

School safe

keepin9 me safe



Hello I'm Constable Charlie!

This activity book is provided by the NSW Police Force together with the community to teach children simple strategies for their own personal safety.

Helping children to identify safe adults and safe places.

This program aims to help children identify the safe adults in their community, as well as safe places to go when they are lost, feeling unsafe or frightened or are in danger.

Other goals include enabling children to develop their own personal safety strategies, to respect their bodies and their personal space, to feel empowered with the ability to say **NO** and seek help when they feel unsafe or unsure, and to have the confidence to tell a trusted adult if they are being harmed in any way.

Keeping me safe.

This package pulls together resources to assist children to find safe places - whether in their own home or out in the community, as well as safe people they can turn to. Reinforcing the message that it is not safe to go with ANYONE unless their parents (or guardian and carer) have given their permission.

Police responsibilities.

NSW Police supports personal safety through many community programs including:

- Presentations on staying safe
- 'Cybersafe' Crime Prevention Workshops - Internet and chat room safety to manage internet usage for children and their parents
- Providing advice on mobile phone bullying and harassment as well as mobile phone etiquette
- Working with shopping centre security and management to ensure the safety of children
- Conducting working with children checks for volunteers in the community
- Participating in major events such as the Royal Easter Show
- Community Safety Precinct Committees - NSW Police Force work with members of the community to address specific local issues.



Safe adults & safe places.

When out walking on the streets:

- If a friend is frightened or hurt get them help from an adult right away.
- Know where safe places are – hospitals, shops, schools, neighbours, police stations etc.

On the train:

- Always travel in crowded carriages or the guard's compartment (identified by a blue light).
- Travel in groups of friends if possible.

Making good use of public space:

- Always walk away from fights or arguments, unpleasant or aggressive behavior and take your friends with you.

In cars:

- Never get in a car with someone else unless parents or the person responsible for you have told you to.
- Don't talk to people who pull over to the side of the road in cars.

At a big outing, major events and public spaces:

- When you are with other kids make sure they know where you are going, what time you will return and who you are with.
- Drink plenty of water and give yourself enough time to get in and out of where you want to be.
- Make sure your mum or dad writes a contact phone number on your arm or on a card attached to your clothing.

Walking:

- Stay in groups of people.
- Don't talk to people you don't know and go straight home or to wherever you are going.
- If feeling frightened, find a safe place like a school, shop or church and tell them "I am frightened" and ask them to call police, or if you see a police station, go there.



Safety tips.

**Stop! Look!
Listen! Think!**



Read the safety messages and then colour in the pictures.

**I feel much
safer walking
with you.**



Road safety.

Some tips to keep you safe near roads.

Try to wear colours that are easily seen.

Hold an adult's hand when crossing the road.

Always use a pedestrian crossing.

Stop, look and listen for cars before you cross the road.

When I feel unsafe or unsure I just say:

Say it out loud!

GO AWAY!

