

St John Juniors

Personal Safety

Activity Book



Be a Safety Hero!



St John Ambulance Australia
10–12 Campion Street
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St John Juniors: Personal safety activity book

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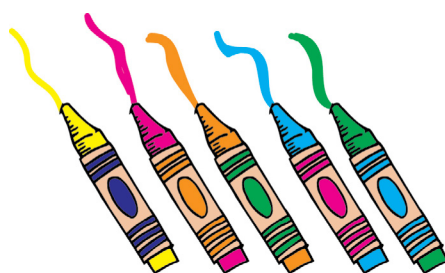
My personal safety activity book

When I complete all the activities in this book,
I will earn the **Personal Safety Junior Interest badge**. It looks like this.



My name

My division



Record your progress

When you have completed each part of this book, colour in the title with the colour shown on the crayon next to the title. You can colour in the page number at the bottom of the page too. Each topic has a different colour. It's easy! For example, when you have finished the section called 'Being safe', colour the title and page number using a pink-coloured pencil, marker or crayon.



NO, GO, TELL!



The words 'Yes' and 'No' are said a lot and every day.

Sometimes, someone might say or do something that makes you feel uncomfortable, scared, worried or sad. It's important to know that adults and other kids should never hurt you or anyone else. If you ever feel scared, unsafe, worried or uncomfortable you can use 'NO, GO, TELL'.

NO—Say 'NO!' or words that mean 'NO!', if you can.

GO—leave the unsafe situation.

TELL—get help from a trusted adult.



It's *always* okay to say 'NO!'

Get into pairs and practise saying 'NO!' to each other. Think of some different questions you can ask each other to say 'NO!' to. For example, 'Let's be late getting home from school'.

There are different ways you can say 'NO!'

- » Softly
- » loudly
- » by not talking.

Think of some other words that mean 'NO!' or different ways of saying 'NO!' (e.g. using your body). Write about them here.

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Being safe

What does being 'safe' mean? Circle the answers you think are correct (hint: there's more than one!).

1. Being free from the risk of getting hurt.
2. Being free from danger.
3. Being in a place you feel comfortable in.
4. Being away from people who could hurt you.

Did you know?

The word 'safe' comes from the Latin word 'salvas'. It means 'uninjured'.

This is my safe place. It is...



Draw a picture of yourself in your safe place. Write the name of your safe place at the top of this box.

Where else could you go if you wanted to feel safe? Write your ideas below:

.....

.....

.....

.....

.....

Rights and responsibilities



Our rights. Rights are the things that every person deserves, like being safe, having enough food, going to school or having somewhere to live.

Our responsibilities. Responsibilities are the things we *should* do. We all have responsibilities to ourselves and those around us to continue to make our world a better place to live.

Fill in the missing letters in the table below for each of the 'rights' and 'responsibilities'. Use the words from the red list at the bottom of the page to fill them in.

Next, in the right-hand column write if you think the statement is a 'right' or 'responsibility'. The first two rows give an example of a correct answer.

It's important that we follow _ _ l _ _ at school and in the community. They are there for our safety.	responsibility
We all have a right to feel _ _ _ e .	right
We should all have the _ r _ _ _ _ _ to _ _ _ k openly about what we believe in.	
It's important for all children to receive a good _ _ _ c _ _ _ _ _.	
It's important for every human being to have _ h _ _ _ _ _.	
We all need _ _ _ _ h _ _ _ to stay warm.	
It's always ok to be _ _ _ f _ _ _ _ _.	
Without _ _ o _ we would be starving.	
It's important to _ a _ _ about other people and how they feel.	
In the cold weather it is important that we all stay _ _ _ m .	
It's important that we be the _ _ s _ person that we can be.	
We should take care of our own _ _ d _ _ _ to keep healthy.	
We should always stand up for our _ _ g _ _ _ and the rights of others.	
It is important we all have _ q _ _ _ _ _ _ _ _ _ r _ _ _ _ _ to be what we want to be.	
We should always _ _ _ p _ _ _ the opinion of others.	

safe	education	shelter	equal	clothing	food
best	freedom	bodies	different	talk	
care	opportunities	rules	rights	respect	

Can you think of any other rights and responsibilities that you may have as a St John Junior? Write your ideas in the space below.

Hint: Take a look at the St John Code of Chivalry.

Code of Chivalry

I promise

To serve my God

To be Loyal to the Sovereign and to my Officers

To observe the mottoes of the Order, Which are:

