PDHPE

Stage 1: Child Protection Education

# Resources

# Staying safe

## Contents

[Worksheet: Y-chart 2](#_Toc53144803)

[Groups I belong to 3](#_Toc53144804)

[Teacher notes: Strengths cards 5](#_Toc53144805)

[Cards: Strengths 6](#_Toc53144806)

[Emotion cards 10](#_Toc53144807)

[Safe and unsafe situations 13](#_Toc53144808)

[Persistence images 20](#_Toc53144809)

[Cards: Body parts 21](#_Toc53144810)

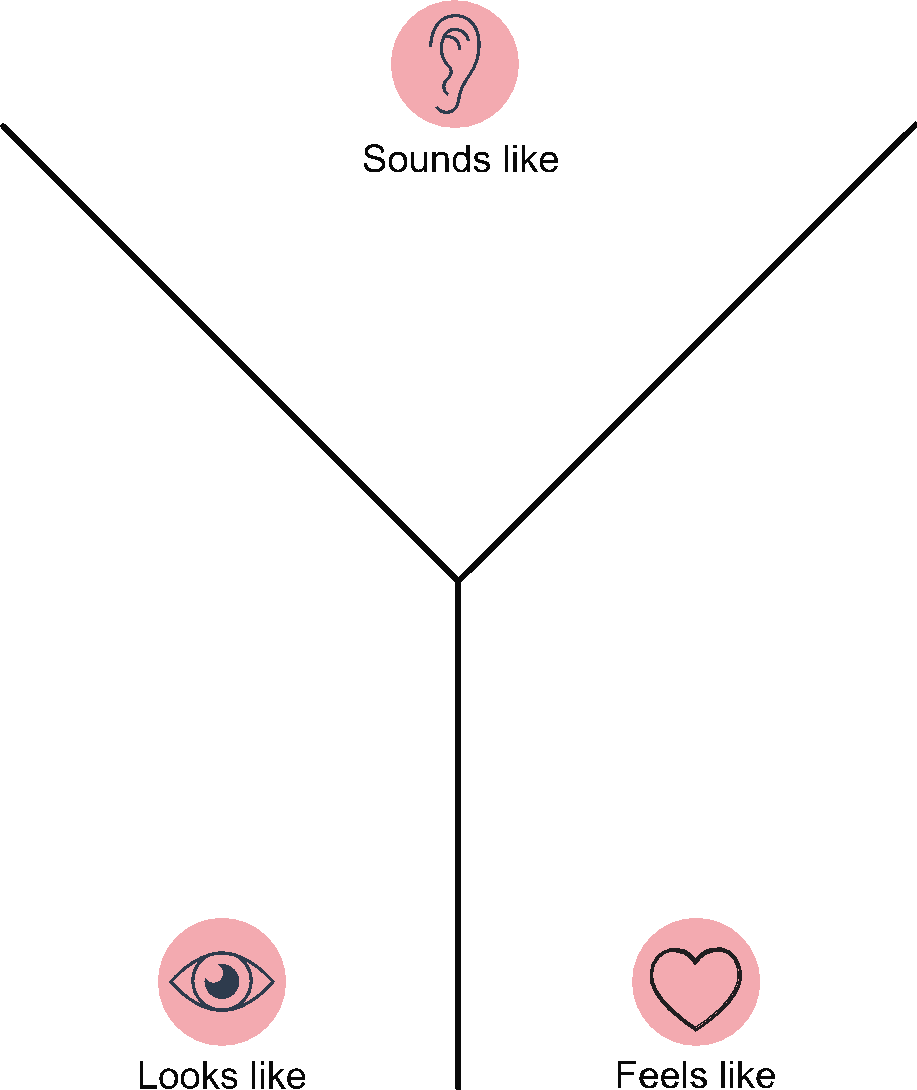
[Body parts images 22](#_Toc53144811)

[Body outlines 24](#_Toc53144812)

[No-go-tell 26](#_Toc53144813)

[Copyright register 27](#_Toc53144814)

