



SAFETY ZONE



Welcome to Safety Zone!

The aim of this book is to teach you how to be safe when you are out with friends, family or carers as well as in and around your home. We very much hope you enjoy the book and learn lots of new and important safety advice!

In this book you will find important information on keeping safe in different situations. Read through each page carefully and see if you can answer the

questions afterwards.

Try and think about how each safety page relates to you and your family or carers.

Could you tell someone else about what to do around water, in case of a fire, around strangers, on the road, around dogs, or around the home?

Enjoy the book and above all...**STAY SAFE!**

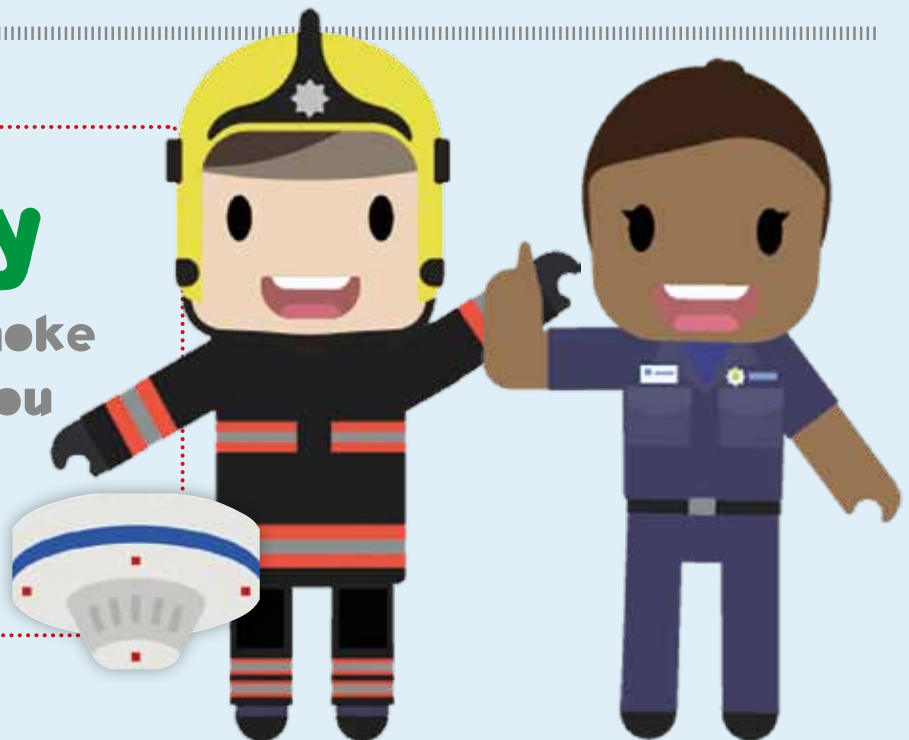
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Activity

How many smoke alarms can you find hiding in these pages?

See p27 for answer



1. Cyber safety

Passwords

What is a password?

A password is a secret word or code that you would use to get access to a device or other online accounts such as e-mail & bank accounts. You may already use passwords in your everyday life like iPads, mobile phones and gaming consoles.



Think of passwords as a good 'lock and key' in the physical world! Think and consider, someone locking their car or locking the house when they go out or go on holiday. We lock these things because we want to protect our property and keep things safe and private.

No-one else needs to know them! Telling your parents or a trusted adult is OK, they could even help you design a strong password to use. Should you share passwords with your best



friend? No, it's not a good idea, you may have had a falling out and they may want to upset you.

How to choose a strong password?

We recommend that you use 3 random words which are personal to you. Try and use capitals as well as lower case letters. Use numbers but don't use your birthday or the number of your home, this is personal information and should remain private to you. Use characters such as an (!) or a (#)

A password must not contain your name – this includes any 'nick names', family names or pet names. Make sure your password is private making it easy to remember but hard for others to work out. Keeping you super safe while having fun on-line!

Sexting

You may already have your own mobile phone, tablet or other device or be thinking about getting one soon. We know that exploring the internet and using social media such as TikTok, Snap Chat and Instagram may be very exciting, but they also



come with risks that we want you to be aware of.

Children love to create pictures and videos and share them online with their friends and family. This can be fun and creative. It is really important to remember though, that once a picture or video has been shared, **YOU HAVE NO CONTROL OVER WHO ELSE MAY SEE IT, SHARE IT OR SAVE IT.**

What do you do when someone asks you to send a picture that you don't feel comfortable with?

These are often called 'Nudes' or 'Pics', basically pictures of the private parts of your body. You may know the person asking you and then feel pressured to send one. They may tell you it's ok and other friends have sent them too, and that you should do the same. They may tell you it's "just for fun" and they promise to delete it straight after.

Even people you don't know may ask you to send pictures. Do you really know who these people are? It doesn't matter who asks:

ALWAYS SAY NO

It's important to know that it is **AGAINST THE LAW** for young people to send images or videos of a nude and sexual nature. These images may be instantly shared with (or screen shot by) other people, perhaps with friends and people in your school, who may laugh at you or bully you. This may cause you to feel embarrassed and upset.



Without your permission, the pictures could also be shared online where strangers all around the world can see them.



You may think that you know and can trust the person who is asking you for the picture but please **STOP** and think. People who like and respect you, will never ask you to share private pictures. So, remember **IT'S OK TO SAY NO**

What should you do?

You could choose to ignore the message, block the message or delete that person from your contacts. You could reply and tell them **NO**. Why don't you use your knowledge to tell them it is against the law? But most importantly we want you to **T.A.G, Tell A Grown up!**

TELL
A
GROWN UP!

A trusted adult could be a parent, carer, teacher or even a Police officer.

If anything you see online makes you feel worried, uncomfortable or upset, then **ALWAYS** tell a grown up.

What if someone sends you a picture or video of their private parts?

Whatever you do, **DO NOT SHARE, SHOW OR SEND** to others as this is against the law.