‘Pro Fide’—For the Faith

‘Pro Utilitate Hominum’—For the Service of Mankind

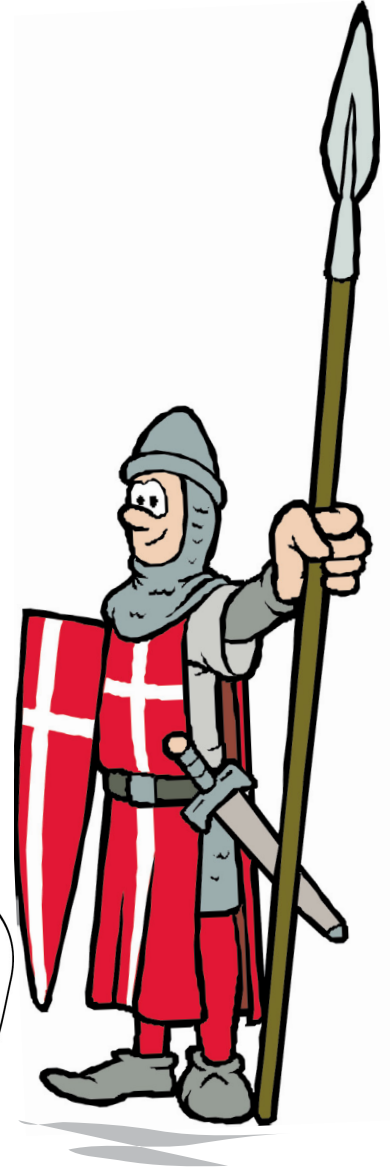
To be thorough in work and play

To be truthful and just in all things

To be cheerful and prompt in all I do

To help the suffering and the needy and

To be kind to all animals



Other rights and responsibilities:

.....

.....

.....

.....

.....

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.....

.....

My safety network



There are a lot of people who can help you if you ever feel scared, worried, upset or uncomfortable.

Talk about this question in your group: How can you keep yourself safe?

Remember: It's your *right* to stay safe. It's your *responsibility* to act safely. You can help others to be safe by always doing the right thing and following rules. Always tell a trusted adult if you are worried someone is not safe.

Get into small groups and discuss the following questions.

1. Who are the adults you trust the most?
2. Who would you be happy talking to about a problem you might be having?

Trusted adults might be your mum or dad, grandparents, older brother or sister, a friend, your teacher, your soccer coach, your St John leader, a police person or your doctor.

Create a list of your top five trusted adults. Write their names below:

1.
2.
3.
4.
5.

These five people are your **safety network**.
A safety network is a group of trusted adults who you can talk to about any problem.

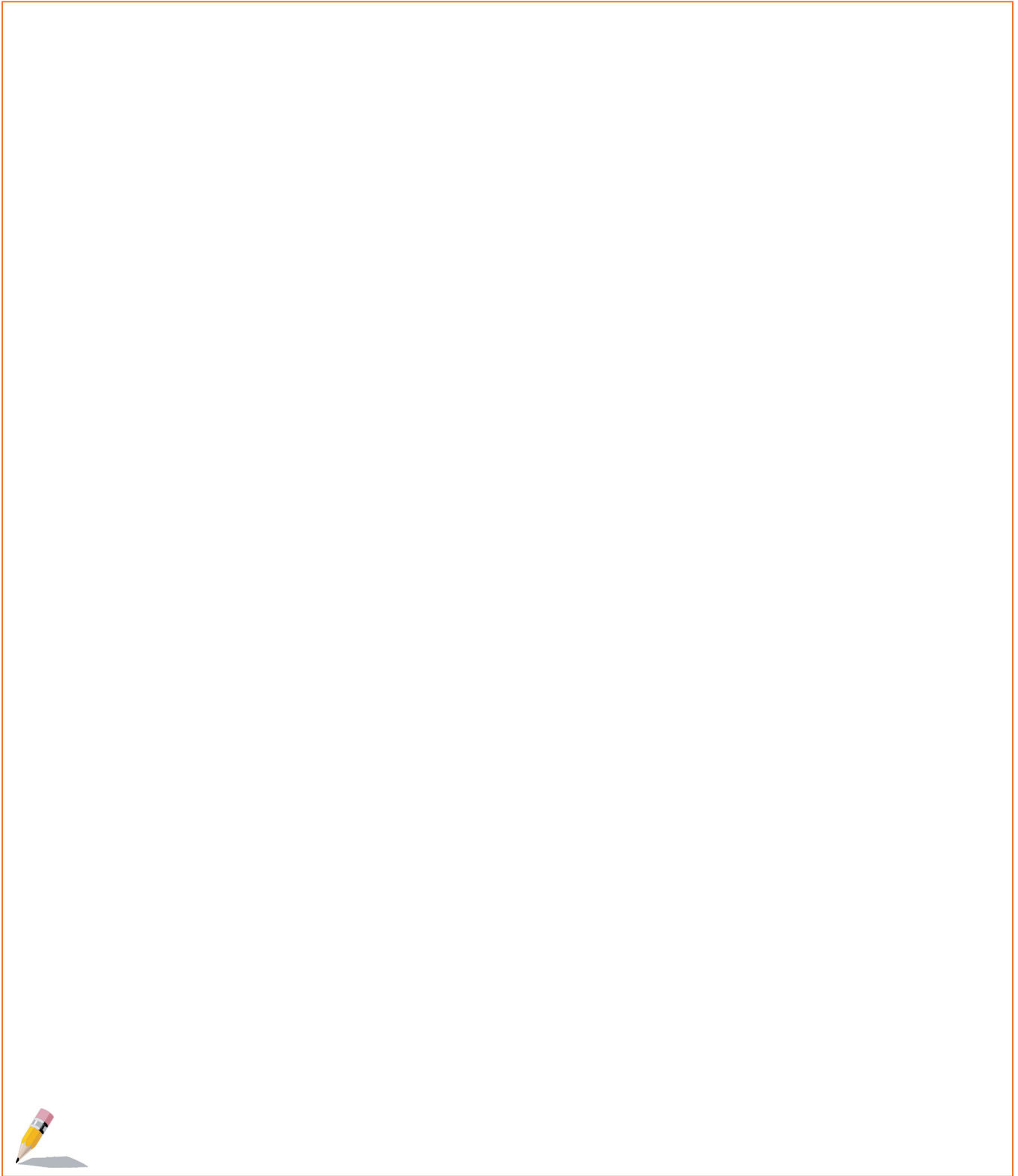
It's helpful to think of these people like the fingers your hand. Each person is one of the four fingers and thumb. Thinking about it like this will help you to remember them.