## Worksheet: Y-chart



## Groups I belong to

|  |  |
| --- | --- |
| A teacher seated with four students three of which are attentive to what she is writing on a paper and the one at the end is looking away. | Eight children (7 girls and one boy) are hanging out in a backyard on the grass in front of a tent. All have big smiles on their faces. Four older girls are lying in a row on their stomachs facing up, and the boy is lying across in front of them laughing. Two younger girls are sitting on the backs of two older girls, and one young girl is sitting on her haunches at the end of the row near the boy’s head. The three younger girls have their arms extended over their heads.  1 |
| Classrooms | Close family friends |
| A group of three children at a Chinese festival. The children are offering paper money to a large yellow puppet dragon assisted by two male helpers.2 | A photo of an extended family tightly grouped together for a photo. The group includes grandparents, parents, aunts and uncles, a young girl and a baby. In the foreground is a dining table with plates piled high with biscuits and colourful coffee cups.  3 |
| Cultural groups | Extended family |
| A group of four children (2 girls and 2 boys) are crouched on a large pedestrian pathway drawing a mural in various coloured chalk.  4 | A mother sits in the middle of her two young daughters. All of them smiling happily in a tight group hug.  5 |
| Hobby groups | Family |
| A large group of young musicians seated at a stadium all proudly holding up their ukuleles.  6 | A uniformed student group of five smiling teenagers in the garden. Two boys are holding the handle of a shovel which is in the ground and a girl carrying a watering can. |
| Music groups | Peer groups |
| Four members of a female soccer team wearing light blue uniforms are embraced in a winning group hug on the soccer field. Two members of the opposition team in red uniforms are dotted around them. One walks with her hands on her head in defeat and other covers her eyes.  7 | Five men and a woman standing in a row behind a table on which food and desserts are displayed. The two men on the left are wearing white shirts, black aprons, and black and white cook’s hair nets. The female in the middle is wearing a patterned blouse. The three men on the right are wearing white shirts with black collars, and white cook’s hair nets.8 |
| Sports teams | Work groups |

## Teacher notes: Strengths cards

|  |  |
| --- | --- |
| Strengths | Definition |
| Honest | You tell the truth even when it is not easy. |
| Funny | You try to cheer people up by making them laugh. |
| Forgiving | You accept others’ apologies. |
| Kind | You help others and use kind words. |
| A leader | You help your group work well together. |
| Brave | You are able to do what is important even when you feel scared. |
| Self-control | You can do what is important even if you don’t want to. |
| Notice others | You think of how others might be feeling. |
| Assertive | You are able to say things in a strong, clear and fair way. |
| Fair | You include everyone and you follow the rules. |
| Determined | You keep trying even when it gets hard. |
| Curious | You like to learn new things and ask questions. |
| Patient | You can wait for your turn even if it takes a while. |
| Generous | You are good at sharing and giving. |
| Creative | You like to come up with new ideas and new ways of doing things. |
| Persistent | You keep trying even if you fail. |
| Notice myself | You notice how you are feeling and how that makes you behave. |
| Good listener | You listen to others ideas and how they feel. |

## Cards: Strengths

|  |  |
| --- | --- |
| Honest | Fair |
| Funny | Determined |
| Forgiving | Curious |
| Kind | Patient |
| A leader | Generous |
| Brave | Creative |
| Self-control | Persistent |
| Notice others | Notice myself |
| Assertive | Good listener |

|  |  |
| --- | --- |
| **Honest**  You tell the truth even when it is not easy. | **Fair**  You include everyone and you follow the rules. |
| **Funny**  You try to cheer people up by making them laugh. | **Determined**  You keep trying even when it gets hard. |
| **Forgiving**  You accept others’ apologies. | **Curious**  You like to learn new things and ask questions. |
| **Kind**  You help others and use kind words. | **Patient**  You can wait for your turn even if it takes a while. |
| **A leader**  You help your group work well together. | **Generous**  You are good at sharing and giving. |
| **Brave**  You are able to do what is important even when you feel scared. | **Creative**  You like to come up with new ideas and new ways of doing things. |
| **Self-control**  You can do what is important even if you  don’t want to. | **Persistent**  You keep trying even if you fail. |
| **Notice others**  You think of how others might be feeling. | **Notice myself**  You notice how you are feeling and how that makes you behave. |
| **Assertive**  You are able to say things in a strong, clear and  fair way. | **Good listener**  You listen to others ideas and how they feel. |

