

# PDHPE

## Stage 1: Child Protection Education Resources

### Staying safe

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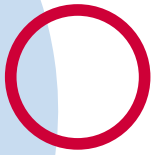
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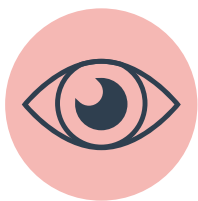
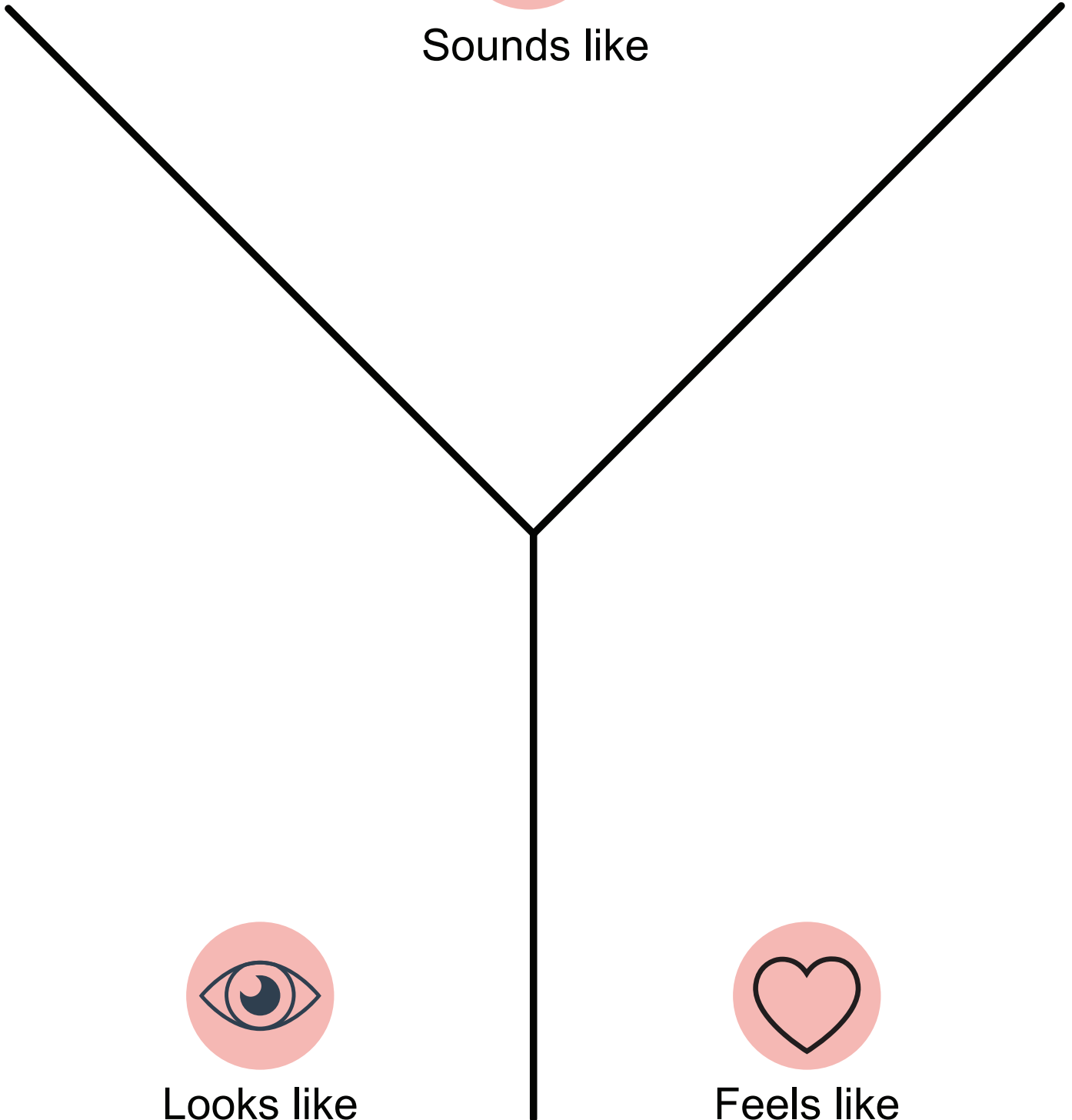
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Worksheet  
Y-chart



Sounds like



Looks like



Feels like



## Cards

# Groups I belong to



**Classrooms**



1

**Close family friends**



2

**Cultural groups**



3

**Extended family**





4

**Hobby groups**



5

**Family**



6

**Music groups**



**Peer groups**



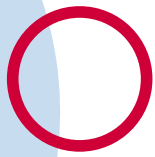
7

**Sports teams**



8

**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.





Teacher notes: **Strengths cards**

---

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.





