



Warning ZONE...

LIFE SKILLS CENTRE



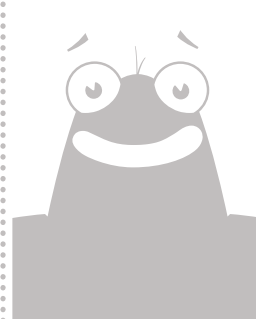
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Warning ZONE...

LIFE SKILLS CENTRE



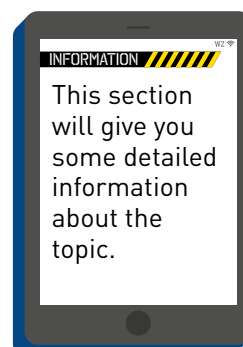
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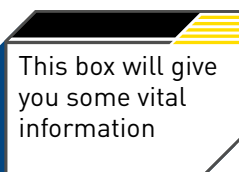
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ABOUT THIS WORKBOOK

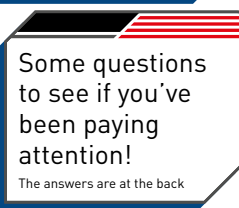
Look out for these:



This section will give you some detailed information about the topic.



This box will give you some vital information



Some questions to see if you've been paying attention!

The answers are at the back



Look out for this symbol throughout the workbook and solve the word jumbles and use the letter in the green square to solve the puzzle at the end.



TRY THIS OUT!

You will find things to do in this area

Hello.

Welcome to Frog Island, the home of Warning Zone.

Did you enjoy your visit here today?

There was a lot to take in, wasn't there?

To help you remember what you have learned, I've prepared this workbook for you.

Just like Warning Zone, it's divided into eight different zones – plus the E-Safety Zone.

Each section is packed with facts to remind you of your visit ... plus plenty of questions to test your memory!

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IT'S YOUR CHOICE

Like most young people, you probably behave well and don't get into trouble.

However, like all young people, you are getting older. As you do so, you will make new friends, go to new places and get involved in activities on your own. It's up to you to choose what you do as you grow up, and to decide what kind of person you want to be.

Sometimes you might feel like going along with what friends want you to do. This is called **peer pressure**, and it can be hard to resist. You might even think, "If something goes wrong, I'm not really responsible – I'm just doing what they say."

That is not how it works.

As soon as you reach the age of ten, the law holds you responsible for your own actions. If you **break the law**, you can be arrested, go to court, and even get a **criminal record**. That is why it is important to make decisions for yourself. It is up to you to think about what is right. It is up to you to think about what is wrong and it is up to you to consider the **risk** of getting into **danger** or **trouble**.

Let's see how well you can spot problem behaviour. Take a look at the pictures of young people on this page.

- Who's behaving well?
- Who's behaving badly?
- Who's in danger of getting hurt?
- Who's in danger of getting into trouble?

Here is another exercise for you to try. Imagine you have gone into a shop with your friends. You see a magazine you really want, but you can't afford to buy it. Your friends say they will distract the shopkeeper so you can steal it.

- What choices do you have?
- What's the right choice?
- What would you say to your friends?
- What might happen to you if you made the wrong choice?

To explore these questions and more, let's enter the **Warning Zone** ...



ZONE 1 FIRE RISK IN THE HOME

RISK

Most house fires are caused by unattended **pans**. Always turn the heat down or off if you leave the kitchen. Make sure there is nothing near the pans that could catch fire.

If you use **candles**, make sure they are in a proper holder and away from anything that could catch fire.

Overloaded electrical sockets can cause fires. Most adaptor plugs and bars have a limit of 13 amps, so be careful what you plug into them. If you can, it is safer to use one plug per socket.

The easiest way to protect your home is to fit 2 **smoke alarms**. Remember to check the battery once a week.



TRY THIS OUT! Work out whether these adaptor bars are safe or unsafe and place a tick in the box if you think it is safe or a cross if not!

A	13 AMP 13 AMP						
	TOASTER KETTLE						
B	5 AMP						
	FRIDGE FREEZER						
C	5 AMP 13 AMP						
	PC HEATER						
D	3 AMP 3 AMP 3 AMP						
	TV DVD HI-FI						

WHAT YOU NEED TO KNOW

- Most kitchen fires are caused by unattended pans
- Smoke alarms save lives
- Electrical faults and overloads also cause house fires
- 5 out of every 10 house fires start in the kitchen

WHO KNOWS?

1. Where do most house fires start?
2. What causes most kitchen fires?
3. How often should you check a smoke alarm?



ALNEDSC - Clue: Used for celebrations but can cause fires

C ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



ZONE 1

FIRE RISK IN THE HOME



TRY THIS OUT! Draw plans of each floor of your house. Mark in your escape routes from: A. Living Room B. Bedrooms Show your plans to your family and talk to them about escaping a fire.