## Emotion cards

#### No feelings

|  |  |  |
| --- | --- | --- |
| A young girl looking annoyed. Her left hand on her left hip and her right arm at shoulder height is bent at the elbow, and she is pointing up with her pointer finger.36 | **An older boy looking confused. His head is tilted to the left and he is scratching his hair with his left fingers.**37 | A head shot of a teenage girl. Her eyes are tightly closed and her mouth is opened wide with her tongue sticking all the way out in disgust.38 |
| Angry | Confused | Disgusted |
| A girl stiffly holds her hands up with her fingers splayed either side of her face. Her eyes and mouth are wide open with fright.39 | A young girl with a frustrated expression on her face. She is scratching both sides of her head with her fingers.40 | A boy looking down with a grumpy expression. His shoulders are hunched, and his arms are crossed across his chest.41 |
| Frightened, afraid, scared | Frustrated | Grumpy |
| A sad young girl with her eyes closed and her head tilted to the left resting her forehead on the fist of her left hand.42 | A left-sided view of a sad, young girl sitting on her own against a post. with her arms around her knees 43 | A young, nervous girl looking down and biting the nails of her right fingers.44 |
| Hurt | Lonely | Nervous |
| A shocked young boy with raised eyebrows and wide-opened eyes, pressing the palms of his hands tightly against his opened mouth.45 | A sad, young boy with his eyes closed and his head tilted to the right, resting the right side of his face on the back of his right hand.46 | A concerned, young girl with her head tilted to the right, resting the right side of her face on the palm of her right hand. Her eyes are downcast.47 |
| Shocked | Unhappy, sad | Worried |

#### Yes feelings

|  |  |  |
| --- | --- | --- |
| A face of a teenage girl. Her head is titled slightly to the right. She is looking directly at you with calm eyes and a wide, peaceful smile.48 | A mid shot of a boy with a huge smile on his face jumping up with excitement. His arms are raised above his head and his fingers are spread wide.49 | The head and shoulders shot of a happy-faced girl with a big smile and eyes looking confidently at you.50 |
| Peaceful, calm | Excited | Happy, wonderful |
| A girl and an older woman enjoying a loving hug. The girl has a peaceful smile on her face.51 | A boy, head slightly tinted to the left, smiling with pride, and giving a thumbs-up sign with his left hand.52 | The head and shoulders of a smiling girl with her head tilted to her right. Her arms are folded across her chest and she is clutching the ends of her twisted long hair in each hand.53 |
| Loved, safe | Proud | Shy |
| A close-up on the faces of a girl and boy looking at you. Their eyes and mouth are opened wide with surprise.54 |  |  |
| Surprised |  |  |

## Safe and unsafe situations

### Walking to school

|  |  |
| --- | --- |
| A young schoolboy with a back-pack, walking beside a female adult holding his hand. 9 | The back view of a schoolgirl and a schoolboy carrying their backpacks walking safely on the footpath on either side of a male adult holding their hands. 9 |
| Walking to school | Walk on the footpath away from the road and hold an adult’s hand |
| A school lollipop person standing in the middle of the road has stopped the traffic to allow school children and their parents to cross the road safely.10 |  |
| Walk straight to school |  |

### Riding a bike

|  |  |
| --- | --- |
| A child riding on the back of a bicycle  Description automatically generated  11 | A head shot of a young girl with a happy smile looking at an adult who is fitting the girl’s safety helmet on properly for her.  9 |
| Riding a bike | Always wear a helmet |
| A person riding a bike down a dirt road  Description automatically generated  12 | A child riding on the back of a bicycle  Description automatically generated 13 |
| Ride your bike away from the road | Find a safe place to ride |

### Playing a game online

|  |  |
| --- | --- |
| Four children sit on a couch. The older boy is playing an online game holding the controller in his hands. Two younger children watch him play the game on screen. Another girl is playing a game on a mobile phone.  14 | A teenage boy wearing earphones sitting in front of a computer screen playing an online game with three others. Three avatar images of the other players are enlarged. They show two players are friends and are given a tick. The bottom avatar has a question mark over it and a cross sign beside it.  15 |
| Playing a game online | Don’t accept people  you don’t know as friends |
| Two hands holding a mobile phone showing a group text conversation. Three avatar images and their text messages are enlarged. Two of them are friends but the top avatar has a question mark representing an unknown person and has a cross beside it.  16 | A boy is holding his cupped hands near a girl’s ear and is whispering into her ear. The girl is listening intently with a broad smile on her face. 17 |
| Don’t open messages from people you don’t know | Don’t share your password or personal information |
| A teenage boy wearing earphones is sitting in front of a computer. Superimposed is a large screen showing his game identity avatar beside an icon of a padlock with a tick on it.  18 |  |
| Keep your profile private |  |