Cards

# Emotions

## No feelings



36

**Angry**



37

**Confused**



38

**Disgusted**



39

**Frightened,  
afraid, scared**



40

**Frustrated**



41

**Grumpy**



42

**Hurt**



43

**Lonely**



44

**Nervous**



45

**Shocked**



46

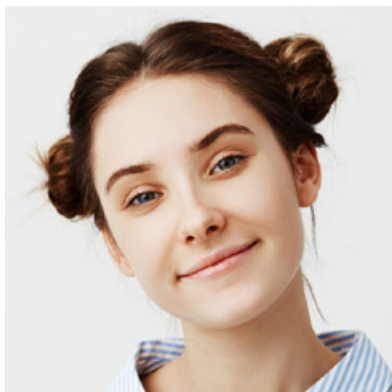
**Unhappy, sad**



47

**Worried**

**Yes feelings**



48

**Peaceful, calm**



49

**Excited**



50

**Happy**



51

**Loved, safe**



52

**Proud**



53

**Shy**



54

**Surprised**





## Images

# Safe and unsafe situations

### Walking to school

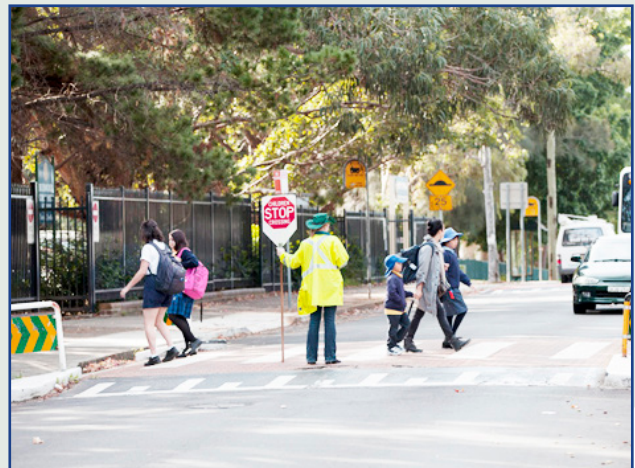


9

Walk on the footpath away from the road and hold an adult's hand



9



10

Walk straight to school

## Riding a bike



11



9

Always wear a helmet



13

Find a safe place to ride



12

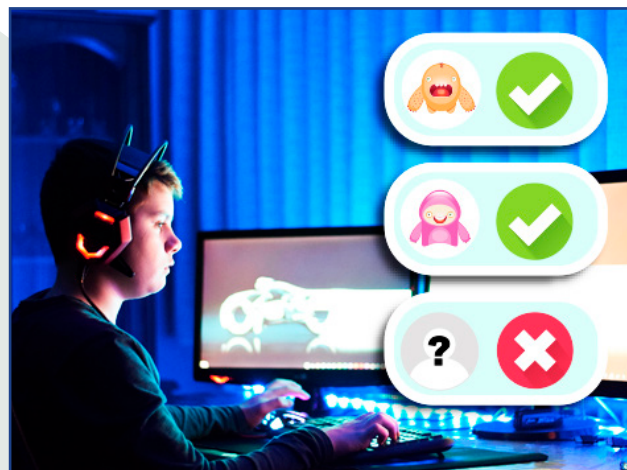
Ride your bike away from the road



