



Safe
Strong
Free

IN PARTNERSHIP WITH



EARLY EDUCATION ACTIVITY PACK

**SGOIL
ARAICH**



ABOUT SAFE STRONG AND FREE

SSF believe that every child has the right to grow up safe, strong and free, and that preventing children from abuse and assault is the responsibility of the whole community. Our programme is very well-established and informed by research, testing and feedback.

Workshops include:

- Education about each topic (what is a stranger, what is bullying, what is a secret);
- Interactive activities through the use of puppets, storytelling and games;
- Empowerment to learn and put into practice strategies if feeling unsafe;
- Support to identify safe adults (such as teachers or trusted adults at home);
- Children are given a storybook to take home, encouraging parents and carers to engage with the key messages at home.

The SSF workshop programme is available to all pre-school children in the Scottish Highlands, and this pack is designed as a follow-on to reinforce the important messages taught by our Project Workers, although it can also be used as a standalone resource.

The main themes we teach are respect, assertiveness, co-operation, things that should not be kept secret and that it is 'always right to tell'. It is very important that these messages are regularly reinforced.

More information about SSF can be found in the following places:

- Website: www.safestrongandfree.org.uk
- Facebook: tinyurl.com/facebookssf



EARLY YEARS

PRE-SCHOOL

Sgoil-àraich. CFE Trath ìre.

Code	Activity	Skills
SA SSF1	Colour Callum and Shona	Fine motor skills
SA SSF2	Link object with character	Pencil skills
SA SSF3	Help Callum find his tractor	Pencil skills
SA SSF4	Help Callum find Shona	Pencil skills
SA SSF 5	Reinforce child's safe grown-ups	Fine motor skills. Personal safety.