### Cooking dinner

|  |  |
| --- | --- |
| A woman is at a stove cooking something that is steaming. She has a smile on her face and appears to be enjoying what she is doing. There are vegetables and half an avocado on the counter.  19 | A man and a young boy cooking. The man, who is relaxed and smiling, is helping the boy to pour milk over some eggs in a bowl. The boy is concentrating on what he is doing.  20 |
| Cooking dinner | Cook with an adult |
| A man and a young boy cutting a tomato on a board. The boy is holding the handle of the knife with his left hand and his right hand is behind the tip of the blade. The man hands are over the boy’s hands guiding him to cut the tomato safely.  20 | A woman wearing oven mitts is concentrating on taking a tray of cooked biscuits out of the oven. A young girl with a smile on her face is standing and watching the woman intently.  21 |
| Get adults to do the cutting | Wear oven mitts |
| A man is approaching the kitchen table with a plate of food in each hand. A young girl seated at the table reading a book, is smiling and looking at the plate of food offered to her.  22 | An adult woman is standing at the stove stirring a boiling pot. A young boy stands beside the woman, near the hot stove, watching her cook.  23 |
| Stay out of the way | Don’t touch the stove |

### In a car or bus

|  |  |
| --- | --- |
| A close-up on the hands of a boy seated in a car about to fasten his seat belt.  24 | A young girl carrying a folder closing the door of a car she has exited on the passenger side of the car away from the traffic.  25 |
| Always buckle up safely | Get in and out of the car  on the footpath side |
| A large group of school children seated quietly in a bus. Those in the back of the bus are looking out of the window. Others, who are seated in twos, are talking to each other.  9 | Three children are securely buckled up in their seats in the back of a car. 26 |
| Don’t distract the driver | Stay in your seat |

### Crossing a road

|  |  |
| --- | --- |
| A man, a child and a woman holding hands are standing at the side of the road looking to the right to check for oncoming traffic.  9 | A man, a child and a woman holding hands are crossing the road at the pedestrian crossing.  9 |
| Crossing a road | Cross at the crossing |
| Back view of a young boy holding an adult’s hand and crossing the road at the pedestrian crossing.  27 | A school lollipop person standing in the middle of the road has stopped the traffic to allow school children and their parents to cross the road safely. 9 |
| Hold an adult’s hand when you  cross the road | Use a safe place to walk across  the road with an adult |
| Back view of an adult woman standing at a pedestrian crossing holding the hands of two young girls with backpacks either side of her. Large, superimposed yellow arrows point to the left and the right.  28 |  |
| Stop! Look! Listen! Think! before crossing the road |  |

### Swimming at the beach or in a pool

|  |  |
| --- | --- |
| A blue sky and an empty beach with several rows of white-capped waves rolling in and breaking on the shore.  29 | The back view of five children in bathers on the beach, running towards the water between the yellow and red surf-lifesaving flags marking the safest place to swim.  30 |
| Swimming at the beach or pool | Swim between the flags |
| Mum, dad and young daughter are playing in a swimming pool. The young girl sits in a pink blow-up ring between her parents.  31 | The back view of a five people at the beach. A man holding the hands of a boy and girl, and a woman holding the hand of a young girl as they play at the water’s edge. 32 |
| Have an adult watching you | Swim with an adult |

## Persistence images

|  |  |
| --- | --- |
| Try | A colourfully illustrated scene of a blue-helmeted young boy learning to ride on a bicycle with training wheels. A man stands beside the child with his hands on either side of the bike encouraging the child to ride. A big grey cloud fills the background, with two little dark and light grey clouds above it.33 |
| Persist and succeed | A colourfully illustrated scene of a blue-helmeted young boy practising riding a bicycle with training wheels. A woman follows closely behind with her left arm extended towards the child to steady him. A big light blue cloud fills the background and the sun is beginning to shine through a darker blue cloud above.34 |
| A colourfully illustrated scene of a blue-helmeted young boy riding confidently on a bicycle with trainer wheels. He rides away from a man holding his arms high above his head in triumph. The dog, beside the man, is jumping up on its hind legs. The big cloud in the background is yellow and the sun is shining brightly above.35 |