## Playing a game online

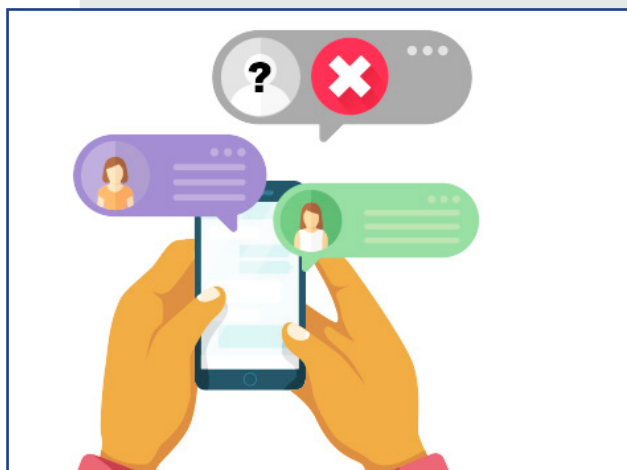


14



15

Don't accept people you don't know as friends



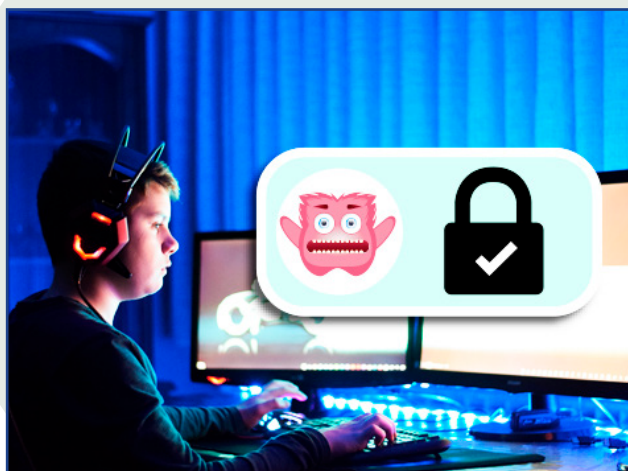
16

Don't open messages from people you don't know



17

Don't share your password or personal information



18

Keep your profile private

## Cooking dinner



20

Get adults to do the cutting



19



20

Cook with an adult



22

Stay out of the way



23

Don't touch the stove



21

Wear oven mitts



## In a car or bus



9



24

Always buckle up safely



9

Don't distract the driver



25

Get in and out of the car on the footpath side



26

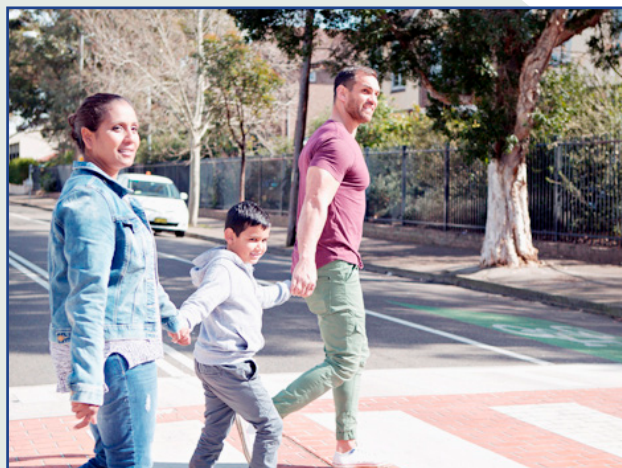
Stay in your seat



## Crossing a road



9



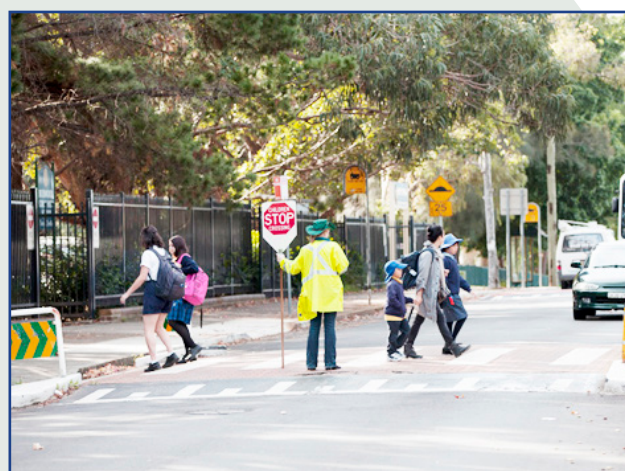
9

Cross at the crossing



27

Hold an adult's hand when you cross the road



9

Use a safe place to walk across the road with an adult