ESCAPE

If a smoke alarm goes off, get out of your house through the front or back door. You also need **another route**, in case the normal route is blocked. You will usually have time to escape, but act quickly all the same.

Feel a door before you touch the handle, and don't open it if it's warm. If there's **smoke** in the room, **keep low** where the air is clearer. If you can't get out of the room, block the bottom of the door to keep smoke out, open your window and shout, "**Help! Fire!**"

If you have to escape through a window, **don't jump**. Throw out soft material to cushion your fall, climb out backwards and lower yourself down as far as you can before letting go.



WHAT YOU NEED TO KNOW

- A smoke alarm gives you early warning of a fire
- Act quickly
- The best escape route is your normal way in and out of the building
- You also need another route in case your normal route is blocked
- Call **999** when you get outside



WHO KNOWS?

1. How can you tell if there's a fire behind a door?
2. Why should you keep low when going through smoke?
3. If you're in a building that's on fire and you can escape, when should you call **999**?



YERMNEGEC - Clue: Phone **999** if one of these happens

E ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

EMERGENCY CALLS

When you dial **999** or **112**, the operator will ask you which service or services you want. Tell them, "**Fire.**"

Wait to be put through, then answer the questions you are asked. Try to stay calm and speak clearly. They will want to know what kind of **emergency** you're reporting, where it is, and where you are calling from. With a fire, you'll also be asked if anyone is in danger.

Only call **999** if you think an emergency is **real**. You won't get into trouble if it turns out to be a false alarm, as long as you believed the emergency was real when you made the call.

WHAT YOU NEED TO KNOW

- **999** works from any phone in the UK
- Emergency calls are free
- **112** works from all mobile phones and networks in Europe inc. UK

WHO KNOWS?

1. Can you name the four emergency services?
2. What information will you be asked for if you call **999**?

HOAX CALLS

The emergency services can't ignore a call, because they have no way of knowing whether it's **real** or not. Yet each year, your local Fire Service will receive around 450 **hoax** calls.

If a hoax call takes a fire engine, ambulance or police car to somewhere it isn't needed, the emergency services may not be able to respond to a real emergency.

All **999** calls are **recorded**, and can be **traced**. You can not hide your number if you dial **999**. Hoax callers can be **prosecuted**, and have their phones cut off or mobile phones confiscated.

WHAT YOU NEED TO KNOW

- It's against the law to make a hoax call
- Hoax calls waste time and can cost lives
- All **999** calls are recorded and can be traced

WHO KNOWS?

1. Why is making a hoax call serious?
2. What can happen to you if you make a hoax call?
3. How are hoax calls traced?



BUILDINGS

Building sites are full of **dangers**. You can be **hurt** or even **killed** if you climb on to piles of building material or partly-built walls. The same danger awaits if you climb down or fall into any holes.

Climbing scaffolding is always **dangerous**, because you can fall off it very easily.

Materials like sand can slip and bury you. It is always dangerous to touch or go near any kind of vehicle or piece of machinery.

Remember that cans and bottles marked with



are harmful, and that bottles don't always contain what the labels say.

WHAT YOU NEED TO KNOW

- **Building sites are always dangerous**
- **A house extension is still a building site**
- **Building sites may be large or small**
- **Building sites are private property**
- **If you go on to a building site without permission, you are trespassing**



WHO KNOWS?

1. What offence are you committing if you go on to a building site without permission?
2. Can you think of three safe ways to get back something of yours that's been kicked or thrown on to a building site?

ELECTRICITY

Electricity is **fast, invisible**, and can **jump** from place to place. You can not see, hear or smell it.

Electricity is made in power stations. It gets into our homes through wires and substations. Most wires are high off the ground on pylons, but electricity will travel down anything that gets caught on them, like a kite.

Substations come in different shapes and sizes, but they all carry the same yellow sign that warns: **DANGER OF DEATH.**



WHAT YOU NEED TO KNOW

- You can be killed by 120 volts of electricity – that's about half the amount of electricity coming into your home
- Don't play with kites or go fishing near electricity pylons and wires
- You can get help or report damage by phone
- Never go into a substation – they contain 11,000 volts of electricity



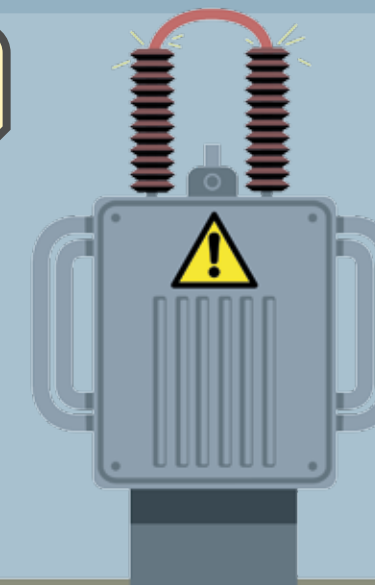
WHO KNOWS?

