

# HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE




Works best on a laptop or PC

## TOPIC 1



Hello! This week you will learn about how to keep safe at home.

You might have been through similar experiences to those you learn about in this booklet, or know someone who has. If anything upsets you or you need to get something off your chest then talk to a trusted adult or press the Childline button at the top 

**GO** ▶

# HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE



Works best on a laptop or PC

I GO TO  
**PRIMARY  
SCHOOL**

**BEGIN** 

I GO TO  
**SECONDARY  
SCHOOL**

**BEGIN** 

I AM  
**FAMILY** OR A  
**TEACHER**

**BEGIN** 

This booklet explores the first of four topics!

# TOPIC 1

# FAMILIES

## & FRIENDS

## WHAT WILL I LEARN?



- About trusted adults and why you like them.
- About what ABUSE is.
- About what to do if you or someone you know is being abused.
- About what makes a good friend.

## WHAT WILL I NEED?



Pen or pencil



Laptop or phone



30-50 minutes



Blank paper



Earphones?



Open eyes!

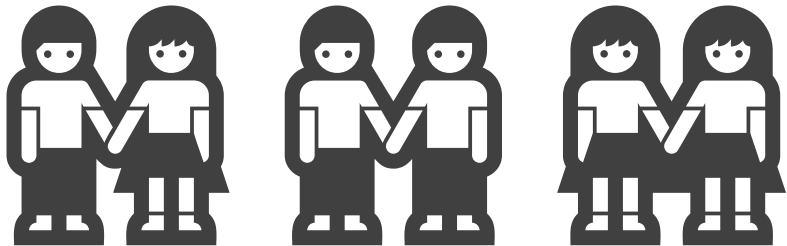
GO ►

# TOPIC 1

# FAMILIES

## & FRIENDS

## MY FAMILY PORTRAIT



## WARM UP

Families come in all shapes & sizes!

Think about who is in your family and take 10 minutes to draw a quick family portrait like this one!

**NEXT** →

# TOPIC 1

# FAMILIES

## & FRIENDS

### Who makes me feel safe:

My parents

### What I like about them:

They give me hugs

They play with me

They cook yummy food

They get me presents

They keep me clean

They say nice things to me

## ADULTS YOU TRUST

Which adult do you feel safe around the most? Are they in your family portrait? Or is it a friend or teacher?

👉 Write a list of all the things you like about them, like this one! You have 10 minutes, GO!

**NEXT** →

# TOPIC 1

# FAMILIES

## & FRIENDS



## ADULTS YOU TRUST

👉 Now watch this video of children talking about their mum! She is a trusted adult.

Do the things they like about their mum match what you've written on your list?



# TOPIC 1

# FAMILIES

## & FRIENDS

## TIME FOR A BREAK!

## 5 MINUTES

Go have a 5 minute break!  
Dance and shake your arms & legs!  
Go to the toilet!  
Or, get a drink!

## I'M READY ▶

# TOPIC 1

# FAMILIES

## & FRIENDS

## ABUSE



Punching & hitting



Shouting at people a lot



Touching your private parts so they hurt



Kicking & stamping



Being angry with people a lot



Touching your private parts so you're upset



Smashing & throwing things



Saying nasty things & naughty words



Making you keep secrets that make you sad

ABUSE is an important word, can you remember it from the first booklet?

ABUSE is when someone hurts your body or feelings on purpose. Look at these examples 🖐️