28

Stop! Look! Listen! Think! before crossing the road

Swimming at the beach or in a pool



29



30

Swim between the flags



31

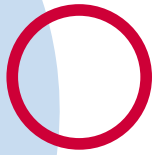
Have an adult watching you



32

Swim with an adult





Images

Persistence



33

**Try**

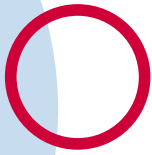


34

**Persist  
and  
succeed**



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

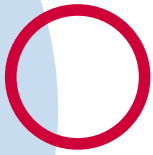
shoulder

toes

penis

vulva

vagina



Images

Body parts



**Arms**



**Ear**



**Elbows**



**Eyes**



**Face**



**Feet**



**Fingers**



**Hands**



**Head**



Images: **Body parts**



**Knee**



**Legs**



**Lips**



**Mouth**



**Nose**

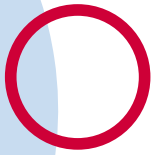


**Shoulder**



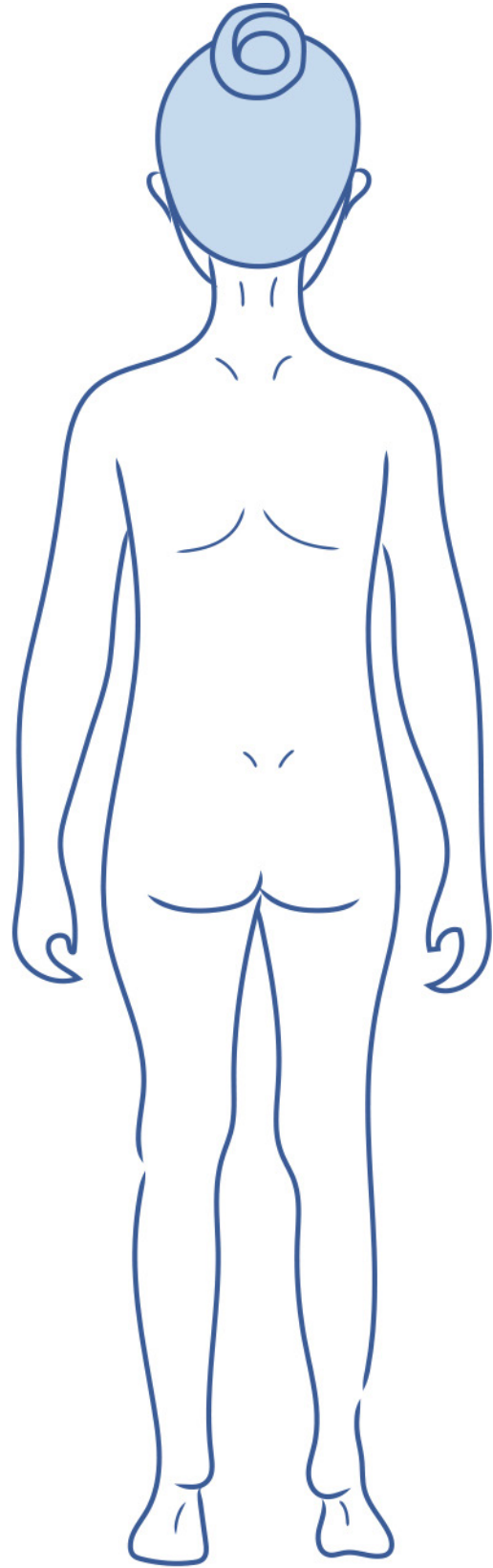
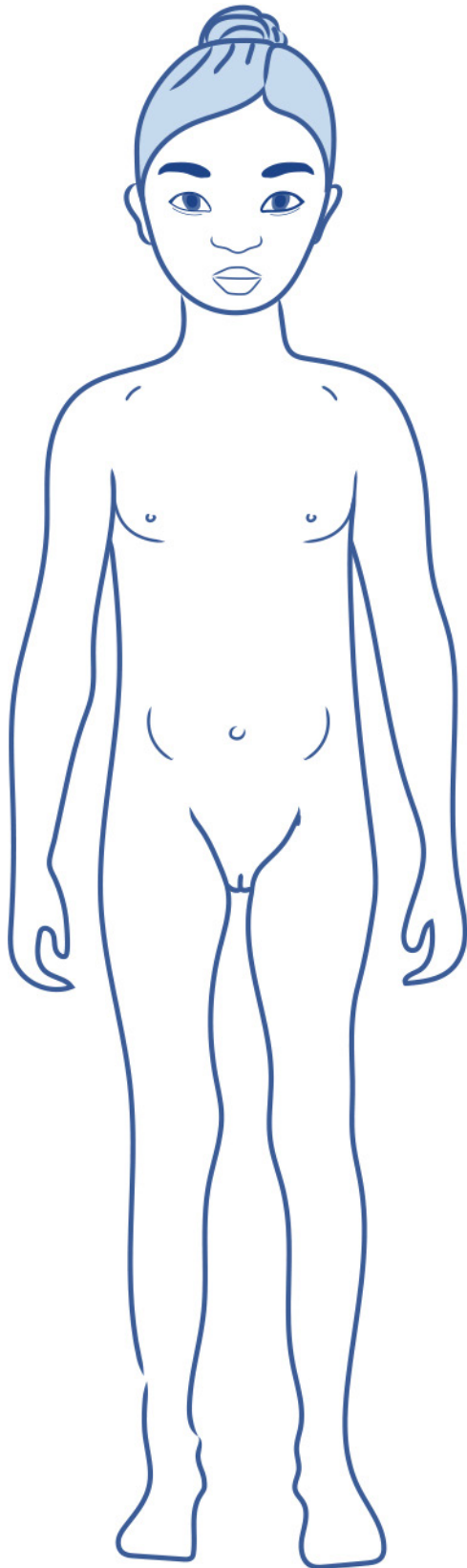
**Toes**