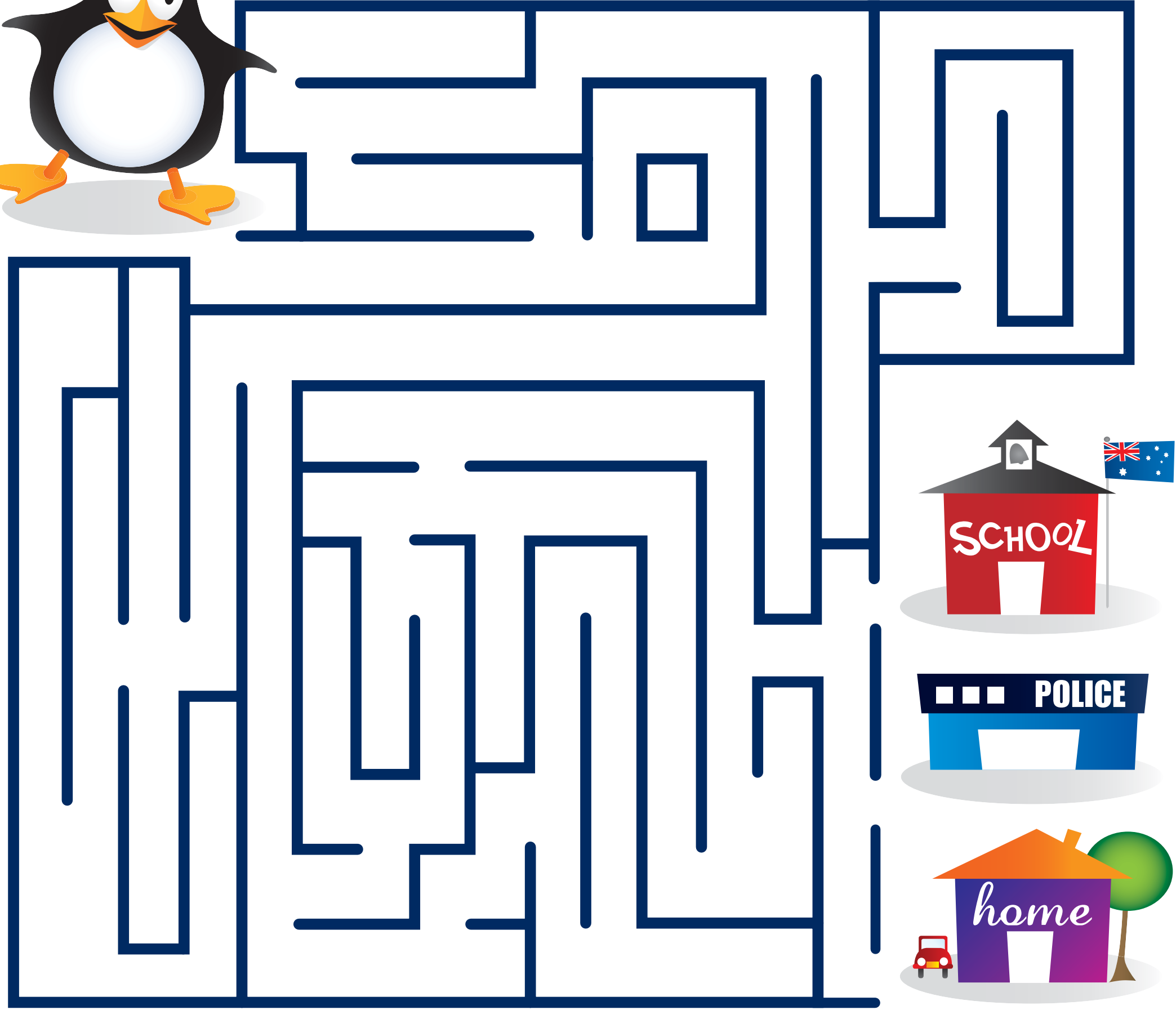
NO!

STOP!



Help Charlie find his way to a safe place.

Can you help Charlie find his way through the maze to safety?



My safe place.

Write down or draw a picture of your safe place.