**NEXT** →



# TOPIC 1

# FAMILIES

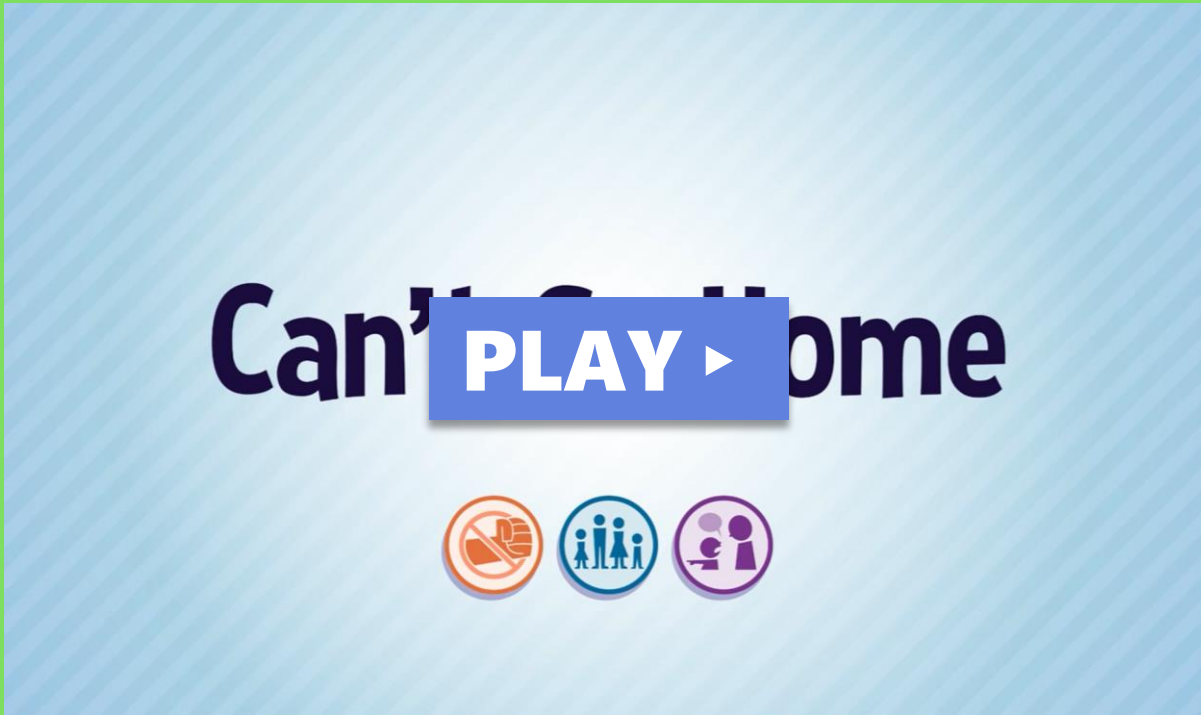
## & FRIENDS

## ABUSE

Watch this story 

It is very sad so don't worry if you can't watch it all. If you think you or someone you know is being abused then make sure to talk to a trusted adult or get in touch with Childline.

**NEXT** 



# TOPIC 1

# FAMILIES

## & FRIENDS



## GOOD FRIENDS

Think about your best friend or group of friends?  
What do you think makes them good friends?

Watch these children talk about what makes a good friend 🖱️ Are you a good friend?

**NEXT** →

# TOPIC 1

# FAMILIES

## & FRIENDS

### TODAY YOU LEARNT:

- Which adult you trust and why you like them.
- What a trusted adult should be like.
- What abuse is: it's when someone hurts your body or feelings on purpose.
- To tell an adult you trust, like a teacher, if you or someone you know is being abused.
- What a good friend is.

### COOLDOWN

You might have a lot of feelings after learning about families and friends.

Take some time to do an online mood journal on the safe Childline website, or talk to a trusted adult.

**PLAY** ▶

**NEXT** ▶

# HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE

## TOPIC 2 **GETTING INTO TROUBLE**

Next week you will learn about getting into trouble so you can keep safe outside.  
Bye for now!



# TOPIC 1

# DOMESTIC

## ABUSE

## WHAT WILL I LEARN?



- What **DOMESTIC ABUSE** is.
- What **COERCIVE CONTROL** is.
- What a **GOOD RELATIONSHIP** is.
- How you can **GET HELP** in a bad relationship.

## WHAT WILL I NEED?



Pen or pencil



Laptop or phone



30-50 minutes



Blank paper



Earphones?



Open eyes!

GO ►

# TOPIC 1

# DOMESTIC

## ABUSE

## WARM UP

Can you remember the definitions from the first booklet? If you didn't get the first booklet, that's ok – you'll learn them along the way 😊

Can you pick the right definitions 🙋

## DOMESTIC ABUSE IS...

Where criminal gangs coerce or deceive children into transporting drugs?

Where someone uses a fake identity to deceive children and abuse them or commit fraud?

Where someone uses controlling, bullying, threatening or violent behaviour on a close family member, partner or ex?

Where someone builds a relationship with a child to gain their trust so they can exploit them?

# TOPIC 1

# DOMESTIC

## ABUSE

# X

Where criminal gangs coerce or deceive children into transporting drugs... is what we call County Lines.

You'll learn more about Country Lines in the **ADULTS, DRUGS & CRIME** topic.

## DOMESTIC ABUSE IS...

Where someone uses controlling, bullying, threatening or violent behaviour on a close family member, partner or ex.

Thank you, next 

# TOPIC 1

# DOMESTIC

## ABUSE

# X

Where someone uses a fake identity to deceive children and abuse them or commit fraud... is what we call Catfishing.

You'll learn more about Catfishing in the NUDES & CATFISH topic.

## DOMESTIC ABUSE IS...

Where someone uses controlling, bullying, threatening or violent behaviour on a close family member, partner or ex.

Thank you, next 



# TOPIC 1

# DOMESTIC

## ABUSE



You got it right!