1. How can you identify a substation? ⚡ 2. What should you do if your ball goes into a substation?



BTAOSTUSIN - Clue: Electricity comes to your home from one of these

S



HEALTH

Alcohol affects young people more than adults because their bodies are smaller, and still growing. Many young people try alcohol because they want to find out what it is like, or because their friends are drinking it.

Any alcohol you drink goes from your stomach into your bloodstream and brain. It slows down the messages being sent from your brain to other parts of your body.

Alcohol can make you **sick**, blur your vision, make you fall over, have accidents and behave in a stupid way. It can also get you into arguments and fights.

If you “binge” by drinking too much too quickly, you can **die** from alcohol poisoning. Alcohol can also damage major organs in your body, and cause serious illnesses.



TRY THIS OUT! Look around the area where you live for signs of young people behaving anti-socially. Talk to the adults in your family about what they think about young people who drink and behave badly.

WHAT YOU NEED TO KNOW

- Alcohol is a drug
- It can cause health problems when you're young, as well as when you're older
- Alcohol affects your health and your behaviour



THE LAW

It is **illegal** for anyone **under 18** to buy alcohol, or to have it bought for them.

If the police find anyone under 18 with alcohol in a public place, they will confiscate it and pour it away. They will also inform the parents/carers, and might take further action if the young person is **drunk** or behaving badly.

Behaviour that spoils the lives of other people, or puts them in danger, is called **anti-social behaviour**. This includes throwing litter, damaging anything, shouting abuse at people, or frightening them by gathering in noisy **gangs**.

Many young people who get into this kind of anti-social behaviour do so because they have drunk alcohol.



WHAT YOU NEED TO KNOW

- It's illegal to buy alcohol under the age of 18
- The police can take action against under-age drinkers, and anyone who behaves badly
- The whole community is affected by bad behaviour

WHO KNOWS?

- How does alcohol get to your brain?
- What is “binge drinking”?
- What can happen if you drink too much alcohol too quickly?

1. At what age are you allowed to buy alcohol?

2. What name is given to the kind of behaviour that spoils the lives of others?



REVOHBAIU - Clue: Alcohol can affect this and make it anti-social

B [] [] [] [] [] [] [] [] [] []



DODGY ALLEY



RNTGSAER - Clue: Anyone you do not know is one of these

☐ T ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

WHAT YOU NEED TO KNOW

- You can keep yourself safe by following some simple rules
- Don't make yourself a target in the way you dress or behave
- A stranger is anyone you do not know
- You're most at risk when you are alone



KEEPING SAFE

As you get older, you will be **responsible** for keeping yourself **safe**.

Always tell someone where you are going and keep in touch with home. There is safety in numbers, so always go with friends if you can.

Think about what you wear, so that you can see and hear properly, and be seen by others. Think about what you carry, and keep your phone and other valuables out of sight.

Never go with **strangers**, even if they are friendly and helpful.

Know what to do in an emergency. Never fight to keep hold of your valuables. Shout and run to where there are other people. In a real emergency, phone **999**. Always tell an adult you know and trust if something bad happens to you.

EARLY WARNING SIGNALS

When you are **scared**, or at risk of doing something wrong, your body sends you signals. Some of these signals come from your body itself, while others come from things you've learned.

Common signals are getting sweaty, **butterflies** in your stomach, or wobbly knees. Everyone is different, so try to concentrate on the signals that mean something to you.

One signal that everyone gets is that little voice in your head – the one that tells you when something is wrong or dangerous.



WHAT YOU NEED TO KNOW

- Your body has a built-in early warning system
- Learn to recognise your body signals
- Never ignore your body signals
- Listen to the little voice in your head



WHO KNOWS?

1. Can you complete these sayings about the body's early warning signals?

..... beats faster

Need to go to the

..... goes dry

Butterflies in your

Hair stands up on

TRY THIS OUT!

Draw a body outline and mark on it the signals you get if you feel scared!



WHO KNOWS?

1. Why should you think about what you wear when you go out?

2. Where should you keep your valuables?

3. When are you at most risk?



ZONE 5

WATER SAFETY

BEACHES

Wind, waves and tides mean that the sea is always **dangerous**. Even a calm, shallow sea can become deep and rough quickly.

Inflatables are lightweight, and can easily drift or be blown out to sea. Never use an inflatable unless someone on the beach is holding a rope tied to it. An outgoing tide can also carry swimmers away from the shore.

Some beaches have **lifeguards**. These are the safest beaches to swim at. Lifeguards put up red and yellow flags to show where it is safe to swim. Black and white chequered flags show where you can use watercraft. A red flag means **DANGER** – no swimming.



TRY THIS OUT! There are often other dangers on or near beaches. Design signs or flags to warn people about the dangers of:
Walking along a cliff edge, Jumping off rocks, Swimming near a pier.