## Cards: Body parts

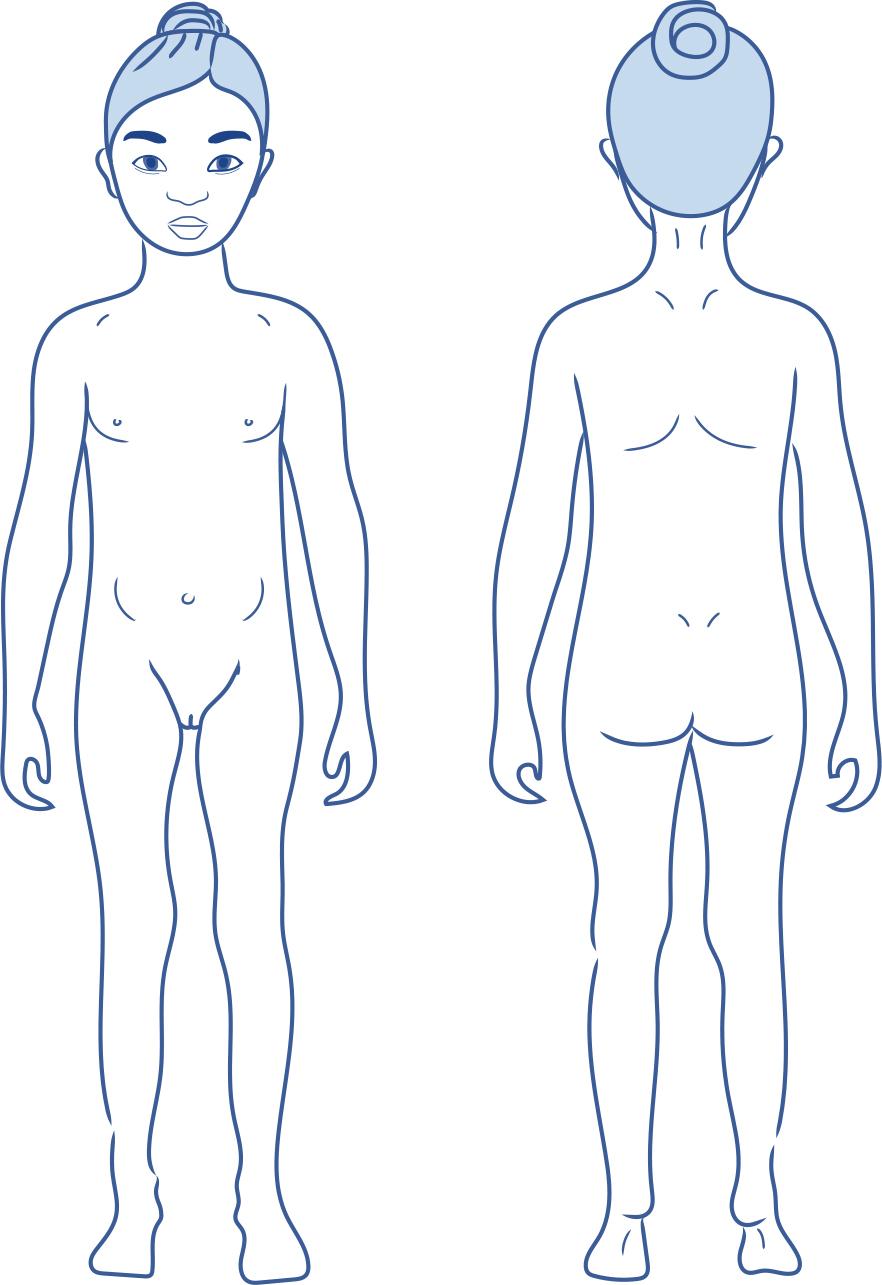
|  |  |  |
| --- | --- | --- |
| arms | ear | neck |
| elbows | eyes | thighs |
| face | feet | nipples |
| fingers | hands | breasts |
| head | knee | anus |
| legs | lips | bottom |
| mouth | nose | testicles |
| shoulder | toes | penis |
| vulva | vagina |  |
|  |  |  |