## DOMESTIC ABUSE IS...

Where someone uses controlling, bullying, threatening or violent behaviour on a close family member, partner or ex.

Thank you, next 

# TOPIC 1

# DOMESTIC

## ABUSE

# X

Where someone builds a relationship with a child to gain their trust so they can exploit them... is what we call Grooming.

You'll learn more about Grooming in the SEX & GROOMING topic.

## DOMESTIC ABUSE IS...

Where someone uses controlling, bullying, threatening or violent behaviour on a close family member, partner or ex.

Thank you, next 

# TOPIC 1

# DOMESTIC

## ABUSE

## WARM UP

Can you remember the definitions from the first booklet? If you didn't get the first booklet, that's ok – you'll learn them along the way 😊

Can you pick the right definitions 🙋

## COERCIVE CONTROL IS...

Any piece of information or data that can be used to identify you specifically?

An act or pattern of acts used to harm, frighten, punish or intimidate someone?

Where someone takes advantage of a child through deception, control, coercion or manipulation to make them commit crime?

Where someone uses deception, violence or coercion to make a child perform sexual acts?

# TOPIC 1

# DOMESTIC

## ABUSE

# X

Any piece of information or data that can be used to identify you specifically... is what we call Personal Information.

You'll learn more about Personal Information in the NUDES & CATFISH topic.

## COERCIVE CONTROL IS...

An act or pattern of acts used to harm, frighten, punish or intimidate someone.

Thank you, next 

# TOPIC 1

# DOMESTIC

## ABUSE



You got it right!

## COERCIVE CONTROL IS...

An act or pattern of acts used to harm, frighten, punish or intimidate someone.

Thank you, next

# TOPIC 1

# DOMESTIC

## ABUSE

# X

Where someone takes advantage of a child through deception, control, coercion or manipulation to make them commit crime... is what we call Child Criminal Exploitation.

You'll learn more about Child Criminal Exploitation in the **ADULTS, DRUGS & CRIME** topic.

## COERCIVE CONTROL IS...

An act or pattern of acts used to harm, frighten, punish or intimidate someone.

Thank you, next 

# TOPIC 1

# DOMESTIC

## ABUSE

# X

Where someone uses deception, violence or coercion to make a child perform sexual acts... is what we call Child Sexual Exploitation.

You'll learn more about Child Sexual Exploitation in the **SEX & GROOMING** topic.

## COERCIVE CONTROL IS...

An act or pattern of acts used to harm, frighten, punish or intimidate someone.

Thank you, next 

# TOPIC 1

# DOMESTIC

## ABUSE



## A REAL STORY

Anyone can be a victim of domestic abuse. Anyone can be an abuser.

👉 Watch Jaméne talk about his experience with his dad. Think about the types of abuse his dad put him through.





