

# PERSONAL SAFETY

PSHE: Staying Safe



# Today's lesson


- Recap the rules on road safety
- Learn how to avoid being a victim of crime
- Learn how to stay safe in serious incidents



Make a list of the top things that you must do/ learn to make sure you stay safe.

Share your list with your partner and see if you can add anything to your list.

Now lets create a list as a class. What do we think we need?

- 
- your address and phone number
  - who you should contact if you need help
  - where your friends live
  - to swim
  - first aid skills
  - road safety skills
  - the safest route to/from school
  - who the 'safe' people are in your community
  
  - Did you have these on your list?



## Starter

- On the next slide is a picture.
- With your partner, identify any potential hazards you can see



# Starter

- What hazards did you spot?
  - *Being hit by a car/bus*
  - *Being mugged*
  - *Being assaulted*
  - *Losing your possessions*
  - *Being injured in the crowd*
  - *Being caught up in an act of terrorism*
  - *Pickpockets*
  - *Sexual assault*
  - *Car accident/drunk driver etc*
- Which of these hazards is most serious?
- Which is most likely?





# How to stay safe out and about

- How can you stay safe when you are out?
- What steps do you already take?

Personal safety advice:	Why we need it or need to know it:
If it's dark, don't walk about on your own.	
You could carry a personal safety alarm.	
Always let people know where you're going.	
Don't carry around expensive things or lots of cash.	
Always keep your bag closed.	
Don't use your phone whilst walking.	
If you are attacked, just let the criminal have your belongings.	
Learn how to scream, loudly.	
Never get in someone you don't know's car. Even if they seem to know you.	

# Road safety



- What are the main hazards on the roads
  - As a pedestrian?
  - As a passenger in a car?



# Road safety

- How can you stay safe as a pedestrian?

# Road Safety

- <https://www.youtube.com/watch?v=ntn4SKgpjwY>





# Road Safety

- Follow these rules
  - *Don't use your phone while walking*
  - *Pay attention to the world around you*
  - *Make yourself visible to drivers (particularly at night: wear high-vis clothing)*
  - *Use footpaths*
  - *If you must walk in the road, walk facing traffic*
  - *Follow crossing instructions/traffic lights etc*

# Road safety



- How can you stay safe when travelling in a car?

# Road safety

## ■ Follow this advice...

- *Don't distract the driver*
- *Don't get into a car if the driver is drunk or on drugs*
- *Don't get into the car if the driver is using their phone*
- *Don't get into the car if the driver is very tired*
- *Always wear a seatbelt*

# Road Safety

- Why is it important to wear a seatbelt?
  - <https://www.youtube.com/watch?v=rq90Ld-XtHE> (*blood warning*)



As a class work your way through the true or false questions.

At the end have a class discussion about any of the answers you were surprised about or did not realise.



# WALKING ALONE

What are the main hazards when walking alone?

# Walking alone

- Obviously, the best way to avoid these dangers are to avoid walking on your own, particularly at night.
- However, if it is unavoidable, how can you stay safe?





# Walking alone

- Imagine it is midnight. You have just left the cinema, and you have a 15-minute walk home alone.
  - *What steps can you take to keep yourself safe?*
  - *Discuss in pairs*

# Walking alone

- Call a taxi or try to get a lift off a trusted person
- Ask someone to walk home with you
- Don't walk home if you are drunk or vulnerable
- Avoid quiet, poorly lit areas
- Let someone at home know that you are on the way so that they will notice if you do not show up
- If you feel like you are being followed, go to a busy area or shop and stay there until they are gone
- Have your phone within easy reach in case you need to call the police
- Don't wear headphones
- Invest in a personal alarm
- Download a phone tracking app

# Pickpockets

- One hazard that is often a problem, particularly on holiday are pickpockets



# Pickpockets

- How to protect yourself from pickpockets
- <https://www.youtube.com/watch?v=dgOs0Bj0F1s>



# Plenary

- We have covered a lot of information today.
  - *What advice will you follow that you didn't before?*
  - *Is there anything else with regards to personal safety that you would like to learn about next week?*



# Signposting for support.

- [https://www.think.gov.uk/key\\_stage/ks3/](https://www.think.gov.uk/key_stage/ks3/)
- <https://www.nspcc.org.uk/>