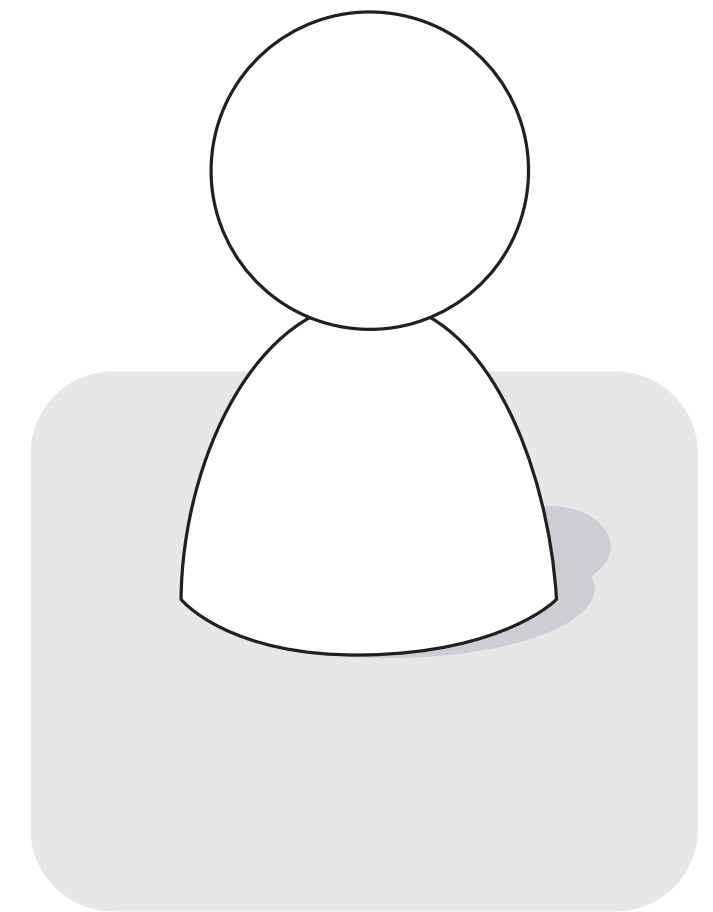
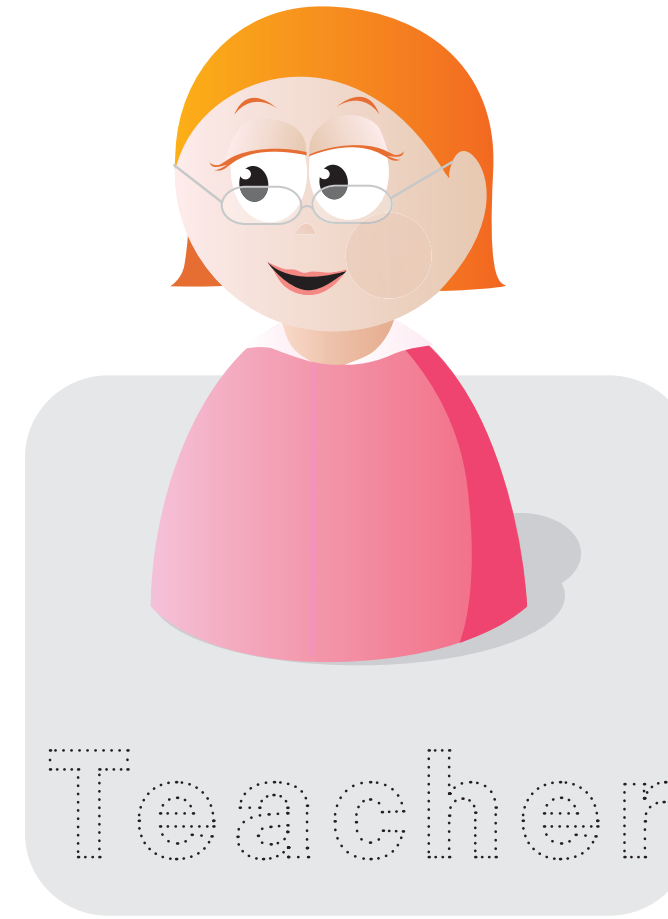
Who do I feel safe with?

Fill each footprint with the name of someone who makes you feel safe.