If you ever need to talk with a trusted adult, you can start with the person who is linked with your thumb. If they aren't able to talk, move on to the first finger, and so on.



Trace the outline of your hand in the box below. Write the name of each person in your safety network on each finger and thumb. Now, decorate your hand.

You can talk to each person you write down and let them know that they are part of your safety network.



On page 25 you will find a section to write down the names and numbers of people in your safety network— Safety Heroes cut it out and keep it in a handy place!



When writing to the people in your safety network, you can use the statement below or you can write your own.

Read the statement to each member of your safety network. Explain what your network is and why you have chosen them. Ask each member of your safety network to sign next to their name on your hand. This means they agree to be a member of your safety network.

Safety network statement

Dear

I would like you to become a member of my safety network. Being a member of my safety network means that if I have a problem and I need to talk to a trusted adult, you will always listen and try to help. I have chosen you to be a member of my safety network because I trust you. This is very important to me.

Signed (your signature)

Your own statement

Dear

Signed (your signature)

Calling for help

It is important to know how to use the phone in an emergency.

To contact the police, fire or ambulance service in an emergency, dial **Triple Zero (000)**.

If you dial **Triple Zero (000)** the phone will be answered by an operator. They will ask you which emergency service you need—police, fire or ambulance.

You will then be connected to that service. They will ask you questions such as:

- » your name
- » where you are
- » what happened.

Poisons

If you (or someone else) have swallowed or come into contact with any chemicals or poisons, you can call the **Poisons Information Centre** (24 hours a day). Call **13 11 26**.

Note: If you are unsure if the poison has been swallowed or not, call the Poisons Information Centre. If you know a poison has been swallowed call **Triple Zero (000)** for an ambulance, then the Poisons Information Centre.

Need to talk?

When going through a tough time, there are *always* people who will listen. **Kids Helpline** is a free, confidential and anonymous counselling service for young people between the ages of 5 and 25. You can contact them any time and for any reason.

Call Kids Helpline (24 hours a day) on **1800 55 1800** or visit www.kidshelpline.com.au.

No problem is so big or
small it can't be
talked about!



Role play activity

Get into groups of two or three and role play the following scenarios.

Note: Don't actually use the phone—just *pretend* to make the call. It's important to only ever call **Triple Zero (000)** when there is a *real emergency*.

Scenario 1



You are walking down the street with a friend. You see a person knock an elderly lady to the ground. They take her handbag and jump into a car and drive off.

What do you do?

Who do you call?

Scenario 2

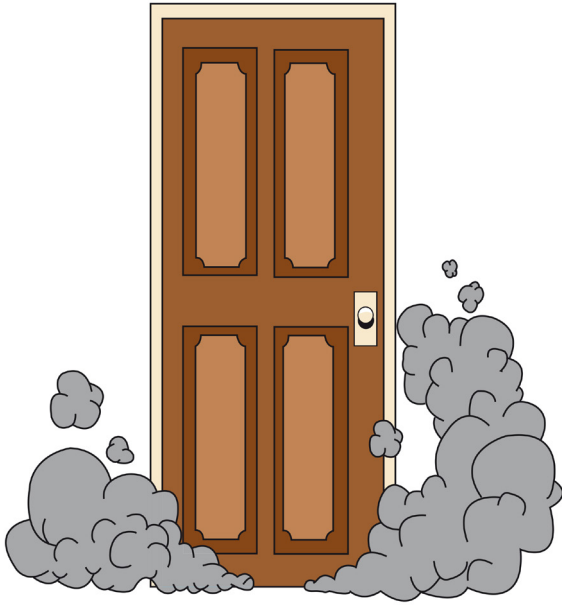


You are at a friend's house with your mum when you see your friend's little brother putting something in his mouth. There is an open bottle and some tablets on the floor in front of him.

What do you do?

Who do you call?

Scenario 3



You are at home watching television with your family. You get up and walk past the closed door to the kitchen. You notice that there is smoke coming from under the door.

What do you do?

Who do you call?

Scenario 4



Your friend's uncle recently died which has made them very sad. Their mum and dad are also really upset. They want to talk to someone but they don't want to worry their parents with their problems. They ask you what to do.

What do you do?

Who do you call?

