



Safety Comes First



**Bullying
Fire Safety
Internet Advice
& Road Safety**

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Introduction

We all learn at different paces.

If someone is doing better than you in a class, that doesn't mean you are not doing well.

Whether you are at the top of the class or not, this book is designed for you...

This book is not a test, it is not homework, and it is not something that will be marked by your teachers.

Use this book in your own time, it doesn't matter when, it is jam packed with information on lots of topics that could affect you or someone you know.

Bullying

Want us to tell you a secret?...

Everyone is bullied at some point

Bullying can take many forms. Some may be picked on by strangers whilst others may be bullied by someone they know including their friends.

This doesn't make bullying okay and doesn't mean that it cannot be stopped.

If you are being bullied or know someone who is, you are not alone.



Remember:

You can always confide in someone inside school or outside if you feel affected by bullies in anyway.

There are different types of bullying;

Are any of these happening to you or someone you know?

Verbal: When someone says things to you:

- Name calling.
- Threatening you.

Physical: Touching you without permission:

- Hitting.
- Kicking.
- Biting.

CyberBullying: Things that happen online:

- Abusive text messages.
- Saying nasty things over messenger.
- Sending or creating pictures of others.
- Creating fake social media accounts.
- Shaming someone online about actions.
- Excluding others from games and activities.

Sometimes if someone is being bullied it can get worse over time - especially if it continues unchecked.

Bullying can have a serious effect on someone's mental or physical health which can impact their lives.

How to tell someone is being bullied?

- Lots of time off or being late to class a lot.
- Rumours being spread about someone.
- Being left out of group activities or chosen last on purpose.
- Getting nasty, abusive or threatening messaging online or via text.
- Spending lunch and break times by themselves
- Avoiding situations like bathrooms or changing rooms.
- Taking different routes through school or home to avoid people.

How can you help someone being bullied?

If you know someone being bullied inside or outside of school there are many things you can do to help.

Tell a teacher or your head of year

Teachers are there to help and are there to help keep you safe at school. Telling a teacher means that someone else is aware of what is happening and can keep an eye on those being bullied.

Speak to parents

Behaviour can change when at home. Telling your parents gives them the chance to understand, address issues and create a safe space away from trouble.

Keep a Diary

Making a list of incidents and when they happen to help show adults what has been happening and how often. Many times bullies deny events when asked - this allows victims to show a clear timeline of what's been happening to them and how often.

Invite Them to Join You

Bullies tend to pick on those who are on their own or seen as having no friends to support them. Taking someone into your friend group can shield someone from bullies, improve someone's week and ultimately create new friends for you to make new memories with in the future.

Internet Safety

The internet is an amazing place.

We can play games, chat to our friends and do fantastic things at the push of a button.

It can also be a place full of danger and lies.

When you are surfing the web you should do all you can to keep yourself safe from online horrors.

Find out some helpful tips and advice on what to do when on the internet and how you can avoid unfortunate events happening to you or someone you know.



- Never give anyone important information such as your; password, name, address or any family information.
- Do not agree to meet with strangers in person.
- Never visit chat groups or sites that are inappropriate for your age.
- Do not fill in anything that asks for information that strangers could see.
- Get permission from your parents before uploading any photos or yourself or friends.
- Never download or install files or programmes without asking your parents - some files can be very dangerous and contain viruses.
- If you are talking to someone online who is being inappropriate or makes you feel uncomfortable. Tell an adult and block that person.

**You never have to speak
to someone if you
don't want to.**

Internet Advice

Think Unique

When creating a password try using unusual words or letter combinations. This can be a mix of symbols, upper and lower case letters and numbers.

Protect Your Information

Do not use your date of birth, name or any other information that is easily guessed by other people. If someone discovers your password - change it as fast as possible.

Stranger Danger

Never accept friend requests on social media off someone you don't know - ever.

If you wouldn't talk to someone you don't know on the street, don't do it online.

Log Out

Protect your privacy by always signing out of websites or social media after visiting them - especially if you are using a device that isn't yours!

Think!

If you post hate or abuse online, the police and other authorities can always trace you - whether anonymous or not.

Chat Rooms

The internet is full of weird and wonderful people. It can also be full of seedy and dangerous individuals who may not be who they say they are.

Some profiles may belong to a catfish.

Catfish: Someone who creates a false online identity.

When speaking over the world wide web (www.) always have your wits about you.

Anyone can change their name, age and other personal information on the internet and chat/messaging platforms.

Never meet anyone from the online world alone that you have not met in real life before.

Remember to never keep secrets from your parents about who you speak to online and the sites you visit.

The more open you are about your online behaviour with friends/family - the safer you will be.



Fire Safety

Fire safety is a lot more than knowing how to act around a fire, it is understanding how to protect yourselves and your home in the event of a fire starting.



**In the event of a fire
always call
999**

Know Where Your Escape Routes Are

Checking where your fire exits are is not over precautions, it could save your life if a fire starts where you are. Take a few seconds to look where you could escape if the worst was to happen. Taking this time could be the difference between life and death.

Try planning two escape routes from every room and decide on a safe space to gather in the event of a fire at home.

Practice Makes Perfect

Fire drills happen at school, at the shops and almost everywhere else, after all if you want to be good at something, you have to practice. Act out what you would do if you ever see or smell smoke, or if you hear your smoke alarm sound. Act fast: leave the area while telling others to do the same. Remind others to “stay low and go” if you ever see smoke or flames.

How Do You Prevent Fires And Injury?

- Avoid playing near open flames such as: cookers, fireplaces and heaters.
- Stop drop and roll:
If your clothes catch fire stop what you are doing, drop to the floor and roll around to smother the flames.

Are you King of the Road?

We use roads every day whether we know it or not.

We use them when we; walk, drive, cycle or travel as a passenger on buses and trams. They are also used to deliver our goods to shops such as food and medicine.

The Green Cross Code has been around for almost 50 years. Created in the 70's the code was made by the government to show how to cross the road safely with these six easy to remember steps.

- **Stop**
- **Look**
- **Wait**
- **Look**
- **Listen**
- **Arrive**

Need to Cross the Road?

Keep your eyes peeled for one of the following safe crossing areas;

- Lollipop Attendant.
- Zebra Crossings.
- Subways.
- Foot Bridges.
- Traffic Islands.
- Crossing Points.

Remember your ABC's

A is for awareness

- Everyday five people are killed in road traffic accidents.
- Driving or walking near roads when texting or on the phone can cause accidents to drivers or pedestrians.
- Road related injuries can have a serious impact on your life including loss of limb or paralysis.

B is for behaviour

- Paths are for people - roads are for cars.
- Take responsibility for your actions on the road. No-one else can or should be blamed for your actions.
- Get out of a car on the side away from a road if possible.

Sometimes it can be difficult to see cars that may be coming your way.

C is for choice

- If you have younger siblings or family members then encourage them to think about choices and how they can act around the road.
- Speak up if you see dangerous behaviour from someone you know on the roads - keeping it quiet can sometimes cause more damage then good.
- Wearing the right protective gear when on a bike can be the difference between life and death.

Useful Numbers

If you are worried about yourself or someone you know you can contact one of the numbers below.

You can also confide in an adult whether friend or family if something is affecting you...

it's better to tell someone than suffer in silence.

**For emergencies that
require immediate
assistance
Call 999 or 000**

Childline

0800 1111

Nspcc

0808 800 5000

Samaritans

116 123

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