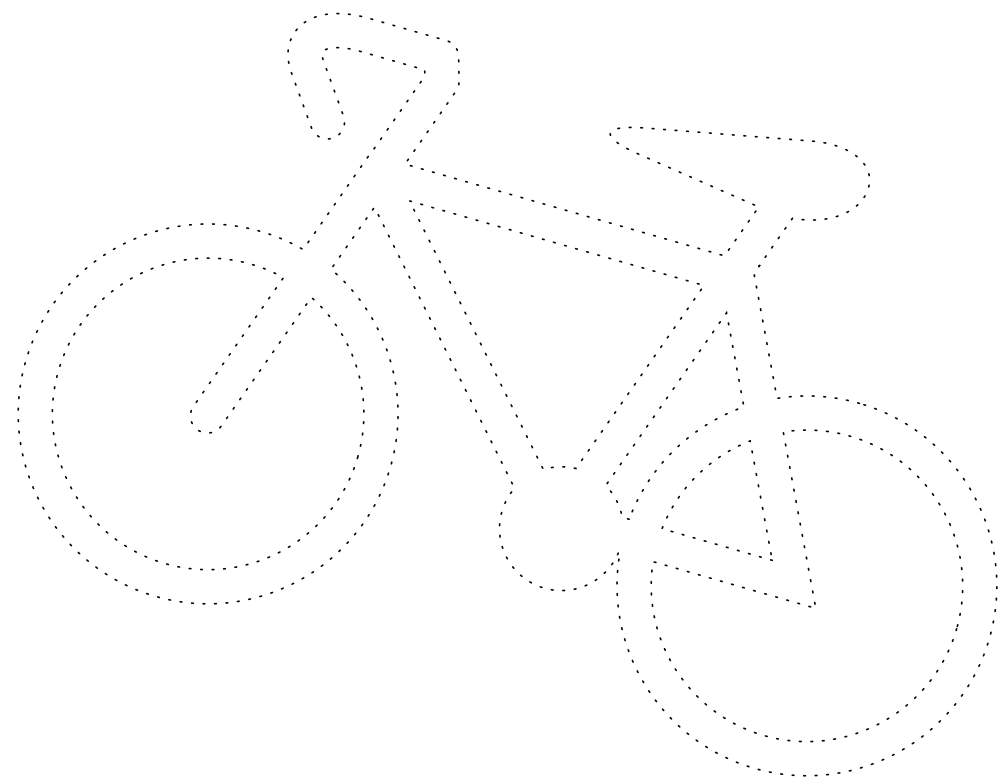
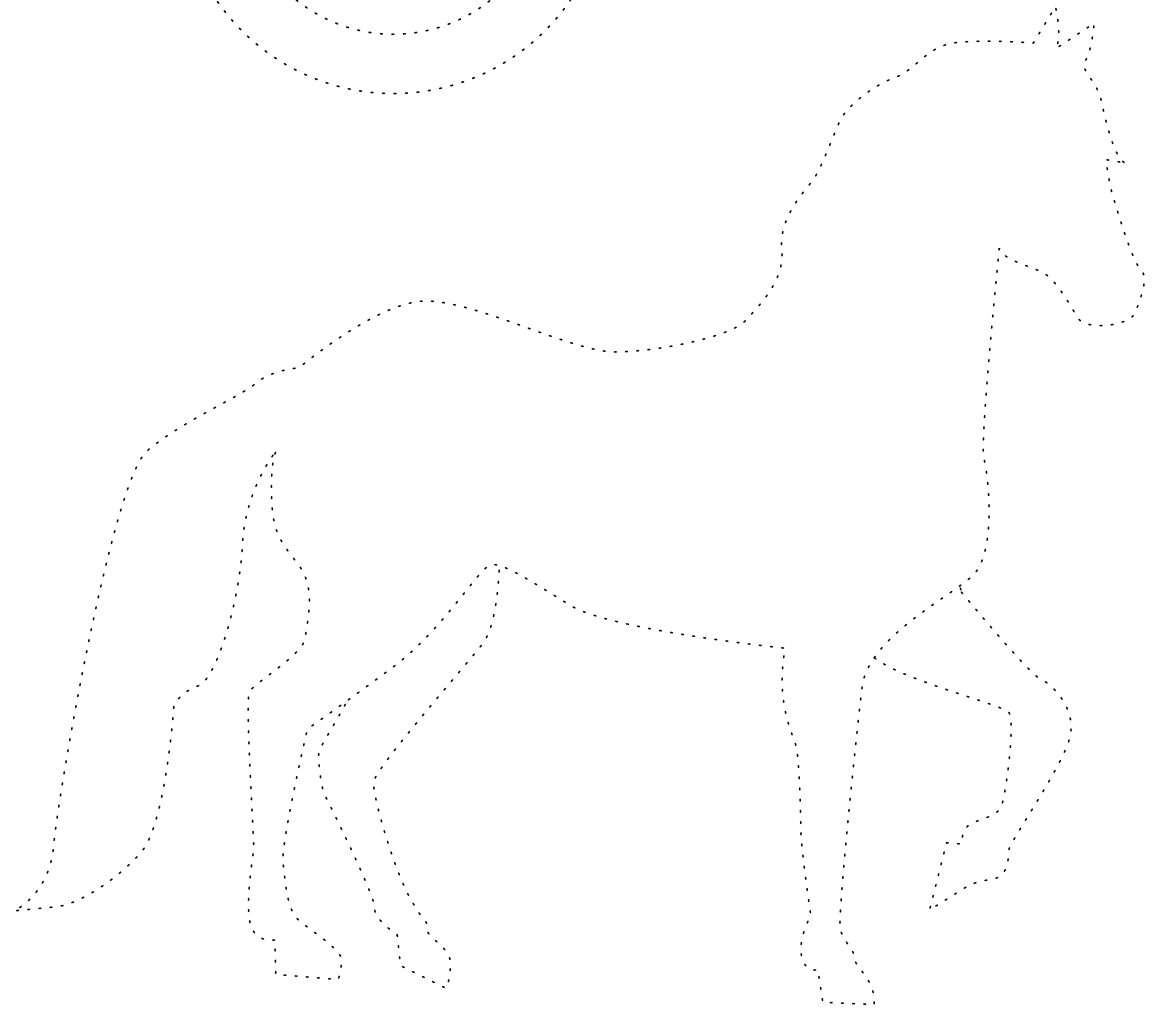