Secrets



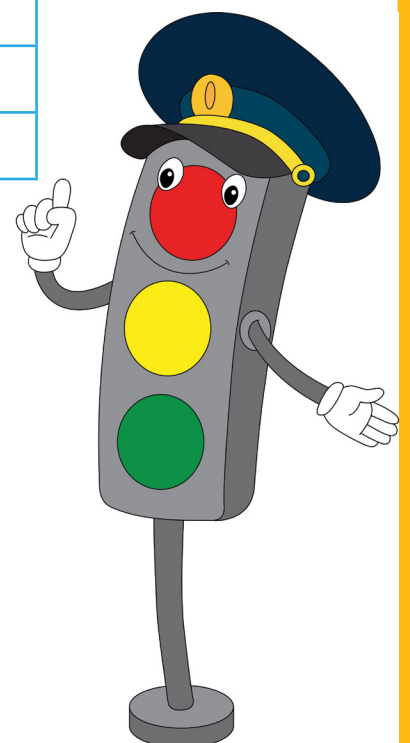
Did you know there are different types of secrets? **Green secrets** or *safe secrets* are fun or make you feel excited. **Red secrets** or *unsafe secrets* may make you feel sad, scared, worried or uncomfortable. Red secrets should always be told.

It's important talk to a trusted adult about any red secret that makes you feel sad, scared, worried or uncomfortable.

Read the secrets in the table below. Decide if they are 'green' or 'red' secrets and circle the right answer. Talk about your decisions in your group.

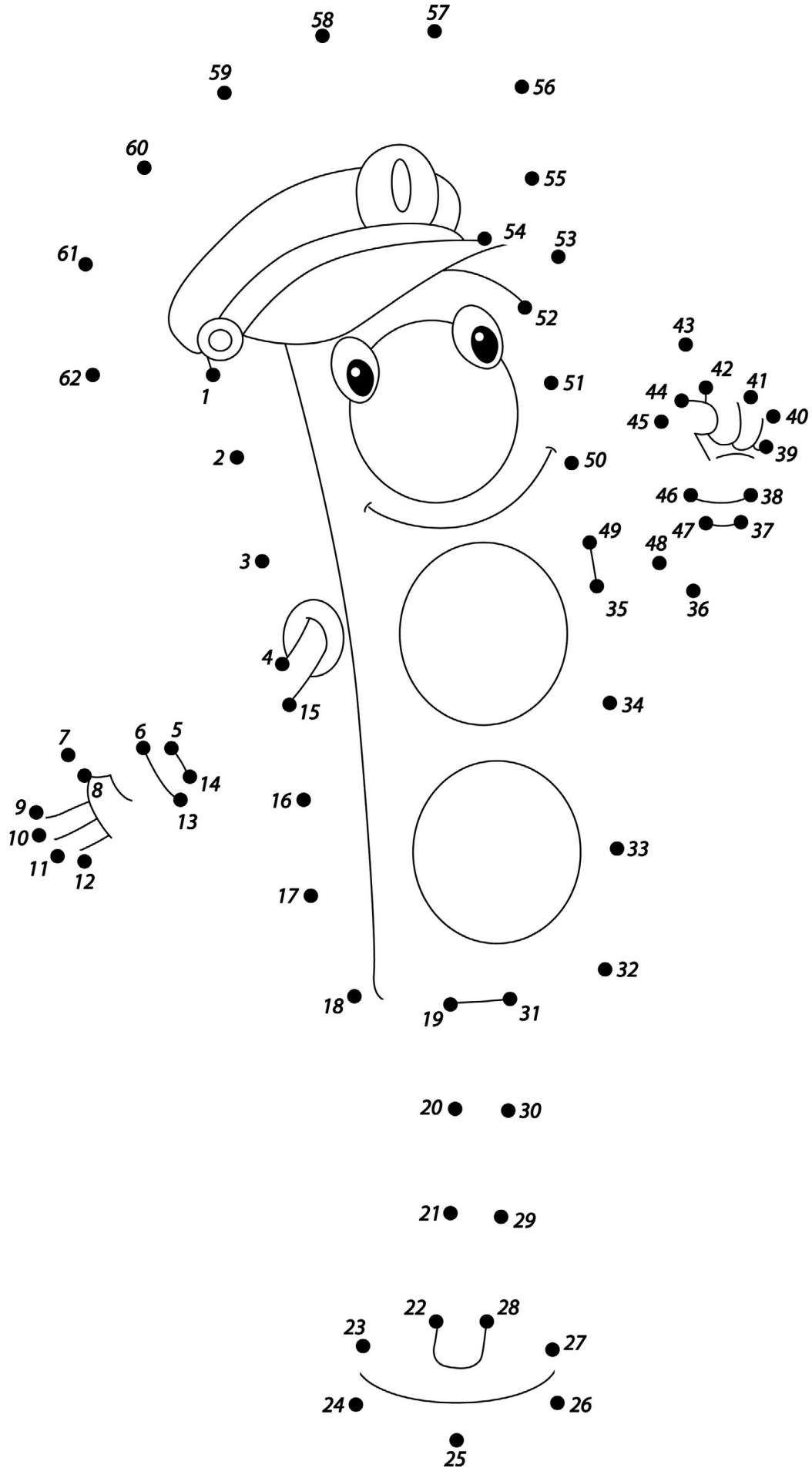
Secret	Should it be told?	
What your mum's birthday present is.	<input type="radio"/>	<input type="radio"/>
When someone is being teased.	<input type="radio"/>	<input type="radio"/>
Where the key to the back door is kept.	<input type="radio"/>	<input type="radio"/>
That your friend is having a surprise party.	<input type="radio"/>	<input type="radio"/>
When someone was hurt.	<input type="radio"/>	<input type="radio"/>
What you bought for fathers' day.	<input type="radio"/>	<input type="radio"/>
When someone is upset.	<input type="radio"/>	<input type="radio"/>
When someone has had an accident.	<input type="radio"/>	<input type="radio"/>
What you will be wearing to a party.	<input type="radio"/>	<input type="radio"/>
When a stranger offers you candy.	<input type="radio"/>	<input type="radio"/>
An older kid follows you home.	<input type="radio"/>	<input type="radio"/>
You've made dinner for your family.	<input type="radio"/>	<input type="radio"/>