WHAT YOU NEED TO KNOW

- The sea is always dangerous
- It's dangerous to use inflatables on the sea
- The safest beaches are those with lifeguards
- Lifeguards use flags to give safety messages



OPEN WATER

Rivers, canals, lakes, reservoirs and flooded quarries are all known as open or inland water. They all contain hidden **dangers**.

Rivers may be muddy or rocky, and the water may flow quickly or even flood.

Canals are usually muddy, and canal locks are **deep**, as are lakes and reservoirs.

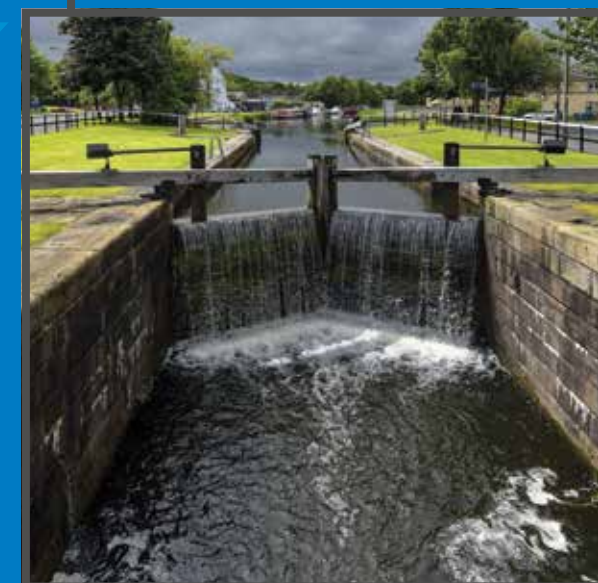
Flooded quarries are very deep and the rocky sides are jagged.

Deep water is very cold, because it does not get warmed by the sun. The **shock** of entering cold water can cause even a strong swimmer to **drown** very quickly.

Although water may look clear from the surface, there may be dangerous objects hidden below. The safest place to swim is in a swimming pool.

WHAT YOU NEED TO KNOW

- Open or inland water is always dangerous
- You never know what's below the surface
- Open water can be very deep



WHO KNOWS?

1. Can you suggest three reasons why a swimming pool is the safest place to swim?

2. Can you give two reasons why it is dangerous to jump into open water?

WHO KNOWS?

1. What colour uniform do lifeguards wear?

2. Why is it dangerous to use inflatables on the sea?



ALCNA - Clue: A waterway with locks

C



ZONE 5

WATER SAFETY

RESCUE

If you get into difficulty on the coast or in open sea, you might be rescued by lifeguards, lifeboats or the **Coastguard Service**. On open or inland water, it is the Fire Service that will come to the rescue.

If you see someone drowning, you might find lifebelts or ropes nearby for use in an **emergency**. If not, look around for anything else you can throw into the water for the person to hold on to, or use as a float.

Before trying to pull someone to safety, always lie down so you do not fall in yourself. Never go into the water to rescue someone – you might both drown.

Call **999**. Talk to the person in the water to keep them calm. If they manage to reach the bank, just hold them there until help comes.

WHAT YOU NEED TO KNOW

- **NEVER** go into the water to rescue someone
- Look for rescue equipment near the water
- In an emergency call **999** and ask for the Coastguard or Fire Service
- **Lifeguards are trained and equipped for rescue**

WHO KNOWS?

1. How could you use a broken branch to rescue someone from the water?
2. Why should you lie down before pulling someone to safety?

TRY THIS OUT! Write the full story of the headline rescue below as you think it might have happened.

Think what they were doing before the accident, how it happened and how they reacted, how the child was rescued and what happened afterwards.

Warning ZONE... NEWS

DOG LEAD SAVES CHILD'S LIFE

A dog walker who heard screams as he walked along the river bank saved the life of a young child who had slipped and fallen into the river while walking with his mum. The river carried him

downstream where the dog walker spotted him. He threw his dog lead as far as he could while shouting to the child to grab hold of it. He then managed to pull the child to the riverbank.



ASAGTORUCD - Clue: The coastal rescue service

C



ZONE 6

ARSON

STATISTICS

You might sometimes hear that a fire at a house or factory has been started deliberately in an **arson** attack.

There are other types of arson too. Young people who set fire to a rubbish bin or skip, or who set fire to grass and bushes, are also committing arson.

Nearly **40%** of all fires in Leicestershire and Rutland are caused by arson:

- Total number of fires **2,294**
- Total number of deliberate fires **909**
- Rubbish bins and skips **132**
- Grass, hedges and bushes **321**
- Deliberate building fires **182**

If the Fire Service is having to put out a fire caused by arson, fire engines may not be available for an accidental fire where lives are in **danger**.