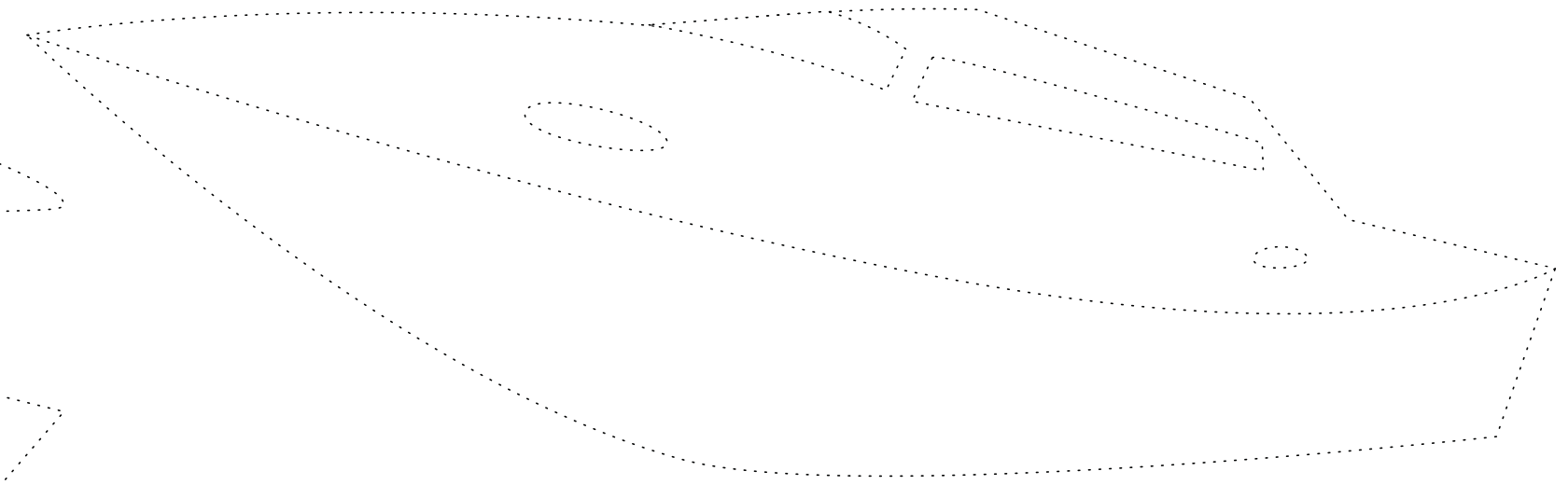
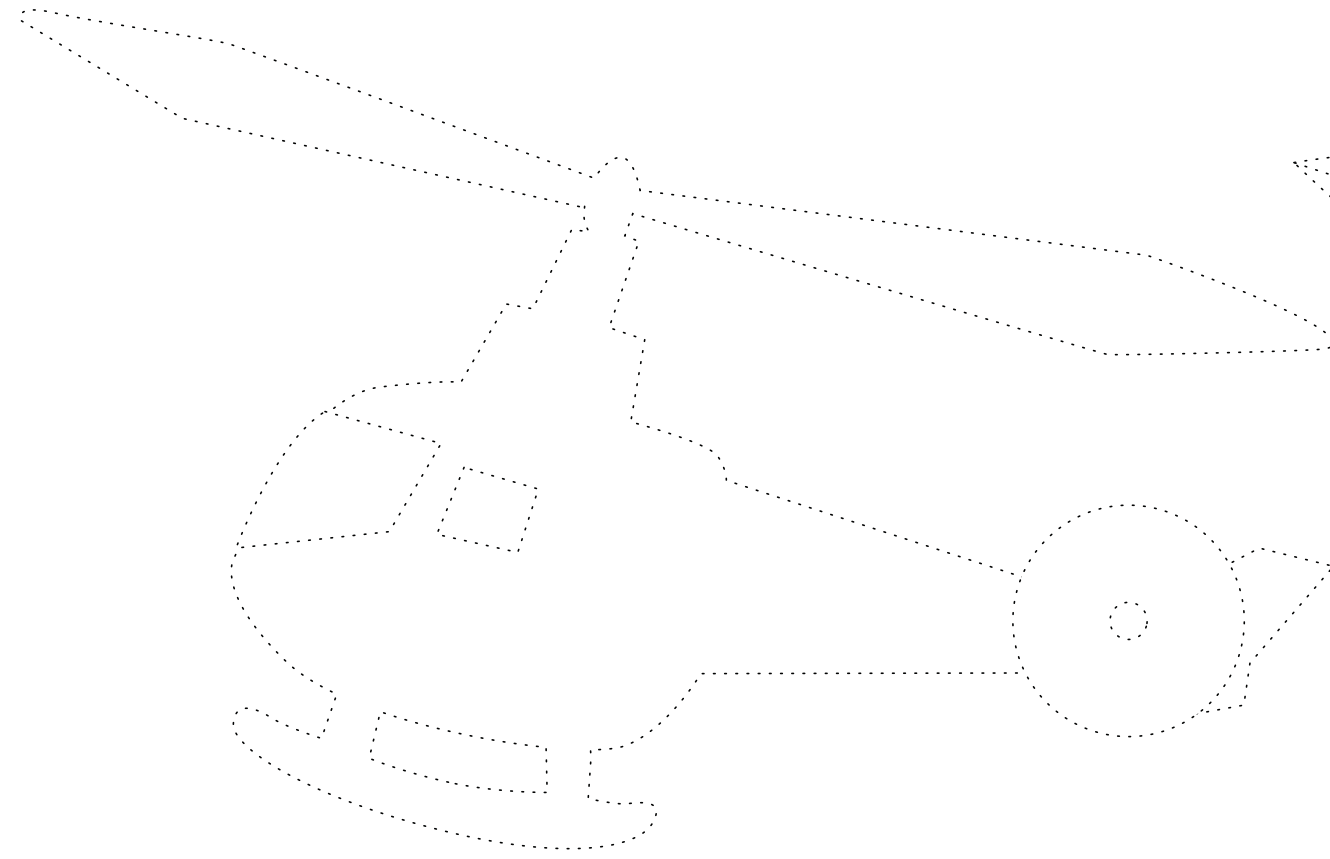