No problem is so big or small that it can't be talked about!

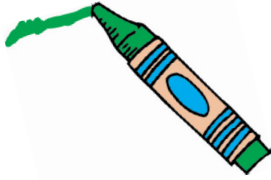




Join the dots. Once you've finished, colour in the object.



Bullying



Bullying is where a person (or a group of people) uses words or actions to hurt someone else, over and over again. People bully because it gives them power or control over another person or group. The hurts from bullying can be physical or emotional, and they can last a long time.

Bullying is never ok!

Here are the main types of bullying:

Physical bullying involves behaviour like pushing, hitting, shoving or kicking.

Verbal bullying includes saying nasty things or name calling.

Social bullying involves things like spreading nasty rumours, telling lies about someone or excluding someone.

Cyberbullying can happen online or over the phone (such as in social media or gaming platforms, instant messaging or texting).

What can you do if you are being bullied? Talk about your ideas in a group and write at least three ideas below:

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

Who could you tell if you are being bullied?

.....

What to do

People being bullied can:

- » tell a trusted adult
- » walk away (if possible)
- » stay away from the bully
- » don't bully them back
- » say that what they are doing to you is wrong
- » try to not be alone around the bully
- » stand tall and don't react to the bully
- » report cyberbullying. Get a trusted adult to help you report it.

Need to talk?

Kids Helpline is there to help.
Call them on
1800 55 1800, or start a web
chat or email them by visiting
www.kidshelpline.com.au

Everyone is different

Every person is different—no two people are exactly the same! If everyone was the same, the world would be a boring place!

In any community, there are people from different cultures and backgrounds. There are people with different beliefs or religion (or no religion). Some people speak differently, eat different foods or have a different sexuality. Other people have different abilities or ways of doing things. We are all a little different to one another, but we are all part of one big community! Even if someone is different to you, it's always important to treat every person **fairly**, with **kindness** and **respect**!

In groups of two or three, read the following scenario, then decide what to do.

A boy in your class has a disability that causes him to have trouble speaking clearly. The boy is being pushed around by some older kids on the playground. One of the bullies has pushed him so hard that he has fallen over and his glasses have fallen off. Another bully has stomped on his glasses and they are broken. You're worried the bullies could really hurt him. The boy is crying and is holding his arm like it is hurt.

What do you do?

.....

.....

.....

.....

.....

.....

.....

.....

Who do you tell?

.....

.....



Personal space



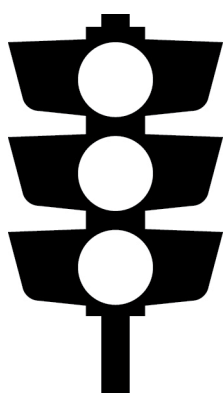
Having your own personal space is very important. You should never let anyone you do not feel comfortable with into your personal space. If you ever feel uncomfortable, scared or nervous around someone, it is always okay to move away or leave, or say 'NO!' and tell a trusted adult.

Traffic lights

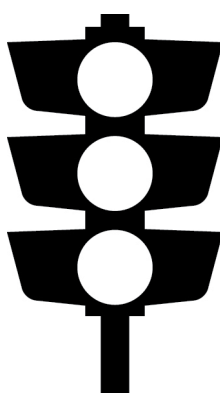
How should a person you don't know very well greet you? Colour in the traffic lights.

● Red = It's not ok.

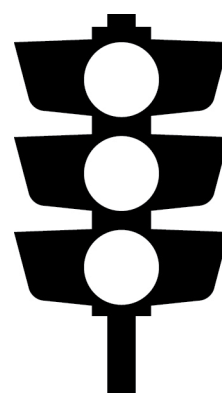
● Green = It's ok.



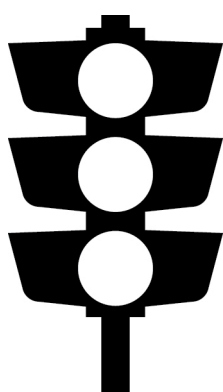
wave



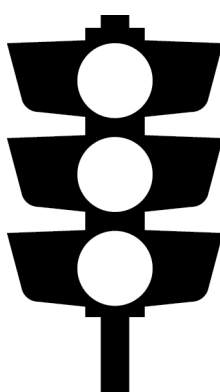
cuddle



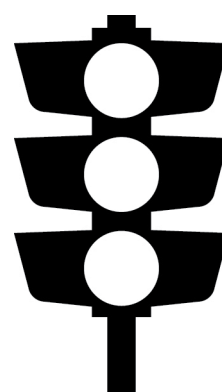
say 'hello'



handshake



kiss



hug

It is important to feel comfortable and safe always!