WHAT YOU NEED TO KNOW

- Arson is criminal damage by fire
- Nearly half of all fires in the region are caused by arson
- Arson is often committed by young people
- Tagging, graffiti and arson are all criminal damage

WHO KNOWS?

1. What percentage of all fires in our region are caused by arson?
2. Which is the most common type of arson?



TRY THIS OUT! Fill in this chart to show who is affected and who pays for these examples of criminal damage

	Who is affected	Who pays
Criminal Damage		
Damaging a bus seat		
Setting fire to a bin		
Vandalising a phonebox		
Putting graffiti on a wall		
Setting fire to a car		



ZONE 7

ROAD SAFETY

TRAVELLING BY CAR

By **law**, everyone travelling in a car must wear a **seatbelt** or use a safety seat – a baby or child seat for young children, or a booster cushion for young people under twelve or less than 135cm (approx 4'5") tall. Seatbelts and safety seats save lives if a car crashes.

Anybody or anything loose in a car that crashes will continue travelling at the speed of the car until it hits something – like the windscreen, or another passenger.

You can be a good passenger by not **distracting** the driver, and you can help by looking out for dangers.



TRY THIS OUT! Next time you are travelling by car, spend 10 minutes looking out for hazards that could cause road accidents. If there are other passengers you could all do it and see who spots the most.

WHAT YOU NEED TO KNOW

- Always wear a seatbelt
- Sit on a booster cushion if you need to
- Don't distract the driver
- Always get in and out of a car on the pavement side
- Never lean or wave out of a car window
- It's illegal to use a mobile phone whilst driving
- Smoking in cars is illegal if there are people under the age of 18 years in the vehicle



PEDESTRIANS

A **pedestrian** is anyone who walks along a road.

About 35 child pedestrians are **killed** or seriously injured every week on Britain's roads. That is about the same as a whole class of children in your school. More children are killed or injured at the age of twelve than at any other age.

Children are more difficult to see than adults because they are smaller. Children find it hard to judge distance and speed, and are more likely than adults to be **distracted**.

Drivers do not always do what you expect them to do – for example, they may not stop at a crossing for you.



WHAT YOU NEED TO KNOW

- Remember the Green Cross Code – **Stop, Look and Listen**
- Always use a crossing if there is one
- Don't assume that drivers can see you or will stop for you
- Don't be distracted by your phone, your friends, or by listening to music on your headphones



WHO KNOWS?

- Where is the safest place to cross the road?
- Can you think of two reasons why it is dangerous to use a mobile phone when crossing the road?

WHO KNOWS?

- Why should you get in and out of a car on the pavement side?
- What's the first thing you should do when you get into a car?



BAZRE - Clue: A pedestrian crossing named after a black and white animal

Z _ _ _ _

RIBBIT AVENUE



CYCLISTS

Now you are getting older, your bike is a means of transport rather than just something to play on, so it's important to look after it.

Check your tyres, brakes, chain, lights and reflectors before you set off. Do not use your bike if something is not right.

Before setting off, always **look** behind you for traffic, and remember to cycle on the left.

Each year, around 400 child cyclists are **killed** or **seriously injured** on Britain's roads. Make yourself visible by wearing light, bright clothes, and a reflective strip or jacket. Protect yourself with a properly fitting cycle **helmet**.

Use a cyclepath if there is one, or try to use roads with humps that slow traffic.



SKREAB - Clue: Apply these to stop your bike

B ☐ ☐ ☐ ☐ ☐ ☐

WHAT YOU NEED TO KNOW

- Always check your bike before you ride it
- Check yourself – make sure you can be seen
- Take care on shared foot and cyclepaths
- Stay alert – know what's going on around you
- Be careful moving between pavements, cyclepaths and roads



BEHAVIOUR ON ROADS

If you play on roads – especially dangerous games like “chicken” – you are putting at **risk** your own life and the lives of others. If you cause danger to other people on the road, or make life difficult for them, you can also get into trouble with the police.

If you force pedestrians to walk in the road by riding your bike or skateboard on the pavement, you are putting them in danger.

Never move cones or roadwork signs – you might cause an **accident**.

Never throw anything at cars from the pavement or from a bridge. Doing so could easily cause a **serious** accident, injury and **death**.



WHAT YOU NEED TO KNOW

- You are responsible for your own safety and behaviour on the road
- You can get into trouble if you behave badly on the road
- Everyone has the right to use pavements, roads and cyclepaths
- Bad behaviour on the road puts other people in danger

WHO KNOWS?

- Why is it dangerous to throw stones at moving vehicles?
- Can you suggest two groups of people who might be hurt if someone moves the warning signs from roadworks?

TRY THIS OUT! Read the report below.

Make a list of all the people to be affected by it. Compare your list with a friend's list. Have you thought about all the people involved and the people connected with them - victims, culprits, rescue services, other drivers and eyewitnesses?