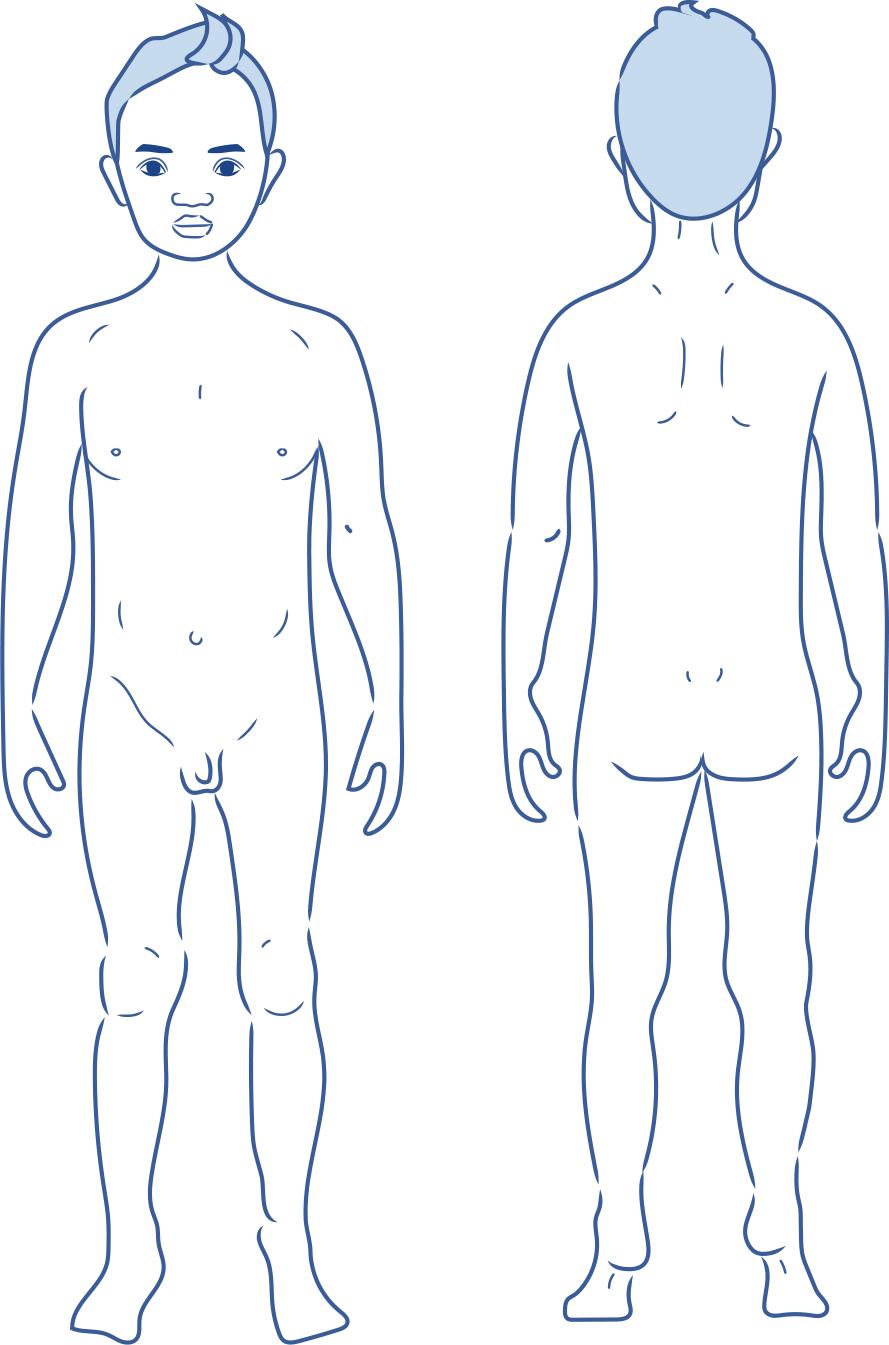
## Body parts images

|  |  |  |
| --- | --- | --- |
| Close-up of two arms, from the shoulder to the hands, belonging to a girl and a boy running on grass. | Close up of a teenage boy’s ear. | A close up of a girl with her arms folded in front and showing her elbows. |
| Arms | Ear | Elbows |
| A close up of a pair of brown smiling eyes belonging to a young girl. | A close up of a young girl’s face showing her eyes, nose and mouth. | A close up of a teenage girl in a crouch position with her heels touching and her toes bent outwards to the side. |
| Eyes | Face | Feet |
| A close up of a young person’s hand showing four fingers covered in red, yellow and black paint. | A close up of three different teenager’s hands held high in the air and silhouetted against the sky. | A close up of a girl’s head showing her blowing bubbles. |
| Fingers | Hands | Head |
| A close up of a young soccer player balancing a ball on top of his knee. | A close-up of two pairs of girl’s legs running next to each other on the grass. | A close up of a young girl’s mouth showing her lips in a smile. |
| Knee | Legs | Lips |
| A close up of a young girl’s mouth open wide showing her teeth and her tongue. | A close up of a young girl's nose showing the bridge and nostrils. | A close up of a teenage girl in a leotard showing her shoulder. |
| Mouth | Nose | Shoulder |
| A close up of a girl’s foot showing her toes peeping through her sandles. |  |
| Toes |  |