Look at the different greetings with the traffic lights above. In a group, talk about who should greet you in that way, and what sort of relationship you might have with that person. For example, 'I can give my mum a kiss and a cuddle. This is because she is my mum and I love her'.

Physical safety

Your physical safety is very important. It's your right to choose who can and who can't touch you, and in what way. It's your responsibility not to harm others or touch people without their permission.

In a group, talk about examples of **good touches**. For example, a hug from your parent or carer could be a good touch.

Next, talk about examples of **bad touches**. For example, someone kicking you.

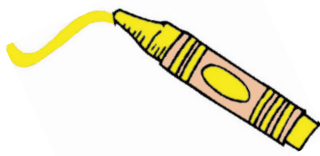
In this word search find examples of bad touches and how people can react to them. Watch out for the backwards words!

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

kick smack unsafe touch risk hit pain upset hurt
 danger bleed cry burn punch shiver threat sore smash
 responsibility rights



Feelings



On top of a high slide, I would feel..

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



On a roller coaster, I would feel..

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



In a near accident, I would feel..

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



Draw a cool experience of your own here.

I would feel..

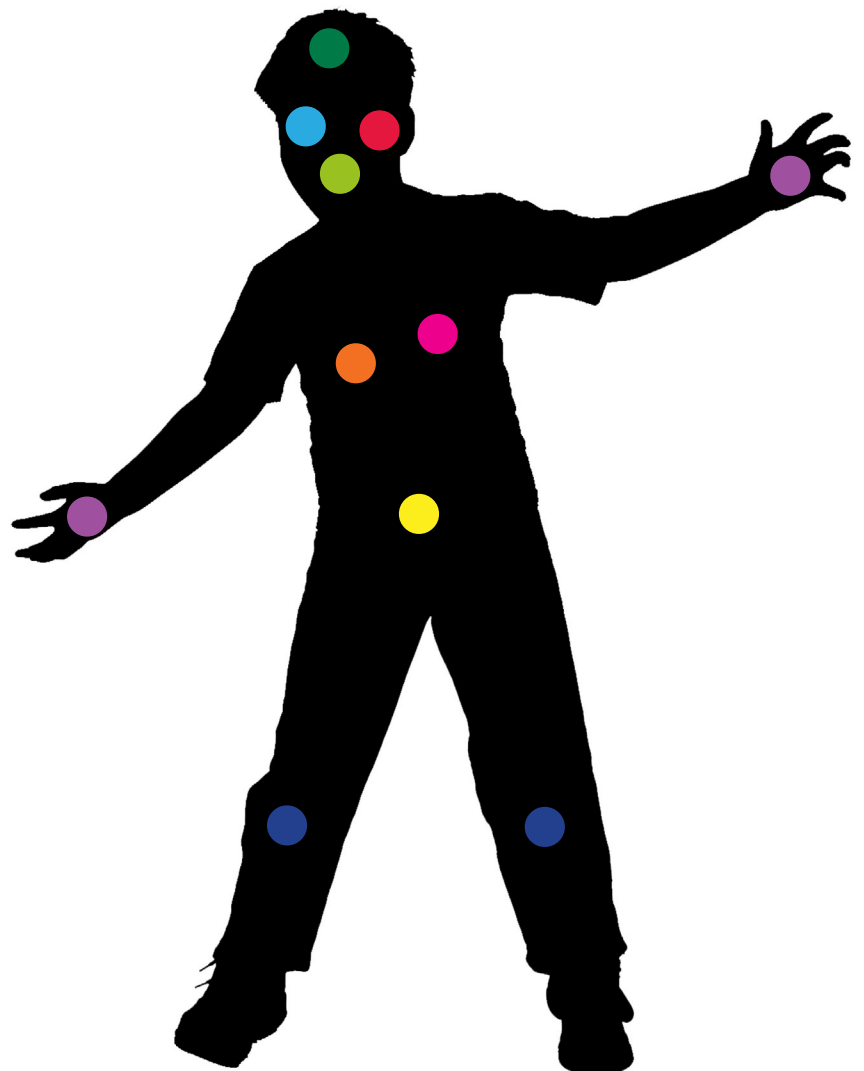
.....
.....
.....

Spot my feelings

1. Work on your own through the scenarios below. Colour in the circles that match the body responses to the emotions. An example answer has been given in the first row.
2. Compare your answers with two other friends. Did they have other ideas?

Scared	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Embarrassed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- Heart rate rises
- Trembling
- Pale skin
- Sweaty hands
- Red face
- Fast breathing
- Upset tummy
- Headache
- Tears



'NO' body signals

Your body is a helpful thing. When you feel scared, nervous, uncomfortable or unsafe, your body will give you signals that can tell you that something is not quite right.