Warning ZONE... NEWS

PILE UP AFTER STONES THROWN AT CARS

A driver was killed yesterday and 5 people injured on a busy road when stones thrown by children caused several cars to crash.

One car swerved after it was hit by a large stone and crashed into another car, which was then hit by the car behind. The driver of the first car died before reaching hospital. The other drivers and their passengers are still in hospital. One person is in critical condition. The police have arrested 3 children aged 10 to 12.

RIBBIT AVENUE



WHO KNOWS?

- How can you help protect yourself when riding your bike?
- How many child cyclists are killed or seriously injured on Britain's roads each year?

ZONE 8 RAILWAYS



ALLRFEII - Clue: The slogan of Network Rail

R

WHAT YOU NEED TO KNOW

- Trains travel very quickly
- You can't always hear trains coming
- The draught from a fast-moving train can blow you off your feet
- Trains can't stop quickly or steer around things



TRAINS

Trains can travel at up to **125** miles per hour. Modern trains are very quiet, and the sound of them approaching can be blocked by tunnels or cuttings.

High-speed trains take up to **2,000** metres to stop – that is the length of **20** football pitches. They weigh about **400** tonnes, which is as heavy as **80** elephants. So, by the time the driver sees someone or something on the tracks, it is far too late to stop the train.



It's your journey.

Raillife is the slogan of Network Rail.

TRACKS

If you go onto a railway line or railway property without permission, you are **trespassing**.

Railway lines are dangerous places. The tracks are hard to walk on because of the loose stones and metal rails. The overhead wires can carry **25,000** volts of electricity.

The signals and points which change the direction of a train are worked from a control room many miles away. Often, you can't see or hear a train coming until it is too late.

About half of all railway accidents are caused by vandalism. Any object placed or thrown on to the track can cause damage or injury, or might even derail a train.

Warning
Do not trespass
on the Railway
Penalty £1000

WHAT YOU NEED TO KNOW

- You're committing a criminal offence if you trespass on to railway property
- Trespassers can be fined up to £1,000
- It's dangerous to put or throw anything on to railway tracks, and if you're caught you might go to prison

WHO KNOWS?

- What crime are you committing if you play on railway property?
- How much can you be fined for trespassing on a railway?
- What might happen if you were on the tracks and your foot got caught between the rails?

WHO KNOWS?

- Where should you stand on the platform if you are waiting for a train?
- Why do you think Network Rail uses the slogan "Rail Life"?



TRY THIS OUT! Make up a slogan to warn young people about the dangers of either trespass or vandalism on the railways. Try not to use more than 5 or 6 words.



RISK

Every time you do something new, you need to think about the level of risk – this helps you choose whether or not to do it. If you do not make the right choice, you could get **hurt** or get into **trouble**.

Using a five-point scale like the **Warning Zone Risk Meter** can help you decide how high a risk something is, and so make an informed decision.

Remember that the choices you make and the risks you take might affect others as well as yourself. If you make a bad decision, you might make other people feel unsafe.

WHAT YOU NEED TO KNOW

- Taking a risk means that something bad could happen to you
- Many risks are low, as long as you act sensibly
- If you are scared or feel unsafe, tell an adult you know and trust 
- You always have a choice, so make the right one

WHO KNOWS?

1. Why should you stop to think about risks?
2. Who should you tell if you are scared or unsafe? 

TRY THIS OUT! Decide where on the risk meter you would put these:

- Going down an alley or a lonely road on your own
- Watching a horror movie
- Going on a fast fairground ride
- Going somewhere with a stranger
- Swimming in a river with friends



YOUNG PEOPLE AND THE LAW

The most common ways that young people get into trouble with the **law** are stealing, vandalism, fighting, starting fires, drinking alcohol and anti-social behaviour.

Many young people do not realise that if you take part in a fight, you can be accused of assault.

Others do not think there is anything wrong in **tagging** by writing their name or sign on to a wall – but tagging is **criminal** damage, the same as graffiti and vandalism.

Anti-social behaviour is serious because it makes the lives of other people difficult and can put them in danger. If you behave anti-socially, the law might put limits on who you can meet, where you can go and what you can wear.

WHAT YOU NEED TO KNOW

- Young people often don't realise they're breaking the law
- If you are ten years old or above, you are held responsible if you break the law
- You always have a choice about what you do
- You have to decide what kind of person you want to be

WHO KNOWS?

1. What is a "tag"?
2. Why is anti-social behaviour serious?



MADIVSNAL - Clue: Deliberate damage to property

V

CONSEQUENCES OF CRIME YOURSELF

If you commit a crime, what happens to you depends on how serious that crime is and whether you have committed other crimes. You might be given a **conditional youth caution**, or you might be charged and taken to **youth court**.

Any action taken by the police will be recorded on the police database. That means you will have a **criminal record**. Having a criminal record can affect the type of job you will be able to get in the future.