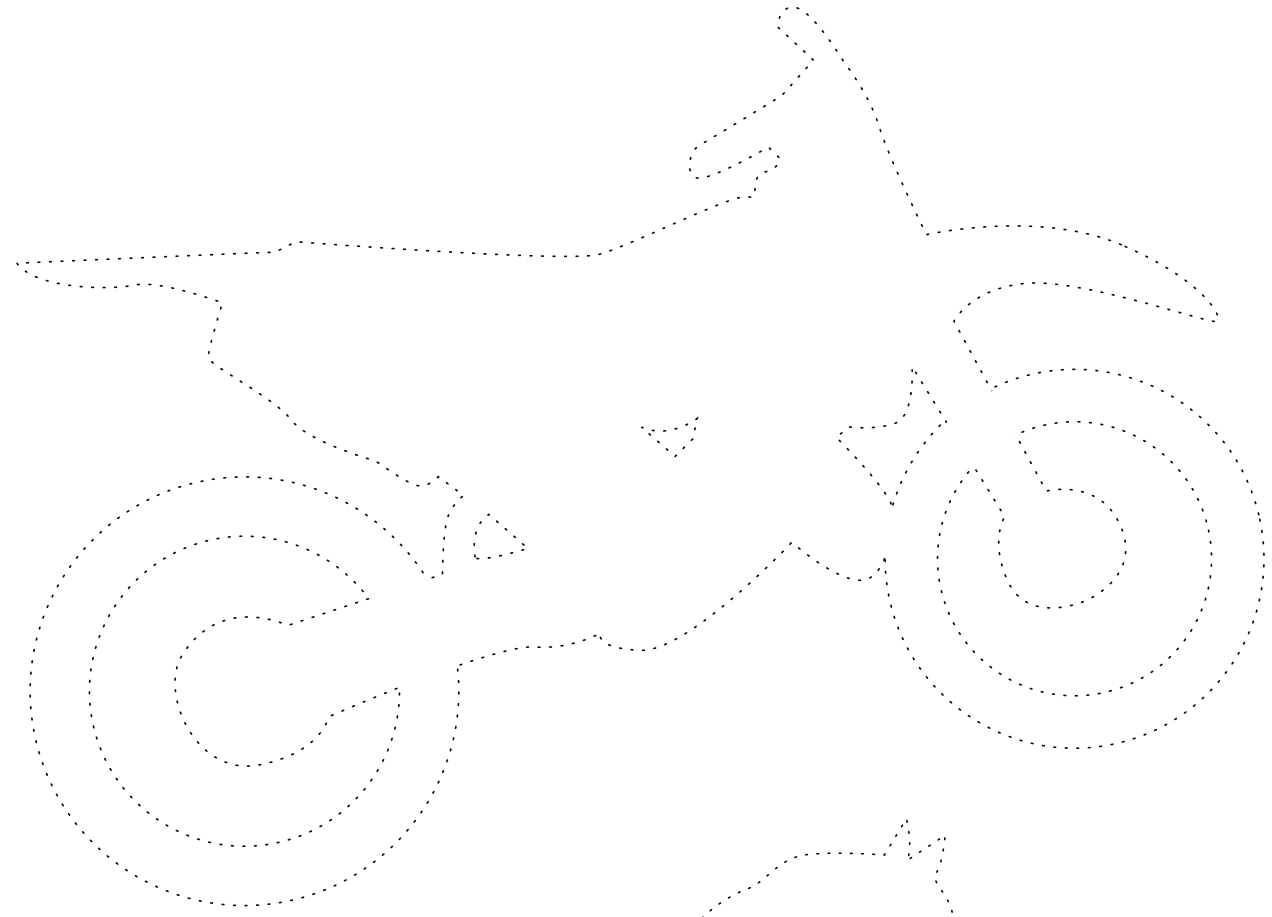
These people can keep you safe.

