# How can I keep myself and others safe?

**PDHPE Early Stage 1 student workbook lesson 1-2**

Name:

Class:

## Overview

You will identify

* identify safe and unsafe places to play (lesson 1)
* identify what features make places safe or unsafe to play (lesson1)
* identify people who help to keep you safe (lesson 2)
* identify ways of seeking help when feeling unsafe (lesson 2)

## Resources

* help from an adult
* lead pencil/coloured pencils or crayon

## Lesson 1 - Identifying safe places to play and rules to keep us safe

During this activity you will identify and explore safe places to play. You will also identify school playground rules that help keep you safe.

1.1Discuss with your teacher or parent/carer safe and unsafe places to play. Explain what makes each place safe or unsafe. For example, it is safe because the teacher can see me.

1.2Draw one safe place where you play. Make sure you include the features that make your place safe to play. For example, a teacher watching, gates around the playground.

Table 1 Identifying safe places to play

|  |
| --- |
| A safe place to play |
|  |

1.3Discuss with your teacher or parent/carer what makes this place safe?

1.4Discuss with your teacher or parent/carer what makes a school playground safe.

1.5Write 3 playground rules that keep you safe.

Table 3 School playground rules

|  |
| --- |
| School playground rules |
| 1. |
|  |
| 2. |
|  |
| 3.  |
|  |

1.6Tick or colour the box that best suits your answer

Self-reflection

|  |  |  |  |
| --- | --- | --- | --- |
| Success criteria | I need help to learn to | I am still learning to | I have learned to |
| identify where a safe place to play is |  |  |  |
| Identify rules that keeps me safe |  |  |  |

**Lesson 2 – People who keep me safe**

During this activity you will identify the people who can keep you safe in a variety of locations. You will also identify ways to seek help when feeling unsafe.

2.1Discuss with your teacher or parent/carer who can help keep you safe on the school playground.

2.2Draw and label 2 people who help to keep you safe on the playground. Explain how they keep you safe.

Table 4 People who keep me safe on the school playground

|  |  |
| --- | --- |
| Person 1 | Person 2 |
|  |  |
| Label  | Label  |

2.3Discuss with your teacher or parent/carer how these places/situations could possibly be unsafe:

* Playing in the park/playground
* Riding your bike/scooter
* Playing at the pool/beach/river/dam
* Crossing the road

2.4 Discuss with your teacher or parent/carer who can help to keep you safe in each situation and how:

* Playing in the park/playground
* Riding your bike/scooter
* Playing at the pool/beach/river/dam
* Crossing the road

2.5Draw a picture of who keeps you safe at the park/playground and how.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps keep me safe at the park/playground by

Draw a picture of who keeps you safe while riding your bike or scooter and how.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_helps keep me safe while riding my bike or scooter by

Draw a picture of who keeps you safe while crossing the road and how.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps keep me safe while crossing the road by

2.6Discuss with your teacher or parent/caregiver how you can seek (ask) for help when feeling unsafe. For example call 000 in an emergency

2.7Draw an arrow from each scenario to match how you would seek help.

|  |  |  |
| --- | --- | --- |
| Scenario  | Arrow | Ways of seeking help  |
| You are playing at the park with your friends and you can no longer find you parent/caregiver.  |  | Use a phone to call 000 for an Ambulance  |
| While playing in the front yard some older boys you don’t know ask you to come and play footy.  | Ask a teacher to come and help  |
| Parent/caregiver falls off the ladder while fixing the roof. You can’t wake him and no one else is at home.  | Use No Go Tell – tell the person no, go away from them, tell a trusted adult.  |
| While playing on the play equipment at school you notice some metal sticking out of the ground.  | Ask a friend for help  |

2.8 Tick or colour the box that best suits your answer

Self-reflection

|  |  |  |  |
| --- | --- | --- | --- |
| Success criteria | I need help to learn to | I am still learning to | I have learned to |
| Identify people who help keep me safe |  |  |  |
| Identify ways of seeking help when feeling unsafe |  |  |  |