WHAT YOU NEED TO KNOW

- If you are ten years old or above and break the law, you can ...
- ... be arrested by the police
- ... be taken to court
- ... get a criminal record if you are found guilty
- ... get a criminal record even if you don't go to court
- ... be ordered to do work in the community, or to meet the person affected by your actions

WHO KNOWS?

Are these statements true or false?

- You can be arrested and go to court when you are ten years old.
- You will always be given a caution the first time you break the law.
- You can only get a criminal record if you go to court.



BINUGESHOR - Clue: A name for people who live near us

N



TRY THIS OUT! Look at the picture. Do you think that the young people are vandalising the fence or that they are good citizens cleaning off graffiti? If you think they are cleaning the fence, do you think they are doing it because they have been ordered to or because they are good citizens? What do your friends think? Can you find a story in your local newspaper about young people doing good in their community?

CONSEQUENCES OF CRIME THE COMMUNITY

Everyone likes to feel safe. Even if people are not physically hurt by crime or anti-social behaviour, they might be **scared** to go to certain places, or even leave their home at all.

Criminal damage spoils the look of the **community** and damages the environment. Everyone pays for crime through **taxes** or higher prices.

Every year, a number of young people are killed or seriously injured as a result of violent crime.

We hear a lot about crime, but most people behave well and don't break the law. Good citizens who want to help prevent or solve crimes can contact Crimestoppers and tell them what they know without giving their name. Young people can do the same online at **fearless.org**

Many young people also get involved in projects to help their neighbours and local community.

WHAT YOU NEED TO KNOW

- Crime spoils people's lives
- Crime spoils where we live
- Everyone is affected by and pays for crime

WHO KNOWS?

1. How does criminal damage affect the community?
2. How does everyone pay for criminal damage?



GROOMING

Guess who you are really talking to?

Someone online might easily lie about who they are.

Some people online are not necessarily telling the truth but are saying things to you that you would like to hear – they are trying to be your friend.

What is this called? Anagram: **M G I O R O G N**

Who is responsible for your safety online?

Are you more careful about your safety in the REAL World than in the ONLINE World?

Real World – would you...

Online World – would you ...

ACCEPT FREE
CINEMA TICKETS
FROM A STRANGER
ON THE STREET?

Vs

ACCEPT A FRIEND
REQUEST FROM
SOMEONE YOU'VE
NEVER MET?

Tick the boxes. Yes ☐ No ☐

Yes ☐ No ☐

Can webcams film you without you knowing? Yes ☐ No ☐

What is a friend?

A. Someone you know and have met face to face and can trust? ☐

OR

B. Someone you have communicated with online but have never met? ☐

If someone you have never met approaches you online and asks for a Webchat what would that 'little voice in your head' say?



TELL A TRUSTED ADULT.



IGNORE IT. BLOCK IT. REPORT IT.

BE CAREFUL: If you feel uneasy or uncomfortable about anything you experience online then tell your Trusted Adult.

CYBER BULLYING

Cyberbullying is the use of technology including mobile phones and the internet to deliberately upset someone. **It is unacceptable = ZERO TOLERANCE**

Name 2 differences between cyberbullying and bullying

1.	2.
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If you share or comment on an unkind image does this make you a cyberbully?

Yes ☐ No ☐

Charlie & Sophie

Charlie takes a photograph of Sophie, without her permission. He posts it online for everyone to see. Some people make negative comments or even share it with their friends.

Imagine you are Sophie - think about how she may feel.

If you were Sophie's friend, what could you do to help her?

Tick any or all the actions you would take:

- Share Charlie's Image ☐
- Tell a trusted adult ☒
- Do Nothing? Be a bystander ☐
- Tell Sophie to post a nasty reply to Charlie? ☐
- Show Sophie how to block or report ☐
- Support Sophie by not reposting – Sharing or commenting on a post ☐
- Encourage Sophie to ignore the Cyber Bullying ☐

Building a Game online – like building a sandcastle on the beach.

Bikram spends days building his online castle, his friend keeps destroying his work. He finds this annoying and upsetting.

What should he do? Fit these three words together: Ignore, Block, Report



		O		K
		P		



DON'T BE A BYSTANDER: Be a good friend, do not stand by and watch. Offer support and tell your Trusted Adult.

INTERNET PHISHING

Phishing is an attempt to get private and personal information, such as usernames, passwords, credit card/bank details and ID in order to sell that information or to get money from you. Tricksters 'phish' for information using Email attachments and 'pop ups' on websites.

List 4 pieces of information tricksters/fraudsters are trying to get from you?

1.	2.	3.	4.
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REMEMBER: If something looks too good to be true it most probably is!