Below are some pictures of some people having 'NO' body signals. Match the sentences with the correct picture. Then identify the feeling (you can pick more than one!).



Sentence:

.....

Feeling:



Sentence:

.....

Feeling:



Sentence:

.....

Feeling:



Sentence:

.....

Feeling:

Sentences: ● I had 'butterflies' in my tummy ● My breathing changed ● I screamed. ● I had 'jelly' legs

Feelings: worried ● nervous ● scared ● confident ● embarrassed ● proud ● happy ● sad ● excited ● angry ● down or blue

Experiment

When a person is feeling nervous or scared, their pulse rate can change. A higher pulse rate can be a 'NO' body signal.

Have you ever measured a pulse rate? Your Leader will show you how for this experiment. Once you have learned how to take a pulse, do the following activity in pairs.

Measure a friend's pulse after they have been sitting quietly for one minute (60 seconds). What is the reading?

	beats per minute.
--	-------------------

Now ask them to run up and down on the spot for one minute (60 seconds). What is the reading now?

	beats per minute.
--	-------------------

By how much did the pulse rate change? (Hint: You will need to subtract the first reading from the second reading)

	beats per minute.
--	-------------------

Did you know?

When our muscles work harder, we need more oxygen. The heart pumps more quickly so that fresh oxygenated blood reaches the cells of muscles at work.



Potential dangers

Work in groups for this exercise. Take a look at the pictures below and see if you can see any danger. Circle 'yes' or 'no'. Next, identify one person you would tell about each situation and write it in the space given.



Is there any danger?

Yes No

I would tell..



Is there any danger?

Yes No

I would tell..



Is there any danger?

Yes No

I would tell..

.....



Is there any danger?

Yes No

I would tell..



Is there any danger?

Yes No

I would tell..



Is there any danger?

Yes No

I would tell..

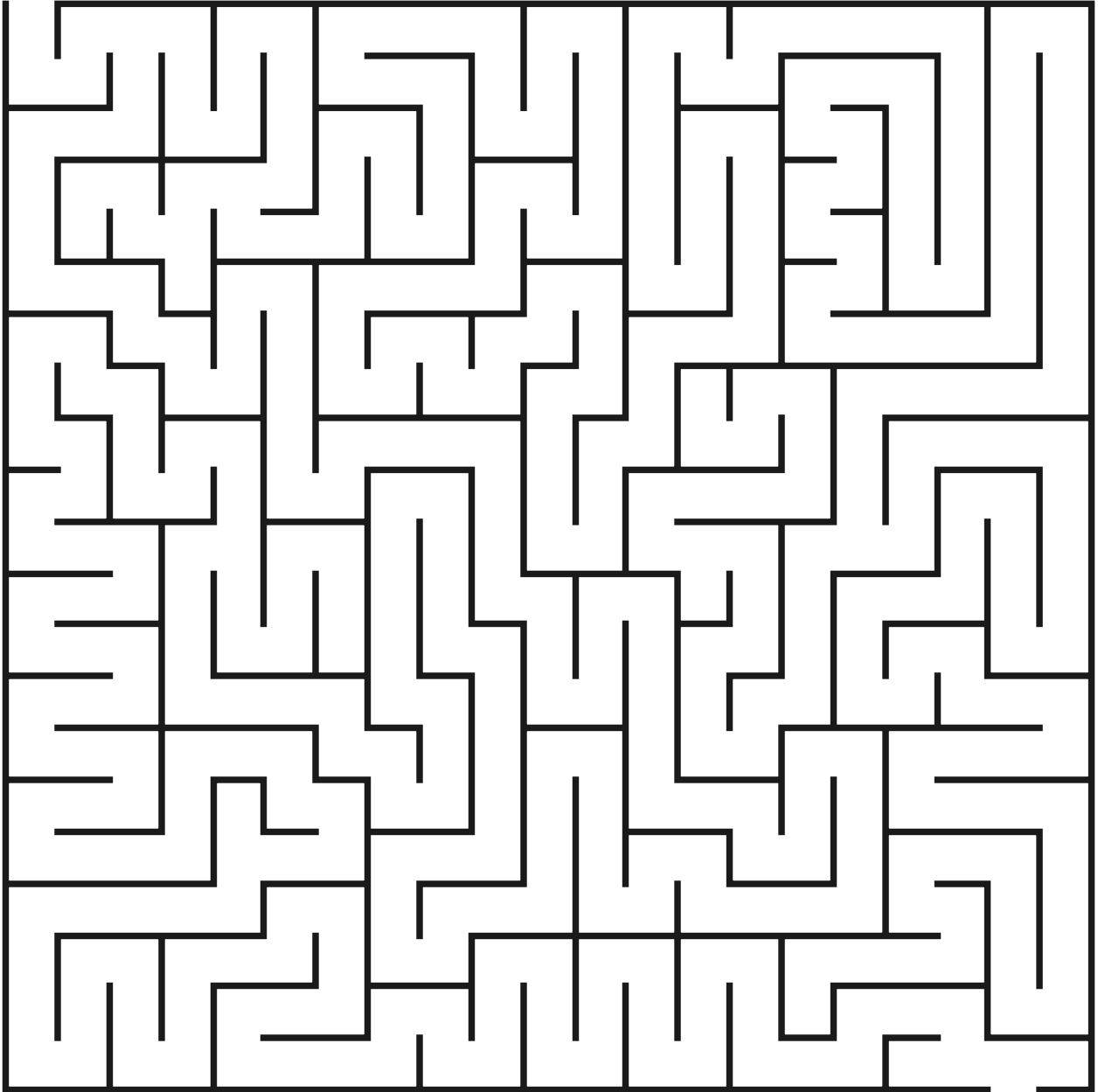
.....

