

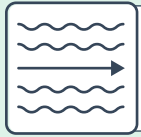


Words you will learn:



boundaries

Rules that keep people safe or comfortable.



current

Water flowing in one direction.



inappropriate

Not right for this time or place.



personal space

The area around your body that helps you feel safe and comfortable.



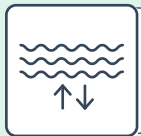
pressure

Feeling forced to do or say something.



risks

The possibility that something could cause harm.



tide

The rising and falling of the sea level across the day.

There are lots of ways to keep ourselves safe.

1. Spot the **hazard**: What could cause harm?



2. Understand the **risk** or danger: What might happen?



3. Choose a safe action: What should I do?

Warning signs, boundaries and how we manage these can look and feel different in each relationship and in different contexts.

Signs we see:

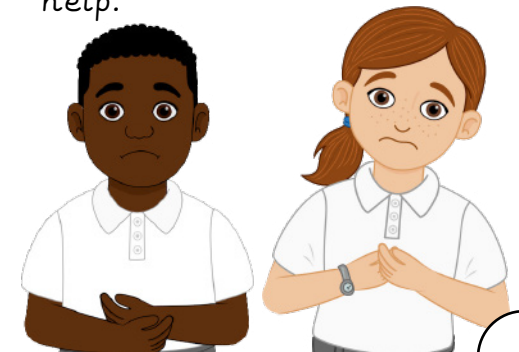
- physical signs
- something might look wrong or out of place.



Always follow safety signs.

Signs we might feel:

- a wobbly feeling inside our body.
- a feeling that makes us want to move away or get help.





It is important to follow road safety signs and take care when walking, cycling, scooting or using any **road crossing**.



Puffin crossing



Pelican crossing



Zebra crossing



Central refuge



No crossing

Drugs are chemicals that change how the body or mind works. These drugs are **legal** for adults but **illegal** for children.



vapes



alcohol

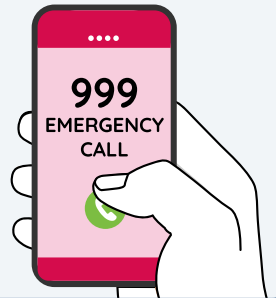


cigarettes

Open water can be dangerous because of:



In an emergency, get help from an adult straight away.
If an adult is not available, call **999**.
The **operator** will answer the call and send help.



If I feel unsafe, I can:

- Move away to a safer place.
- Tell a trusted person or adult.
- Speak clearly about what is wrong.
- Keep asking for help if it is needed.
- Ask a safe adult for help.