SA SSF1

Callum

Cuir dath



Benchmarks - Uses a pencil with increasing confidence

SA SSF1

Cuir dath

Shona

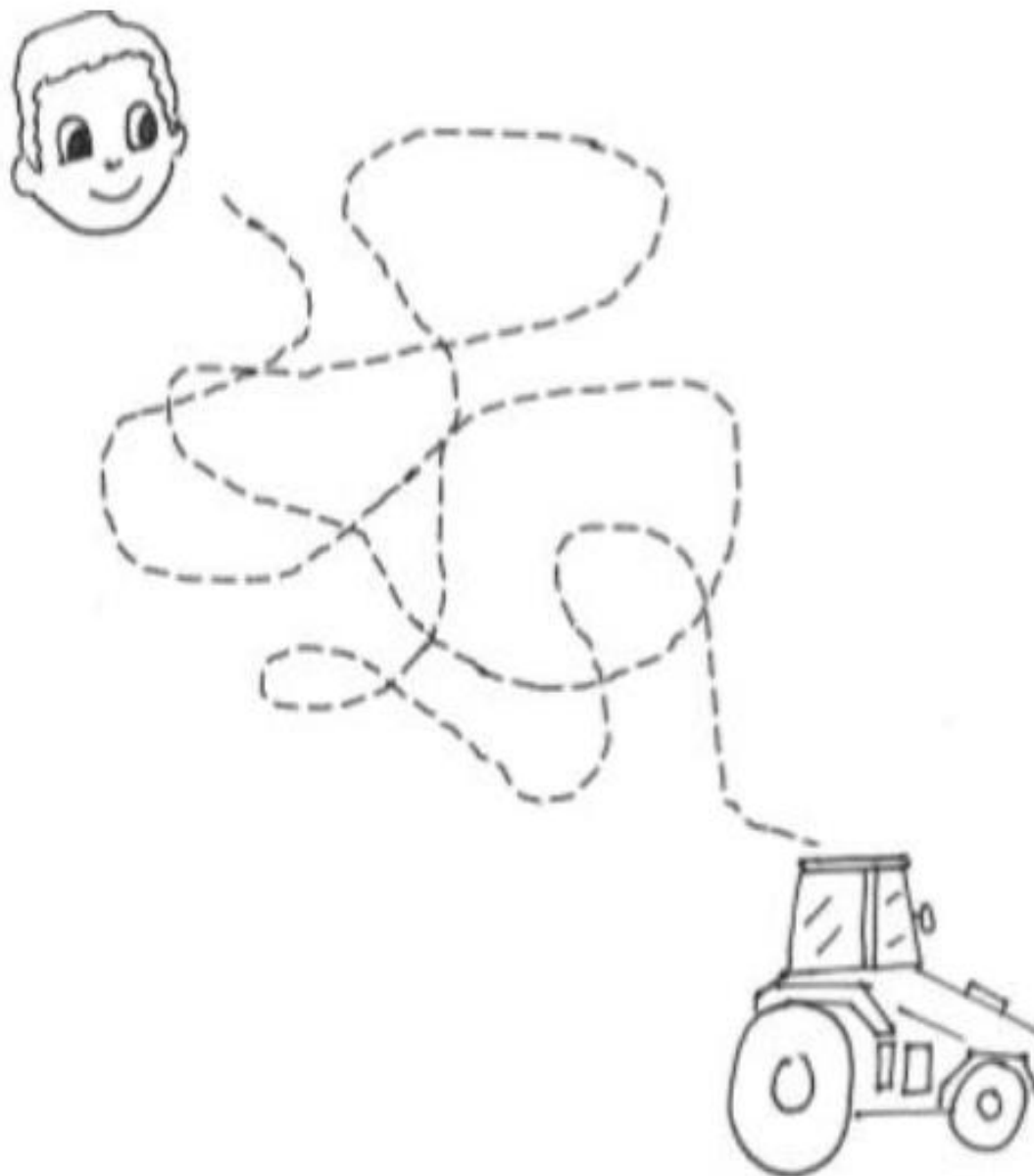


Benchmarks - Uses a pencil with increasing confidence



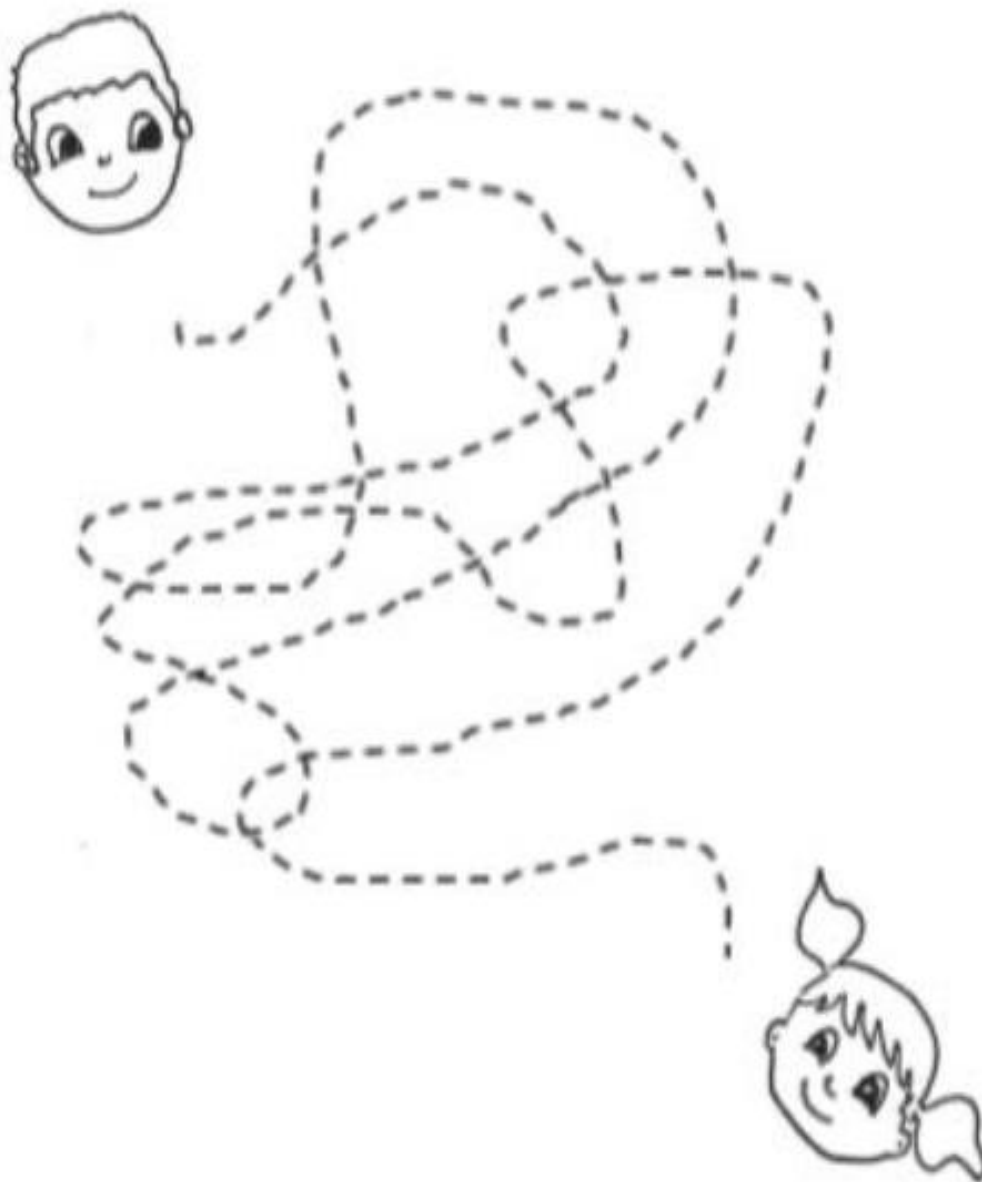
Benchmarks – Uses a pencil with increasing confidence

Cuidich Callum.



Benchmarks – Uses a pencil with increasing confidence

Cuidich Callum Shona a lorg.



Benchmarks – Uses a pencil with increasing confidence

Cearcall sàbhailte

Seo na h-inbhich a bhios gad chumail sàbhailte.