Always tell an trusted adult about anything that makes you feel scared, worried, uncomfortable or sad!



Maze fun

Help Safety Girl get home safely through the maze. Watch out for the dangerous dead ends!



Page intentionally left blank.

Are You a Good Actor?

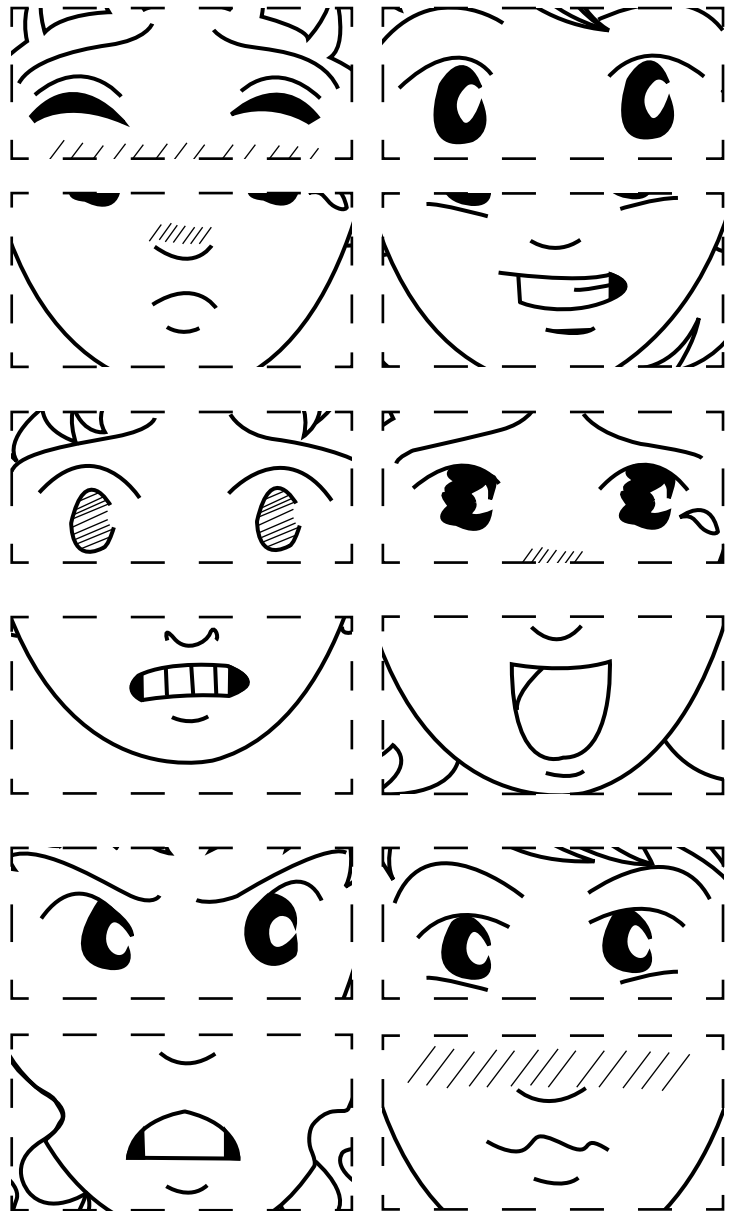


Activity 1

Your leader will give each of you a secret number. When your number is called out, you will be shown a card. It might say 'sad', 'embarrassed', 'happy', 'angry', 'proud' or 'scared'. It will be your job to put that same expression on your face to show the rest of the group.

Activity 2

Cut out the twelve face pieces and stick them onto the empty faces on page 27 to match the different expressions.



Important numbers

Write the name and contact number for each member of your safety network.

Cut out and keep these important numbers in a handy place.



Important numbers

Name	Ph
Name	Ph
Name	Ph
Name	Ph
Name	Ph

Page intentionally left blank.



Proud



Embarrassed



Scared



Angry



Sad



Happy



Page intentionally left blank.

Congratulations!

When you have successfully completed all of the activities in this book, you will be awarded the **Personal Safety Interest** badge. It looks like this.



All of the Interest Courses and badges for Juniors are shown below. Circle the ones you have already achieved.

ANZAC Heritage 	Caring for Animals 	Casualty Simulation 	Child Care 	Computer Studies 
Cookery and Nutrition 	Cycling 	Environment 	Eye Health 	Fire Safety 
Family Care 	Handicrafts 	Health Care 	Home Craft 	Indigenous Studies 
Knowledge of the Order 	Personal Safety 	Road Safety 	Sports 	