If you are now feeling worried or concerned about images that you may have already shared or posted, please speak to a grown up straight away. They can help you delete it and can speak to your school to ensure others delete it too.

We all just want you to make the right choices and stay safe online.

Cyber Bullying

Bullying is a type of behaviour by someone (or even a group of people) who will do hurtful things on purpose to another person.

Cyberbullying is exactly the same as any other type of bullying such as teasing, name calling, or spreading nasty rumours. The only difference is that Cyberbullying is carried out through technology such as mobile phones, tablets, iPad's or computers.

For someone who is being bullied the effects are very damaging

and hurtful. They may feel sad and lonely, thinking that they have no friends. It is important to remember that people can be bullied on-line as well as face to face. They might feel afraid at some of the threats that have been made against them or their family, causing them to feel too scared to leave their house and therefore missing school or other activities.

There are many different reasons as to why bullies act in the way that they do, but also remember that they are just cowards in disguise. If you are being bullied, then it is important to remember that

THIS IS NOT YOUR FAULT and you can stop it from happening. Just remember the golden rules on how to deal with Cyber Bullying...

SAVE or RECORD

where possible try to save the messages and then show a trusted adult.

BLOCK all e-mails and messages and do not respond to them. **DO NOT** give them your attention.

LOG OFF and walk away.

TALK to an adult that you trust who will be able to help and support you. **DO NOT** suffer in silence.

Activities:



R Y A S X S P P P C K X T K Q
 R Q H U E V Z G P Y N L N B W
 Q Q F L N L E J S B H P A L O
 O G R E U C H E K E O J A T S
 E Y I E E X Q Y J R B F R O D
 Z C E U L S T R M B M P C L R
 S T N A P R E D N U S I D L O
 M F D E A Z T X T L A A V E W
 C X S B D I R A T L P M F T S
 A A A U K I H H M I W P F E S
 D H R T Z C F E W N N C N U A
 Q Q O S P G D N N G N G U Z P
 T K V A H I Q K O S E M A G C
 Z J N E A C E K M C L C H A T
 Q S I N T E R N E T X T Q H F

Wordsearch

- CHAT
- CONFIDENCE
- CYBERBULLING
- FRIENDS
- GAMES
- INTERNET
- IPAD
- PASSWORDS
- SAFE
- SEXTING
- SNAPCHAT
- SOCIALMEDIA
- TALK
- TELL
- TIKTOK



Cyber safety

Fill in the gaps using each word once:

password / law / send / adult / identify / embarrass /
 hard / support / block / easy / friend / private / think /
 fun / nude

1. Don't tell anyone your keep it
2. A password should be for others to work out
3. It is against the to send a rude/naked picture of yourself or a friend online
4. before you hit
5. Don't be mean or other people online
6. Always speak with a trusted or If you feel worried concerned or someone has been unkind to you
7. your friends if they are being bullied online
8. If you are being bullied online, save log off and talk.
9. Live streaming is but be careful not to yourself by wearing your school uniform outside of your home
10. Sexting is when you send or semi naked pictures of yourself to others

What you have learnt?

(Please tick the correct answer)

1. What makes a good password?
 - ☐ Easy to remember but hard for others to work out?
 - ☐ A password with your name in it?
 - ☐ A short password that your friends would know?
2. You are sent a nude picture to your phone of a classmate at school - What should you do?
 - ☐ Forward it to your friends to see what they think?
 - ☐ Don't forward the image and speak to a trusted adult?
 - ☐ Delete the image and don't tell anyone?
3. What should you do if you are being bullied on-line?
 - ☐ Save, Block, Log off, Talk to someone you trust?
 - ☐ Shout, Breathe, Laugh, Tell a friend?
 - ☐ Save, Block, Log on, Tell a friend?

Stay Cyber Safe



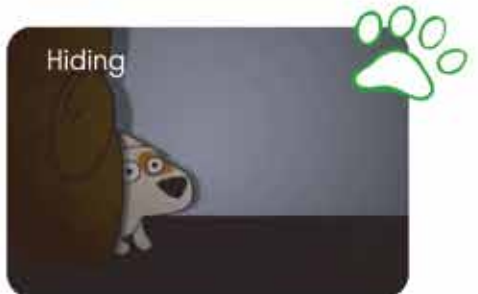
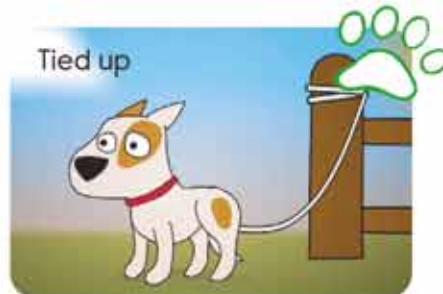
woodgreen
Helping pets and their people

2. Dog safety

Safe Spaces

All dogs need safe spaces in their home to eat, sleep, rest and feel comfortable. These spaces also help to keep us safe too.

These are examples of typical moments in a dog's life. Put a tick by the ones where you think they would like to be in a safe space or left alone.



Did you tick all of them?
If you did, you are a safe space expert, well done!

Staying safe around dogs

If you want to play with a dog, first make sure an adult can watch you. Then to stay safe, simply remember the **three Ws!**



Wait for the dog to come to you
Watch for a... **Wag**

Waiting for the dog come to you is the best thing to do - even for a dog you know well. If they don't come, that means they would rather not play, so leave them to rest.



It's the law to give dogs these five important things.

Without all five, a dog can become sad, lonely and even ill.



a safe place to live



the right food



spending time with the family



a healthy life



the chance to do what dogs love doing



Leave me alone, please! (For dogs)



How dogs show us they want to be alone?

All dogs have feelings just like us. They can feel happy, sad, excited and frightened.

Can you work out how Dixie the dog is feeling by looking at her body - especially her **ears and tail**? Circle your answer.

Frightened

Happy

Excited



Did you guess right?