55

## Body outlines





## No-go-tell

56

5758

## Copyright register

1. Close family friends: School photo created by senivpetro – [www.freepik.com](http://www.freepik.com)
2. Cultural groups: WikimediaImages from Pixabay
3. Extended family: People photo created by bearfotos – [www.freepik.com](http://www.freepik.com)
4. Hobby groups: Kids photo created by freepik – [www.freepik.com](http://www.freepik.com)
5. Family: School photo created by katemangostar – [www.freepik.com](http://www.freepik.com)
6. Music groups: Nick Stafford from Pixabay
7. Sports teams: Milton Galvan from Pixabay
8. Work groups: csmy00 from Pixabay
9. By Transport for NSW, Safety Town resource – [https://www.safetytown.com.au/book-content/es1/image-gallery/pedestrian-safety-image-gallery/](https://www.google.com/url?q=https://www.safetytown.com.au/book-content/es1/image-gallery/pedestrian-safety-image-gallery/&sa=D&ust=1599970133965000&usg=AFQjCNHTsNKWLaYvJ63AF92egslUy92I1Q)
10. By Transport for NSW, Safety Town resource – [https://www.safetytown.com.au/book-content/es1/image-gallery/pedestrian-safety-image-gallery/](https://www.google.com/url?q=https://www.safetytown.com.au/book-content/es1/image-gallery/pedestrian-safety-image-gallery/&sa=D&ust=1599970133965000&usg=AFQjCNHTsNKWLaYvJ63AF92egslUy92I1Q)
11. Riding a bike: School photo created by torwaiphoto – [www.freepik.com](http://www.freepik.com)
12. Riding a bike: School photo created by torwaiphoto – [www.freepik.com](http://www.freepik.com)
13. Riding a bike: School photo created by torwaiphoto – [www.freepik.com](http://www.freepik.com)
14. Kids on couch: Designed by Freepik – [www.freepik.com](http://www.freepik.com)
15. Profile of boy with monitors: Image by ExplorerBob from Pixabay  
    Avatars: Design vector created by macrovector – [www.freepik.com](http://www.freepik.com)
16. Messeges: Designed by Freepik – [www.freepik.com](http://www.freepik.com)  
    Avatars: Design vector created by macrovector – [www.freepik.com](http://www.freepik.com)
17. Don’t share personal info: Designed by pressfoto – [www.freepik.com](http://www.freepik.com)
18. Profile of boy with monitors: Image by ExplorerBob from Pixabay  
    Avatars: Design vector created by macrovector – [www.freepik.com](http://www.freepik.com)
19. Mum cooking at stove: Food photo created by senivpetro – [www.freepik.com](http://www.freepik.com)
20. Cook with an adult: Food photo created by freepik – [www.freepik.com](http://www.freepik.com)
21. Wear oven mitts: Food photo created by peoplecreations – [www.freepik.com](http://www.freepik.com)
22. Stay out of the way: Book photo created by freepik – [www.freepik.com](http://www.freepik.com)
23. Don’t touch stove: Mum cooking: Food photo created by freepik – [www.freepik.com](http://www.freepik.com)  
    Back of child’s head: School photo created by pressfoto – [www.freepik.com](http://www.freepik.com)
24. Use a seatbelt: Designed by rawpixel.com – [www.freepik.com](http://www.freepik.com)
25. Girl closing car door: Designed by Freepik – [www.freepik.com](http://www.freepik.com)
26. Stay in your seat: By Transport for NSW, Safety Town resource – [https://www.safetytown.com.au/book-content/es1/image-gallery/pedestrian-safety-image-gallery/](https://www.google.com/url?q=https://www.safetytown.com.au/book-content/es1/image-gallery/pedestrian-safety-image-gallery/&sa=D&ust=1599970133965000&usg=AFQjCNHTsNKWLaYvJ63AF92egslUy92I1Q)