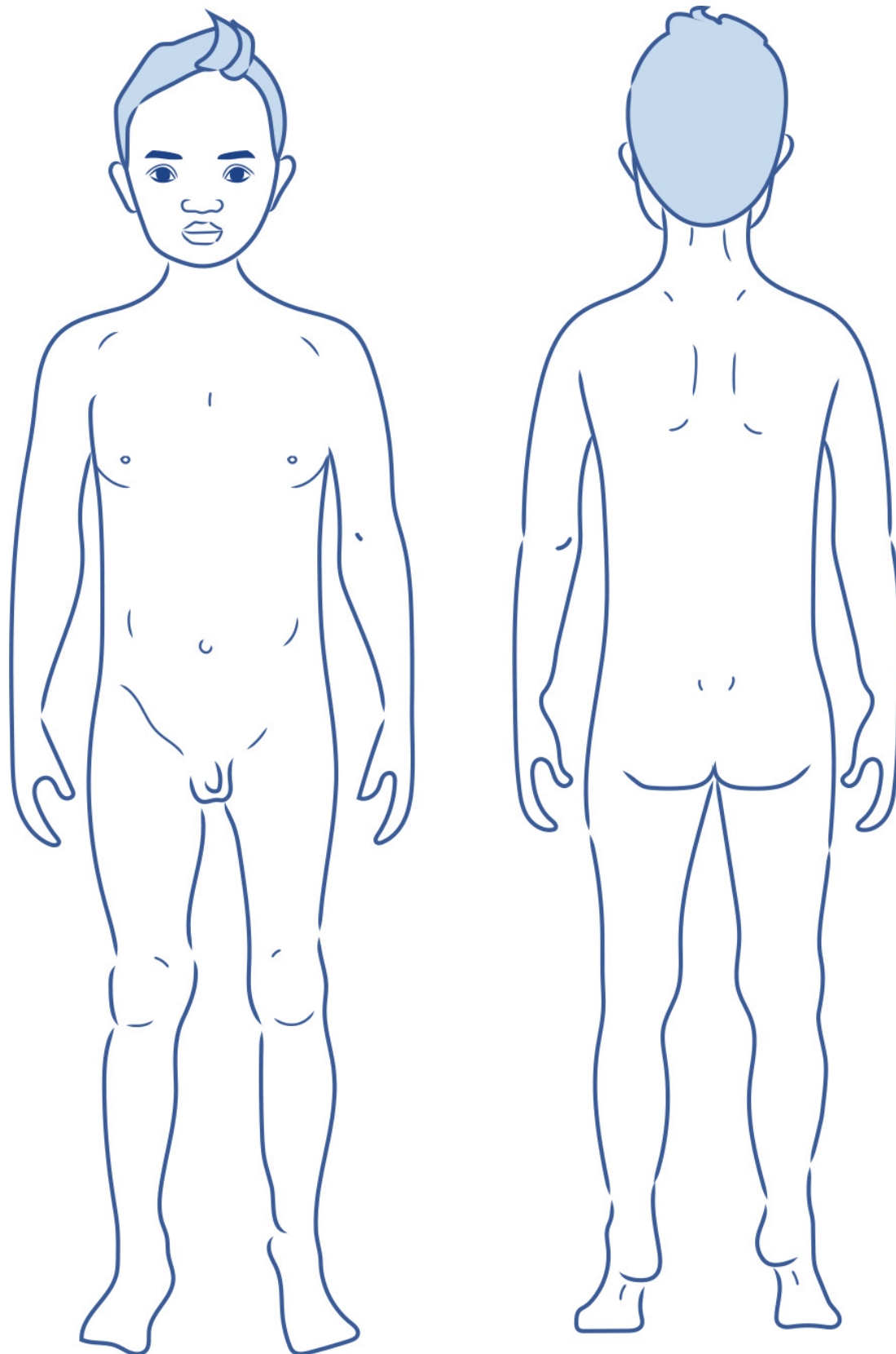


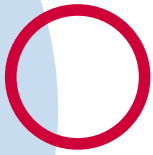


Worksheet

Body outlines







Images

No-Go-Tell





# Copyright register

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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/>
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