



How can I keep safe?

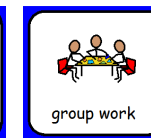
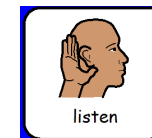
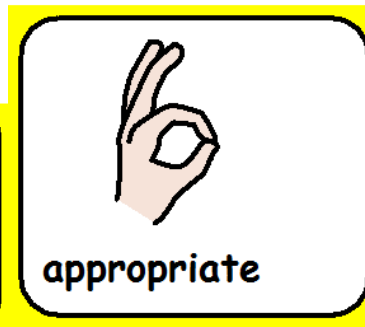
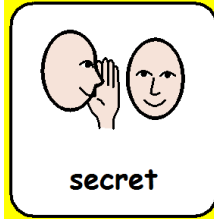
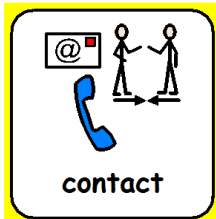


Do I know how to ask for help when I feel unsafe, uncomfortable or upset?



Key Outcomes
I know what appropriate and inappropriate touch is.
I know what is appropriate and inappropriate in different situations .
I know what makes me uncomfortable and how to respond to it.
I can understand the difference between safe and unsafe secrets .
I can be resilient in asking for help.

Key Vocabulary	Definition
contact	The touching of two things or people.
teasing	To make fun of or try to annoy in a playful or cruel way.
online	Connected to a computer network.
secret	Kept from being seen or known by others; private.
bullying	When someone repeatedly and purposefully hurts other person physically or emotionally.



Key Skills
I can actively listen and respond to others.
I can be an effective member in a small group task.
I know suggest different ideas and possibilities.
I can build on other ideas.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well