# TOPIC 1

# DOMESTIC

## ABUSE

## TYPES OF ABUSE



**PHYSICAL:** Hurting someone's body, like pulling their hair, punching or stomping.



**EMOTIONAL:** Hurting someone's feelings, like insults, putting them down or name-calling.



**FINANCIAL:** Taking control of someone's money, like taking bank cards off them.



**SEXUAL:** Unwanted sexual acts, like kissing or making the victim touch their genitals.



**STALKING:** Repeatedly causing someone distress, like following or texting them.



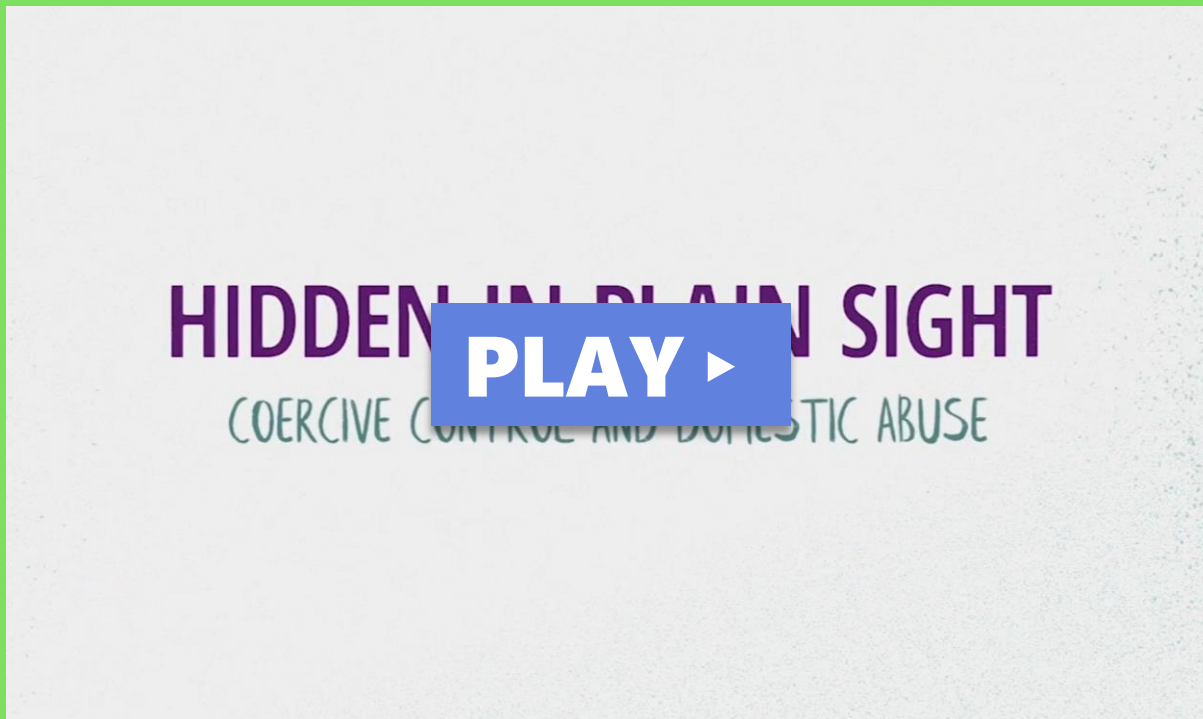
**COERCIVE CONTROL:** Pattern of behaviour to control the victim, like checking phones or stopping seeing friends and family.

**NEXT** →

# TOPIC 1

# DOMESTIC

## ABUSE



## COERCIVE CONTROL

Coercive control is a criminal offence. It creates invisible chains and a sense of fear.

Watch this video to learn about the signs so you can stop it happening to you 🖱️



# TOPIC 1

# DOMESTIC

## ABUSE

## TIME FOR A BREAK!

## 5 MINUTES

Go have a 5 minute break!  
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Or, get a drink!

## I'M READY ▶

# TOPIC 1

# DOMESTIC

## ABUSE



## GOOD RELATIONSHIPS

Watch this video 

Signs of a good relationship:

Kindness & respect

Trust & honesty

Feeling safe & valued

**NEXT** 

# TOPIC 1

# DOMESTIC

## ABUSE



If you're under 18 you can contact Childline for advice and support. You can call or chat online.



If you're an adult, charities like Refuge will support you in planning to leave your partner.



Report it to the police. They can help keep you safe through referrals and investigating crimes.

## GETTING HELP

Help is out there – whether to find you somewhere safe to stay or stop someone from hurting you.

If you know someone who is being abused, make sure to tell a trusted adult.

**NEXT** →

# TOPIC 1

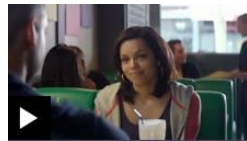
# DOMESTIC

## ABUSE

## TODAY YOU LEARNT:

- What **DOMESTIC ABUSE** is.
- What **COERCIVE CONTROL** is.
- What a **GOOD RELATIONSHIP** looks like.
- How to **GET HELP** when in a negative relationship.

Want to learn more?



## COOLDOWN

This might have been an intense session.

Take some time to play “Relationsticks” and make your own comic about life’s sticky situations.

**PLAY** ▶

**NEXT** ➔

# HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE

## TOPIC 2 **ADULTS, DRUGS & CRIME**

Next week you will learn about adults, drugs & crime so you can keep safe outside.  
Bye for now!



# HOW DO I KEEP SAFE? AT HOME, ONLINE & OUTSIDE

**WHAT IS THIS?** An interactive booklet on families and domestic abuse that your local police force, Humberside Police, want children and families to know more about so they can stay safe in the future. This has been made as part of Operation Galaxy.

**OP GALAXY?** An operation by Humberside Police to reduce crime & anti social behaviour, protect vulnerable people and tackle some big problems like the topics below.

**HOW WILL THIS WORK?** Over 4 weeks in June we will be sending an interactive booklet just like this out to schools to include as part of their home education plans for children still at home, or as part of their classroom learning for those who have returned to school. Each booklet directs children to trusted online resources that can explain more about the topic. The resources and language in each booklet is tailored to the age of the child (primary or secondary school), but you should scan through the booklets and resources so you know they are right for your child. *Click each topic below to read more about them online.*

**TOPIC 1: DOMESTIC ABUSE**

**TOPIC 2: CCE** (CHILD CRIMINAL EXPLOITATION)

**TOPIC 3: ONLINE SAFETY**

**TOPIC 4: CSE** (CHILD SEXUAL EXPLOITATION)