Dixie is frightened! Her ears are **flat** against her head and her **tail is tucked under her body**. She is showing us she is frightened and that she would like to be alone in her safe space until she feels happier.

Kisses and cuddles? **No thanks!**

Dogs don't kiss and cuddle their best doggy friends, they play with them instead. Swap kisses and tight cuddles for playtime and you will be your dog's new best friend! If you want to give your dog a gentle fuss, make sure you always have a grown-up with you.

Leave me alone, please! (For humans)



What if you want to be alone and don't want to play with a dog?

If you are playing in the park and a dog tries to join in, what could you do?

Stand like a statue

Stand like a statue and fold your arms. This will show the dog you do not want to play.

Be a tortoise

If you are on the ground, the best way to show a dog you want them to leave you alone is to be a tortoise! Roll up in a ball and tuck your arms and legs in.

Let's talk about pets!

We want to get you, your family and friends all talking about pets! The more everyone talks about what pets need, the easier it will be to make sure they stay happy and healthy!



Visit our website to learn more.
And to watch our fun dog animation all about staying safe.

3. Eyes and Ears



Help keep yourself and your friends safe by becoming an Eyes and Ears Agent.

Ask your teacher if you want to do more and become an Eyes and Ears agent!

Say **YES** to:

- Feeling good and being kind to people
- Letting someone know if you see bullying
- Taking the time to listen when someone is sad
- Being a positive friend and young leader of the future

.....

Say **NO** to:

- Carrying knives they can cost lives
- Graffiti that can make people feel hurt and sad
- Bullying, it can affect people's lives
- Drugs, they can destroy lives



Top tips for dealing with bullying

1. Report it. Unless you report bullying to an adult, it's very unlikely that it will stop. Talk to someone you trust about what has been happening. This could be a parent, a family friend or a teacher.
2. Protect yourself online. If you have been experiencing cyber bullying, tell a trusted adult, you should also report abusive messages or phone calls. It's also important to use privacy settings on social media, and to block bullies from being able to contact you. You should not respond to bullying remarks, as this will only make the situation worse.
3. Remember that you are not to blame. Bullies will often target others based on 'difference', which can sometimes make it seem like you are to blame. But you are not.
4. Build up your confidence. Bullies will often pick on people who they think won't stand up for themselves, as this means they could get away with it. Learn how to say "no". You are not alone, report it by speaking out!
5. Choose your friends wisely. Bullying can even come from the people who you thought were meant to be your friends. Good friends will support you, make you feel good about yourself and encourage you to behave in positive ways.

How to say no

Saying 'no' to friends can be very hard sometimes. You may be afraid of what they will think of you if you don't go along with them. Here are some good ways to say 'no':

1. Say what the problem is e.g: **'That's mean'** or **'that's illegal'**.
2. Suggest something else to do, something that's fun and kind.
3. If your friends insist on doing something you feel uncomfortable with, walk away.

Sometimes you can make it easier on yourself by thinking in advance about a possible pressure situation.

Here are some things you can do:

1. Think ahead and try to anticipate problems and ways you can get out of doing something that's wrong.
2. Decide in advance what you intend to do.
3. Think of some good ways to handle the situation if it arises, or some good ways to avoid the situation altogether.

Discuss these questions as a group:

1. Is it better to go along with the crowd than make your own choices? Do you agree or disagree? Give a reason for your answer.
2. What is peer pressure and what does it have to do with making choices?



4. Fire safety

Thankfully fires in the home do not happen all the time, but by being prepared we can get out quickly and prevent harm to ourselves and others within our family.

Smoke alarms

Smoke alarms are an important piece of equipment within your home. They alert you when they detect smoke in your home by making a loud beeping sound. A smoke alarm should be fitted on each floor of your home.

It is really important to check your smoke alarms regularly to ensure they are ready to go in an emergency. It's a bit like being ready for a race, a runner has to be fit and healthy and so does your smoke alarms.



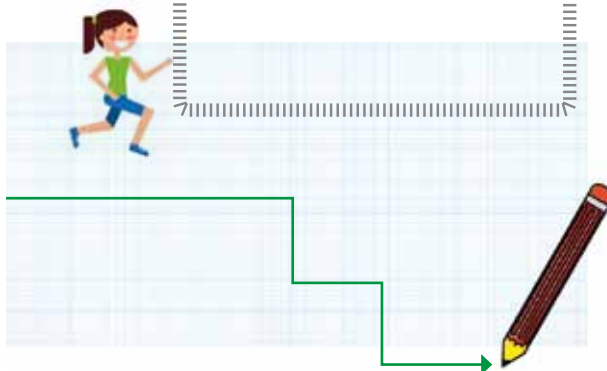
How many smoke alarms do you have in your home?



Give your smoke alarm a press to see if yours is ready to race if it needs to.

If it makes a loud beep then it's ready to go.

Can you be the home Safety Marshall for your home and test yours every month?



Escape routes

If a fire did break out in your home remember these **3 very important messages...**

GET OUT – Plan your way out of the house and make sure everyone knows where to meet up outside.

STAY OUT – Do not go back for your phone which you have forgotten or your favourite things. These can be replaced but you can't.

CALL 999 – You do not need credit on a mobile, it's free to call. If you don't have a phone with you, knock on a neighbour's house and ask for help.

GET OUT

STAY OUT

CALL 999

IT'S REALLY IMPORTANT

that everyone knows what to do if there is a fire within your home.

By planning a route out could save time and ensure everyone gets out safely. Use the grid to draw your home with all the different levels.

Remember to add your exit route in a different colour.

How well do you know your fire safety?

Put a circle round the correct answers.

When should we test our smoke alarms?

- A:** Once a year
- B:** At least once a month
- C:** When the battery is low and it beeps

What are the **three things** you must remember if there is a fire?

- A:** Phone the fire service, crawl out, shout at people
- B:** Get out, stay out, call 999
- C:** Fight the fire, get others to help, call 999

Why is making an escape plan so important?

- A:** It's fun to draw the house and rooms
- B:** It's nice to chat with the family
- C:** It's important that everyone is prepared in an emergency
- D:** Just in case there's a zombie attack

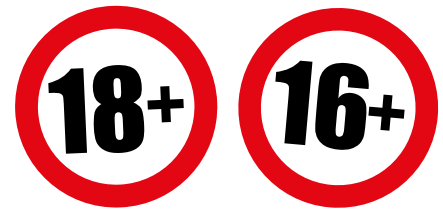
What happens if a smoke alarm detects smoke?

- A:** It sings a little song
- B:** It puts out the fire
- C:** It makes a loud beeping sound
- D:** It pokes people to alert them



5. Age Restricted Products

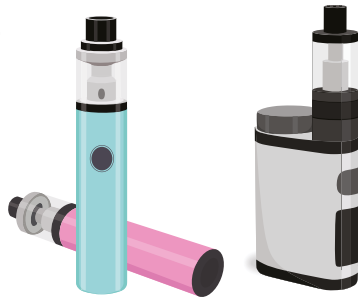
In the table below there are pictures of **age restricted products**, this means that only people over a certain age can purchase them. Your task is to write the reason why each product is age restricted. The first two have been done for you. Can you think of any other examples of age restricted products?



Product

Reason for restriction

Vapes



Most **vapes** contain nicotine. As a drug, nicotine has a chemical effect on the body and therefore it is illegal to purchase if you are under the age of 18.

Tobacco products



Tobacco (which is the main ingredient in a cigarette) also contains nicotine. This means it is illegal to purchase cigarettes or any tobacco products under the age of 18.

Fireworks



Lottery tickets



DVDs and computer games



Alcohol



Product

Reason for restriction

Glue



Energy drinks



CAUTION!

Some **energy drinks** contain **caffeine** which require proof of ID at purchase!

My ideas...



What do you know about Vapes?

Complete this **TRUE** OR **FALSE** quiz to find out!

1. There are 8000 different vape flavours ☐
2. Vaping can cause a bad cough ☐
3. Vaping can cause tooth decay and gum disease ☐
4. You can purchase a vape when you are 16? ☐
5. Nicotine can affect brain development in young people ☐
6. 5 million disposable vapes are thrown away each week in the UK? ☐
7. Vapes are safe ☐
8. Vapes can look like highlighter pens ☐
9. Vapes create smoke ☐
10. Vapes which have 3500 puffs are legal in the UK? ☐
11. There are strawberries in a strawberry flavoured vape ☐
12. All the ingredients of a vape must be clearly listed on the packaging including traces of nuts ☐



See p26 for answers

6. Emergency First Aid

If we think somebody may need help as they have had an accident or are poorly, we should follow these simple rules.



Danger

It is important that you **do not put yourself in danger** to help somebody else.

DRSABC

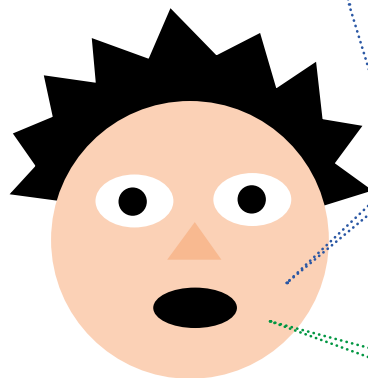
Response

To check if the person is awake, asleep or unconscious, SAY:

"Hello, are you ok, do you need help?"

If they don't answer, TAP them repeatedly on the shoulders and say:

"Open your eyes."



Hello, are you ok? do you need help?

Open your eyes!

Shout

Shout: **"HELP!"**

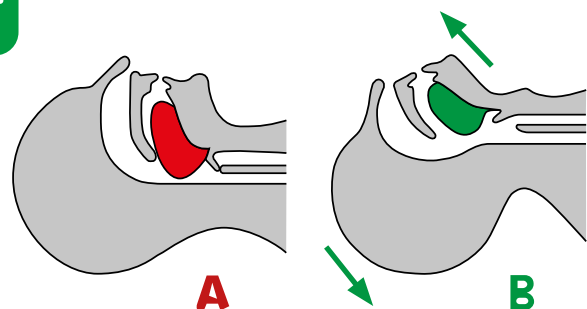
AND

Call 999 on **S**peakerphone.



Airway

When people are unconscious their tongue can stop them breathing (**A**). To solve this problem put one hand on their forehead, two fingers under their chin and **gently TILT their head and LIFT their chin** (**B**) and (**C**).



Breathing

Check their breathing. If they are breathing normally, move them into the **recovery position**.

Get an adult or a first-aider to show you this.



Tick all the ways you think you can check if someone is breathing normally or not:

- ☐ Feel their breath on your cheek.
- ☐ Watch their chest/lungs rise and fall.
- ☐ Feel their tummy go up and down.
- ☐ Listen near their mouth and nose to see if you hear any sound.
- ☐ Smell their breath to see if they had lots of coffee (teachers always do!)

You should get into this position (**D**) and use all of your senses for **10 seconds** to tell if somebody is breathing normally.

C Compressions/PR

If they are not breathing normally, **begin chest compressions and defibrillation**.

Answers

When you are in the correct position you can do all of these



Compressions/CPR

If the person is not breathing normally (no breathing in ten seconds or odd occasional noise) then you need to take over the job of their heart.



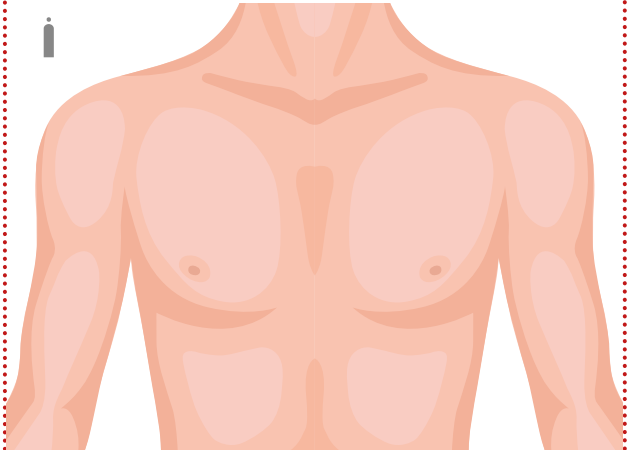
HOW TO PERFORM CPR:

Call 999 and have the phone on speakerphone beside you so the call-handler can help you.

- 1.** Kneel next to them and put the heel/back of your hand on their heart (in the middle of their chest). Put the palm of your other hand on top of the first hand and interlock your fingers (**G**).
- 2.** Sit up tall so your shoulders are directly above your hands and keep your arms straight (**H**).
- 3.** Press down hard, pushing their chest down by **5cm to 6cm**.
- 4.** Keep your hands on their chest but come up all the way before pressing down again.
- 5.** Do these compressions **twice** every second (**100 to 120 times a minute**). The 999-call handler will count to help you stay on time.
- 6.** Swap with someone every minute or two so you don't become too tired.



Place a cross on the picture where you think the heart is?



It is in the middle of your chest, straight down from your nose and in line with your armpits.

Answer

TEST YOUR KNOWLEDGE!

Circle the correct answer:

- 1.** How many seconds do you check for breathing for?
10 20 30
- 2.** How many cm should you push down on the person's chest?
2 5 10
- 3.** How many times should you push down every second?
1 2 5

Answers

1. 10 2. 5 3. 2

Please visit the East Anglian Air Ambulance website (www.eaaa.org.uk) to see videos of CPR and defibrillator use

Automatic External Defibrillator (AED)



The 999-call handler will be able to tell you where the closest AED/defibrillator is and importantly what the code is to open the box. Someone must stay and do CPR whilst another person goes to get the AED (E) and (F).

Defibrillators, or defibs for short, tell you exactly what to do. It's a bit like being at school and doing what your teacher tells you!

- The defib will either have an on/off button to press or will turn on automatically when you open the lid.
- It will ask you to remove the clothes covering the person's chest – you can carefully use scissors to do this. In the meantime, someone should continue to do CPR.
- Stick the two pads to the person's bare chest, as shown in the picture (J).



The defibrillator will then say **'DO NOT TOUCH THE PATIENT'** so it can check what the problem is with the heart. **Make sure no one is touching them.**

It may say they need a shock, and you will have to press a button, or it might just count down from five and give the shock. **Make sure no one is touching them when this is happening.**

If they wake up the 999-call handler will tell you what to do next. If they don't wake up continue doing compressions for two minutes and follow the instructions of the defib and call handler until the ambulance service takes over or you are in danger and have to move away.

Answers

1. 999 2. DRSABC 3. Talk to them and tap/shake their shoulders 4. Head tilt and chin lift 5. The Recovery 6. True

FINAL QUIZ Circle the correct answer:

1. In a first aid emergency who are you going to call?
Ghostbusters 999 **Father Christmas**
2. Which is the correct order?
SCABDR CRABSD DRSABC
3. How should you try to wake someone up?
Throw water on them Tickle them **Talk to them and tap/shake their shoulders**
4. How do you make someone's airway clear?
Head tilt and chin lift **Pull their tongue out of their mouth with your fingers**
5. What position do you put someone in if they are unconscious and breathing normally?
The Dab **The Floss** **The Recovery**
6. It is really easy to use a defibrillator (AED), true or false?
TRUE **FALSE**

To learn more, East Anglian Air Ambulance (EAAA) offer FREE 1 hour CPR training sessions. Visit: eaaa.org.uk

7. Product safety



Staying safe around the home

Hazards are presented by many everyday items. We have summarised some of the more common and harmful ones in the home to help keep you, your family and visitors safe.

Nappy bags

Can cause suffocation if placed over the head, put in the mouth or land on the face.

Keep away from babies and young children, DO NOT leave lying around.



Small magnets

Small **high powered magnets** are very dangerous if swallowed by children, they look very similar to button shaped batteries.

Small batteries

These can be found in toys, calculators, hearing aids, and kitchen scales etc. They are very small and can be **extremely harmful** if swallowed as the battery will react with saliva in the mouth, causing corrosion/burning to the throat and stomach, often leading to irreparable damage.



KEEP OUT OF SIGHT and reach of young children



Window blind cords

Can cause **strangulation** if the cord is left dangling down. Make sure the cord is tied up out of the way. You can buy special hooks for this called cleats.



Cleaning products

Bleach and other cleaning products including **washing liquid** tabs contain chemicals that can be extremely harmful if swallowed and may cause skin irritation.

KEEP BOTTLES CLOSED WITH A CHILD-PROOF CAP AND KEEP OUT OF REACH OF CHILDREN.



Please be careful when you are at home and always ask if you are not sure if something is safe or not. **Remember NOT** to put small items in your mouth and protect others also.

TIDY = OUT OF SIGHT = OUT OF DANGER

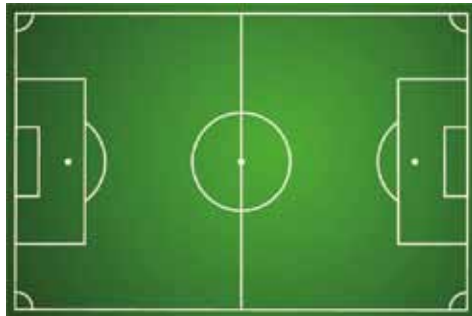
Fill in the gaps using each word once:

adult / cleaning / nappy bags / batteries / roller

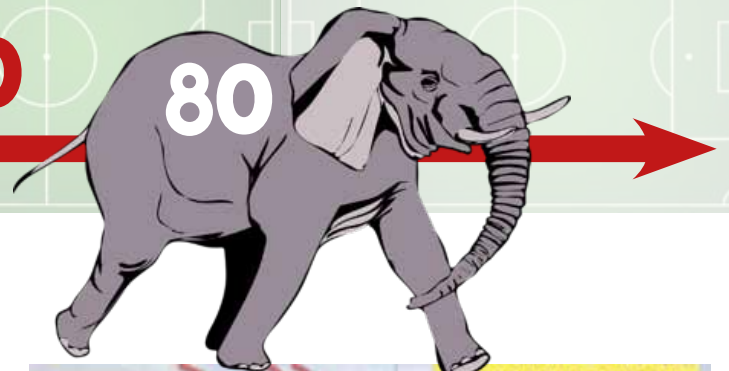
1. _____ are dangerous if you put them over your head.
2. Some _____ products can cause skin rashes and be harmful if swallowed.
3. If you tie up your _____ blind you are protecting yourself and others from getting tangled up.
4. Some _____ are very small and could look like sweets to a small child, make sure they are NOT left lying around.
5. Always ask an _____ if you are not sure if something is safe.

8. Rail safety

A high speed train needs **2000 metres** to stop.
That is the length of **20 football pitches**.
If you are in its way, you've no chance!



x20



Trains can weigh over **450 tons**. If one hits you it will feel like **80 elephants** hitting you at once. There are no second chances.



You must **stay behind the yellow line** until the train stops. Some trains do not stop at the station and travel through at speed so you must never be close to the edge.



Electricity on the railway is very dangerous. You do not even have to touch it. It can **jump across gaps and kill you**. Electricity on the railway is over **100 times more powerful** than electricity used at home and it is never turned off.

Rail safety quiz

1. How many football pitches does it take for a high speed train to stop?

A - 4 B - 10 C - 20

2. What colour is the safety line on a station platform?

A - Red B - Yellow C - Blue

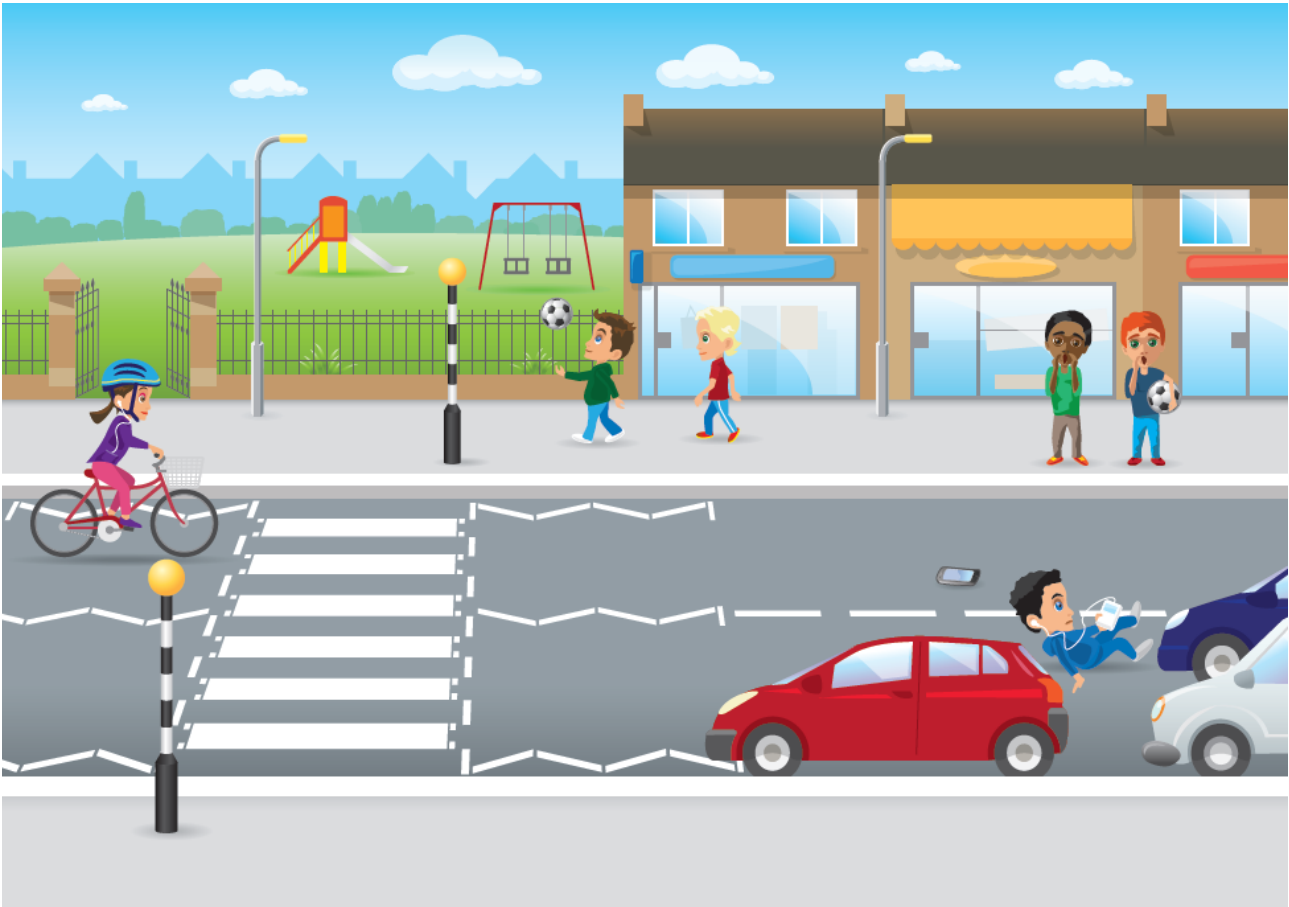
3. When is electricity on the railways usually turned off?

**A - Weekends
B - Christmas Day
C - Never**

British Transport Police look after the railways and use special cameras to help catch people who cause damage to railway buildings or are seen anywhere near the railway tracks.



9. Road safety



Do you think that road safety is important?

If we are killed or injured in a collision it can have huge consequences on ourselves and our families. It also affects lots of other people ie: emergency

services, teachers, local communities etc. It is important that we keep ourselves safe whilst using the roads. We all use the roads in some way,

whether we are a pedestrian walking, a cyclist or passenger in a car. There are many things we can do to keep ourselves and others safe.

What do you know?

Please complete the questions before watching the videos and the same questions again afterwards, don't worry if your answers are different.

CYCLING

1. How can you keep yourself safe when out cycling?

- a) Make sure you remember your sandwiches?
- b) Check your bike and cycle helmet before every journey?
- c) Balance your friend on the handlebars?

WALKING

2. If you need to cross a road, what should you always do?

- a) Let your friend tell you when it is safe?
- b) Never run across the road, always STOP LOOK LISTEN and THINK?
- c) Use a crossing if there is one nearby?
- d) Balance carefully on the edge of the pavement?



CAR JOURNEYS

3. How can you keep yourself and others in the car?

- a) Shout at your brother or sister?
- b) Always wear a seatbelt and use a booster seat if you are under 135cm tall?
- c) Check your hair looks good in the rear view mirror?
- d) Always get out of the car on the road side?

Answers

Now watch these videos from Think:

<https://www.think.gov.uk/resource/expect-the-unexpected>



Looking at the picture (opposite and below) you can see that Mark is laying in the road.

- What do you think has happened?
- Why do you think Mark has been knocked over by the car?
- Mark was listening to some music and looking at his phone, how can that cause us to have an accident?
- Mark tried to cross between parked cars, why can this be dangerous?
- What could Mark have done differently?
- If you look at the cyclist is she cycling safely?
- Looking at the children on the path. Can playing near the road be dangerous, what could happen?



What actually happened

Mark was in a hurry to cross the road, he was meeting his friends to play football. As he was walking he was looking at his text message and listening to music. He crossed between parked cars, he didn't see or hear the car coming and the driver couldn't see Mark as he was hidden by the parked cars. He should have used the

zebra crossing but still needed to remember his stop, look and listen. He is now hurt and needs to go to hospital, he will not be able to play with his friends as he didn't cross safely.

The cyclist is being sensible and wearing a helmet to protect her head. If we fall off

of our bike and bang our head sometimes we can injure our brain and the doctor will not be able to fix it.

Playing near a road can be very dangerous as we could accidentally fall into the road and get hurt. We should always play in a safe place like a park.



Look at the wordsearch below.
See how many words you can find



M	M	W	U	P	H	N	K	S	I	U	W	Q	T	K	D	N	S	M	H
Z	G	C	B	P	W	M	N	E	D	P	M	N	A	S	C	I	C	Z	S
F	X	G	F	X	F	V	F	K	O	M	Q	X	Q	T	I	A	R	N	T
W	B	W	P	X	T	K	W	A	Z	H	C	B	E	E	Y	R	X	V	O
T	A	I	D	N	Q	L	Y	R	U	G	C	B	E	M	A	T	H	W	P
A	J	I	C	V	P	M	H	B	U	Z	E	C	N	L	F	J	O	T	I
X	Y	C	T	Y	T	H	X	T	K	V	L	J	G	E	L	C	H	E	F
J	W	H	T	N	C	W	L	O	H	O	V	Q	I	H	M	N	S	E	Q
C	V	O	A	I	G	L	W	Q	O	I	X	H	S	Z	I	T	J	R	L
F	A	S	I	G	Y	Y	E	H	R	K	N	O	C	I	X	A	N	T	H
M	P	A	R	V	O	G	C	I	U	A	I	K	S	A	Z	A	U	S	F
C	C	C	P	P	T	S	P	T	F	L	R	D	E	D	R	E	M	A	J
W	C	K	P	U	H	J	A	H	C	O	X	A	Y	S	Y	H	Y	F	Y
R	Q	E	J	F	G	V	R	X	X	S	T	O	K	P	Z	Q	L	C	W
U	R	R	M	P	I	K	T	F	K	X	B	R	A	N	L	F	R	W	V
X	N	B	M	F	R	L	S	N	C	U	U	N	Y	F	I	W	B	Y	S
D	X	W	L	W	B	W	E	Q	L	P	S	O	L	F	S	M	F	H	S
G	V	A	X	N	C	N	L	Z	O	T	Z	D	N	K	T	N	E	L	E
X	Q	L	T	U	Z	Q	G	B	W	R	A	I	P	P	E	G	G	Z	B
D	L	K	Q	T	R	A	F	F	I	C	P	M	M	H	N	C	E	N	Y

BELL
BRIGHT
HELMET
ROAD

STOP
THINK
WAIT
BICYCLE

BUS
KERB
SCHOOL
STRAP

TRAFFIC
WALK
BRAKES
CAR

LISTEN
SIGN
STREET
TRAIN



We can all keep ourselves safe by remembering to:

- 1. Stop, look and listen every time we cross the road.**
- 2. Wear a cycle helmet.**
- 3. Always wear a seatbelt.**





10. Water safety

When the sun is shining, you may be tempted to cool down in local rivers or lakes, but there can be hidden dangers beneath the surface that can have really bad consequences. Every year firefighters and coast guards are called to incidents where people get into difficulty in open water. The water may feel quite warm on the surface, but just a few inches below can be icy cold even on hot days. This is because deep or moving water can take months and months and some water may never really warm up. This type of water is so cold that it can cause panic and **'cold water shock'**.

Cold water shock

When the water is so cold that it takes your breath away and you breathe really fast, this is called Cold Water Shock.

You may choke on water and it makes swimming really hard.



What to do if you ever find yourself in cold water:

1. **Don't panic**
2. **Float on your back**



If you float on your back straight away and don't struggle, your clothes will still have some air in them that will make floating more easy.