Join the dots to find out who can keep you safe, then draw your own safe person.



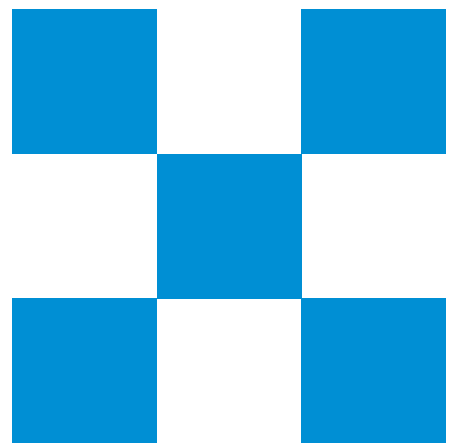
What kind of transport do police officers use?

Join the dots to find out all the different types of transport a Police officer can use, and then colour them all in.



Safe symbols.

What safe people do the symbols below belong to?



Colour Charlie in!

Brighten Charlie's day with your own colours - be creative!



It's okay to say

NO

if you feel
unsafe
or unsure.

Can you say this?



Remember, police
are friendly. You will
never get in trouble
for asking the police
for help.

Tear off your very own bookmark!

10 tips to keep you safe

1

Walking with a friend or group of friends is safer and more fun.

2

Always look left and right for traffic before crossing the road.

3

Always use a pedestrian crossing.

4

Know the people in your community you can trust. These people could include teachers, doctors, nurses, shopkeepers, bus drivers and police.

5

Find places you feel safe that you can go to when you feel unsafe or unsure. These places could include hospitals, schools, shops, neighbours, friend's houses and police stations.

6

Never talk to strangers or get into strange cars.

7

When on the train, travel in a crowded carriage or the guards compartment (it's the one with the blue light).

8

Try to always walk where there are lots of people. Don't take short cuts.

9

Remember, it's okay to say **NO** if you feel unsafe or unsure.

10

Call **000** if you are scared or in danger.

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Tear off your very own bookmark!



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