27. Crossing roads: School photo created by pvproductions – [www.freepik.com](http://www.freepik.com)
28. Look both ways before crossing: People photo created by freepik – [www.freepik.com](http://www.freepik.com)
29. Swimming at the beach: Cloud photo created by wirestock – [www.freepik.com](http://www.freepik.com)
30. Swim between flags: People photo created by rawpixel.com – [www.freepik.com](http://www.freepik.com)
31. Parents and child at pool: People photo created by rawpixel.com – [www.freepik.com](http://www.freepik.com)
32. Family at beach: Designed by Freepik – [www.freepik.com](http://www.freepik.com)
33. Try: Designed by pch.vector – [www.freepik.com](http://www.freepik.com)  
    Weather icons: Designed by Titusurya – [www.freepik.com](http://www.freepik.com)
34. Persist: "Designed by pch.vector – [www.freepik.com](http://www.freepik.com)  
    Weather icons: Designed by Titusurya – [www.freepik.com](http://www.freepik.com)
35. Succeed: "Designed by pch.vector – [www.freepik.com](http://www.freepik.com)  
    Weather icons: Designed by Titusurya – [www.freepik.com](http://www.freepik.com)
36. Angry: Education photo created by freepik – [www.freepik.com](http://www.freepik.com)
37. Confused: People photo created by cookie\_studio – [www.freepik.com](http://www.freepik.com)
38. Disgusted: Woman photo created by cookie\_studio – [www.freepik.com](http://www.freepik.com)
39. Frightened: Kids photo created by freepik – www.freepik.com
40. Frustrated: Girl photo created by freepik – [www.freepik.com](http://www.freepik.com)
41. Grumpy: Designed by Freepik – [www.freepik.com](http://www.freepik.com)
42. Sad/hurt: Girl photo created by freepik – [www.freepik.com](http://www.freepik.com)
43. Lonely: People photo created by jcomp – [www.freepik.com](http://www.freepik.com)
44. Nervous: Designed by pressfoto – [www.freepik.com](http://www.freepik.com)
45. Shocked Designed by Freepik – [www.freepik.com](http://www.freepik.com)
46. Unhappy: Designed by jcomp – [www.freepik.com](http://www.freepik.com)
47. Worried: Designed by jcomp – [www.freepik.com](http://www.freepik.com)
48. Peaceful/calm: Woman photo created by cookie\_studio – [www.freepik.com](http://www.freepik.com)
49. Excited: People photo created by jcomp – [www.freepik.com](http://www.freepik.com)
50. Happy: For websites: Designed by Asier\_Relampagoestudio – [www.freepik.com](http://www.freepik.com)
51. Loved/safe: Family photo created by master1305 – [www.freepik.com](http://www.freepik.com)
52. Proud: Designed by jcomp – [www.freepik.com](http://www.freepik.com)
53. Shy: For websites: Designed by cookie\_studio – [www.freepik.com](http://www.freepik.com)
54. Surprised: People photo created by drobotdean – [www.freepik.com](http://www.freepik.com)
55. Body parts: Kids photo created by freepik – www.freepik.com
56. No girl: People photo created by master1305 – www.freepik.com
57. Go footprints: Background vector created by macrovector\_official – [www.freepik.com](http://www.freepik.com)
58. Tell girl: People photo created by master1305 – www.freepik.com  
    Trusted people headshots: People vector created by freepik – [www.freepik.com](http://www.freepik.com)