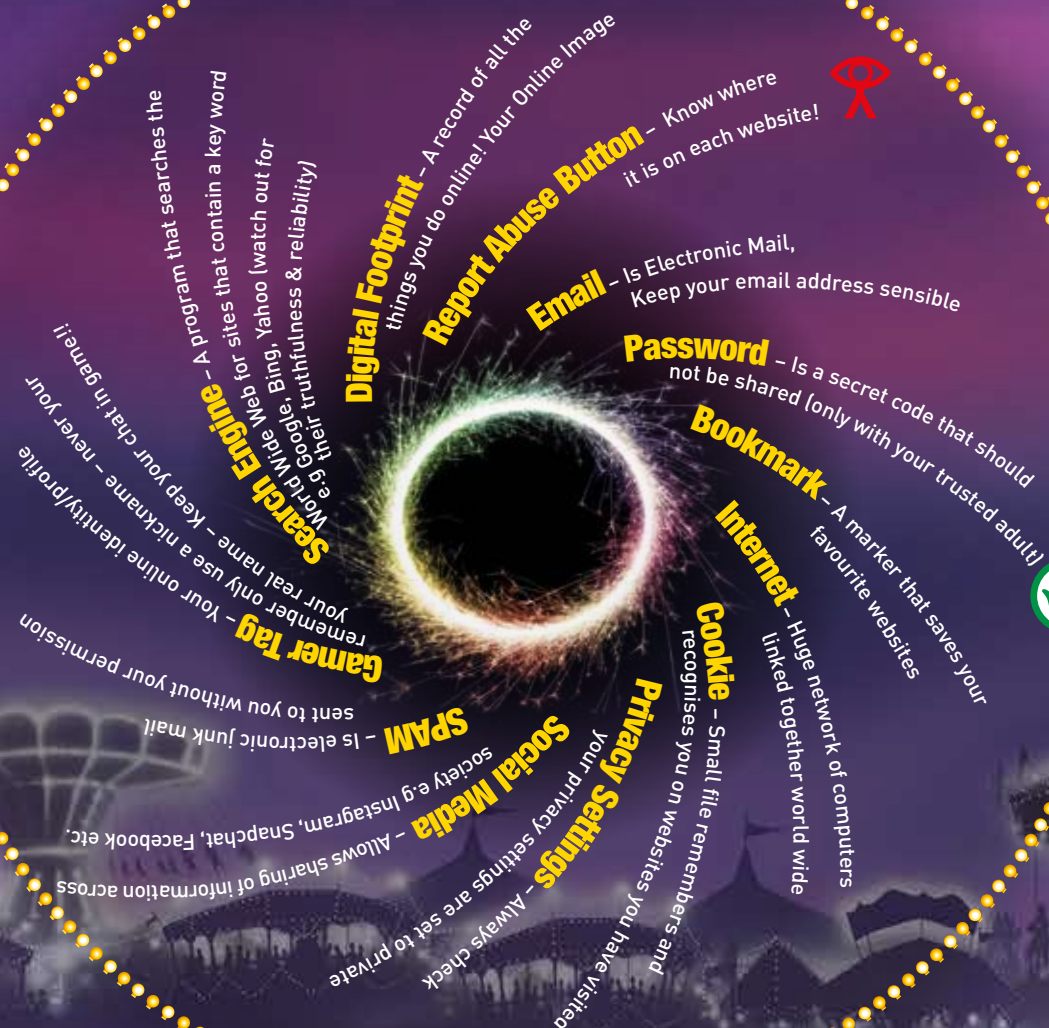
IGNORE IT. BLOCK IT. REPORT IT.



LENOPRAS - Clue: Never give these details to anyone online

		R					
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WORLD WIDE WHEEL



WATCH THE BIRDIE PHOTO OPPORTUNITY

'Once you share it's forever there'

Once you post an image online you lose control of it - so **THINK** before you post. Photos can be edited, copied and shared without you knowing.

Draw or stick a photo/picture of yourself or a friend in the box below, then tick the checklist:



	Yes	No
Have you got the person's permission?	☐	☐
Are there any clues in this picture that would give away any personal information?	☐	☐
Are you happy for your parents/carers or grandparents to see this image?	☐	☐
Would you be happy for others to see this picture in 5 years' time?	☐	☐
Have you checked your privacy settings?	☐	☐

DIGITAL FOOTPRINT: Your digital footprint is everything that you post online including comments, photos/images and videos.

IMPORTANT: Keep your digital footprint **POSITIVE** - it will stay with you for life.



FIVE GOLDEN RULES



Remember use technology SAFELY, RESPECTFULLY and RESPONSIBLY

If you need to report something or just want to speak to someone please contact:

www.childline.org.uk
 Telephone 0800 1111
 or visit www.thinkyouknow.co.uk

Remember the Golden Rules



Think about YOUR Trusted Adult

Look after your **DIGITAL FOOTPRINT**

Don't be a **BYSTANDER!**

Use technology safely - think before you click!

The Internet is an amazing tool - enjoy it!

Growing Communities Together

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