafe