

Keeping safe 1

Safety at home

Here are the things you should never do at home. Write the rules and draw a picture for each:

Rule 1: Never play with matches.
(Fire spreads quickly!)

Rule 2: Only take medicine given to you by your parent or the person looking after you.

Rule 3: Be safe with electrical things.
(Don't use electrical things that have damaged cords. Watch out for wet hands.)

Now write three more rules for:

- Boiling kettles
- Hot ovens
- Sharp knives

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What to do in an emergency

You should know your Mum or Dad's phone number.

If there is an emergency call the emergency services.

Give your address and phone number.

In the case of a fire, go out of the building.

1. Do you know your parents' phone number? (yes or no)
2. If your answer is 'no', what are you going to do?
3. What is the number you would call in an emergency?

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Safety with TV, internet and computer games

If you have a computer or the internet, then there are some things to remember to keep safe.

The internet is very good for finding out things, but there are some websites that can damage our minds and emotions. Only go on websites that your parents or teachers tell you to look at.

If you watch TV, make sure that your parents know what you are watching. There are some things on TV that are frightening or upsetting.
Only some films are meant for children.

Computer games can also be harmful to our minds and emotions.

Always let an adult know if you come across something that is frightening or upsetting.

Finish this sentence:
I must take care that I only look at the right things onand.....

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Keeping safe when having fun outside

Write and draw a picture for each of these:

Never play near busy roads.

Be careful around water. Don't go in rivers or deep water.

Be careful when riding a bike. Wear a helmet.

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Safety with people

- Never go with anyone you don't know.
- If a stranger tells you that your Mum or Dad has sent him to pick you up, go and see a teacher or an adult you trust.
- Don't play in dark lonely places. Play where people can see you.
- If someone treats you in a way that you think is wrong, tell an adult that you trust.

What should you do if a stranger asks you to go with him?

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Keeping safe in storms

If there is a storm, keep safe from lightning strikes. Do not stand in an open space.

If there is strong wind, find shelter in a building. Falling branches can be dangerous.

What should you do if there is a strong storm?