After **60 to 90 seconds** the cold water shock will pass and you will be able to breath more normally again. Your muscles become weaker when you are really cold so look around for an easy place to get out and swim to safety.

Next time you go to a swimming pool, practice floating on your back.



WHAT3WORDS

Download the **free** mobile app **what3words** so that emergency services can pin point your exact location.



Staying safe near water

Whatever time of year it is, remember:

- Take care at the water's edge, it may be slippery and river banks could fall away
- The water may be deeper or shallower than you think and you may land on sharp objects. River structures like locks, sluice gates and weirs can have strong under currents that cannot always

be seen from the surface

- Always read and follow safety warnings
- When visiting the beach, take time to read the signs and make sure you know what all the flags mean
- If walking on the beach, make sure you know the tide times so you don't get cut off or stranded when the tide comes in



- Which way is the wind blowing? A strong wind can blow you out to sea so avoid using floating toys
- Never go near water on your own, if you do get into difficulties your friend will be able to get help.



Looking out for others

If you see someone in difficulty in the water, here's how you can help:

- Stay calm, shout for help** and **call 999** and ask for the fire service or coast guard if by the sea
- Give your location or local landmarks** if possible
- Try to reach out to them with a stick or belt, but keep low

so you do not get pulled into the water yourself

- Send someone to the nearest road to flag down the emergency services when they arrive and direct them to the incident
- Find the nearest life ring or throw line and throw it to the person. If a life ring is not

available, throw in anything that could help them float

- If someone goes under the water, mark on the water's edge the place they were last seen with something like a piece of clothing
- DO NOT** go into the water yourself.

REMEMBER!

- Stay calm
- Shout for help
- Call 999
- Give location or landmarks
- Do not enter water!

Beach signs you might see at the seaside....



DANGER
No swimming



Lifeguard
on duty



CAUTION
Seek advice



Surfing area
No swimming



Safe to swim



Diving in
progress

How well do you know your water safety?

Put a circle round the correct answers.

What does **open water** mean?

- A:** When you're having a drink and left the top off the bottle?
- B:** The time when the swimming pool opens?
- C:** An area of water without a life guard that wasn't made for swimming in?

Circle 5 of the dangers you may find in British Rivers and Lakes

- Killer sharks with laser beams
- Crocodiles
- Strong currents
- Diseases from rat or cow urine
- Piranhas
- Depth – too deep or too shallow
- Objects – to jump/dive onto or get caught up in
- Temperature – cold water shock can kill

What 2 things should you **NOT** do, if you see someone in trouble in the water?

- A.** Ring 999 or 112 and ask for fire service or coast guard
- B.** Jump in to save them
- C.** Start videoing on your phone
- D.** Send a friend to the nearest road to direct emergency services in
- E.** Tell them to calm down and float on their back
- F.** Try to reach out to them with a stick or jacket, keeping low so you are not pulled in

What are the 4 key open water safety messages?

- Always wear shades so you're looking cool
- Make sure your dive bombs make a massive splash
- Stop and Think
- Stay Together
- Remember your comb so your hair is looking good after swimming
- Float to Live
- Dare your mates to do something dangerous so you can video it.
- Call 999 or 112 if you see someone in trouble


WHAT3WORDS

Download the
free mobile app
what3words

When on a boat or water craft what should you always wear?

- A.** Boat shoes so you look the part
- B.** A pirate hat and parrot
- C.** A life jacket

Throw me in!



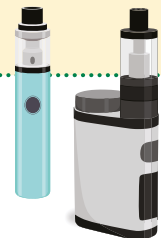
Look out for life rings or throwline stations near the water

11. Staywise

Is a **FREE** online library packed full of educational resources and activities from the UK's leading emergency services and safety-focused organisations that provide learning opportunities to help keep children safe.



Answers to Vapes quiz



- TRUE** - There are at least 8000 vape flavours with names such as Green Gummy Bear and Unicorn Flume. These are used by the Vape companies to especially attract the attention of young people.
- TRUE** - Vapes are known to irritate the throat and cause a bad cough.
- TRUE** - Vapers have more bad bacteria in the mouth so are more likely to have dental problems.
- FALSE** - It is illegal to purchase vapes if you are under 18. It is also illegal for somebody to supply vapes to anyone under the age of 18.
- TRUE** - The brain continues to develop until the age of 25 and the use of nicotine vapes can harm brain development.
- TRUE** - 5 million disposable vapes are thrown away every week in the UK. Many end up in land fill, releasing toxic chemicals into the ecosystem.
- FALSE** - Vapes may look harmless, bright and colourful but there are concerns about the long-term effect of vaping on people's health. Unregulated vapes (those that are being sold illegally to young people) are likely to contain toxic levels of heavy metals and cancer-causing chemicals.
- TRUE** - They can look like USB sticks, highlighters and sweets amongst other things.
- FALSE** - Vapes create vapour – when a liquid is heated it turns into vapour.
- FALSE** - Vapes that have 3500 puffs are illegal in the UK. Legal and regulated vapes in the UK have 600 puffs.
- FALSE** - There are no strawberries or nutritional content in a vape. Vapes contain artificial flavours. For example strawberry and banana flavours use a chemical that can have a harmful effect on the cells in the blood vessels and heart.
- FALSE** - Vape companies do not have to put the ingredient list on the vape packaging. They are not under the same legal obligation as food companies. Nut traces have been found in some vapes without any warning label on the packet. This is very dangerous for people with nut allergies.

Partner logos:



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Working together to improve community safety



Creating a safer
Cambridgeshire



BRITISH
TRANSPORT
POLICE



Cambridgeshire
County Council



East Anglian
Air Ambulance



woodgreen
Helping pets and their people



HEALTHY
SCHOOLS
CAMBRIDGESHIRE
& PETERBOROUGH

Your Safety notes:



Answer:

Smoke Alarms

There are **17** smoke alarms in
this booklet including this one!



www.cambsfire.gov.uk



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