Ma dh'fhaoidte Granaidhean, neo nanaidhean.

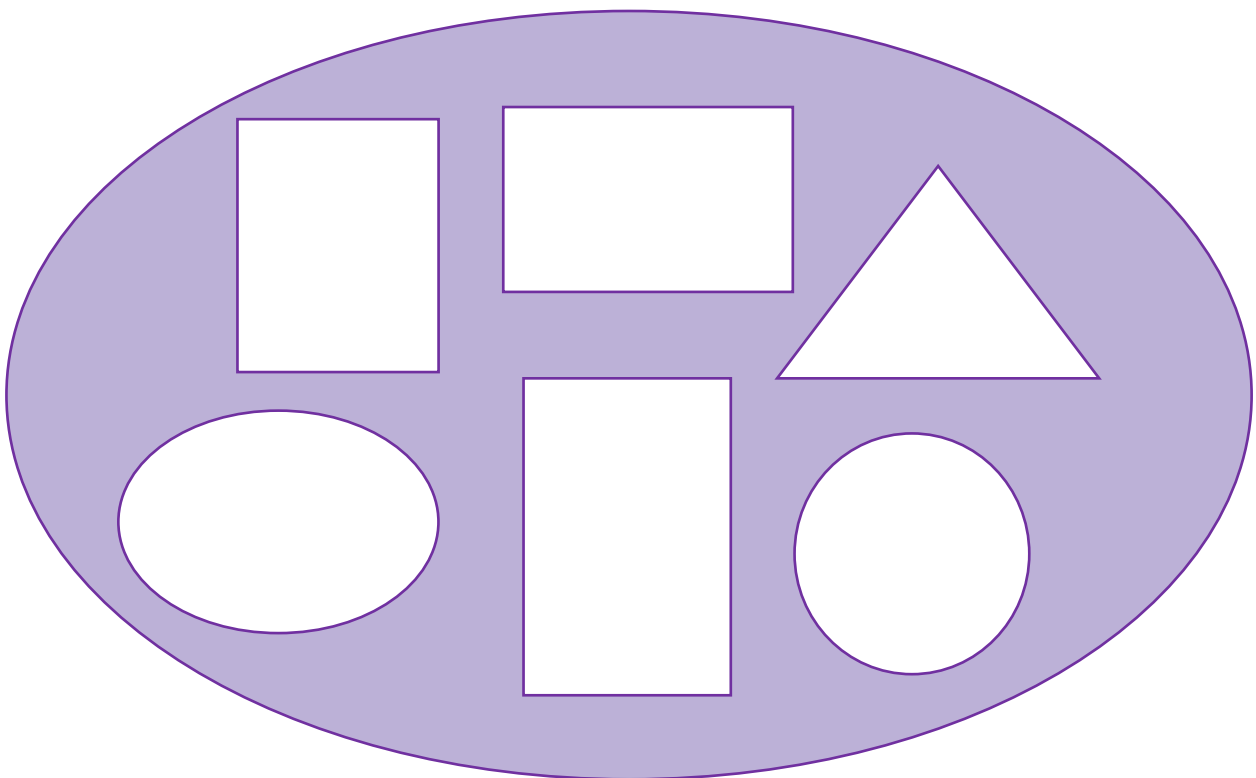
Ma dh'fhaoidte mamaidhean neo leas-màthraichean.

Ma dh'fhaoidte dadaidhean neo leas-athraichean.

Dèan còmhraidh mu dheidhinn na h-inbhich a bhios gad chumail sàbhailte. Dèan dealbh dhiubh anns na bocsaichean nad 'Cearcall sàbhailte'.

Faodaidh tu daonnan innse dha na h-inbhich seo.

Cuimhnich do thidsearan cuideachd!



CFE HWB 0.03 HWB 0.45a

Benchmarks – Identifies people who can help,

Recognises that care can come from a variety of people.

BULLYING

Key messages for children:

- Bullying is when someone does or says something to you and it makes you feel really sad and frightened.
- If someone is bullying you, you can say “No!” to them.
- If you feel too scared to say “No!” by yourself, you can ask a friend to help you say “No!”.
- If the person who’s bullying you doesn’t stop, you must tell a safe grown-up.
- A safe grown-up is any adult that looks after you and makes you feel safe such as parents, grandparents, other family members, teachers, club-leaders, etc.

Code	Activity	Skills
SA B1	Colouring sheet. Reinforce message.	Fine motor skills. Personal safety.
SA B2	Draw and colour. Reinforce message.	Pencil skills. Personal safety.

SA B1

Ma tha cuideigin a'dèanamh rud neo ag radh rud a tha a'cur dragh orm, canaidh mi riutha, 'Stad'. Mura stad iad, innsidh mi do dh'inbheach. Cuidichidh iad mi stad a chur orra.

Cuir dath



CFE HWB 0.17a, 0.44b, 0.45a

Benchmarks- Identifies people who can help ie teachers.....

SA B2

Ma tha cuideigin a'dèanamh rud neo ag radh rud a tha a'cur dragh orm, canaidh mi riutha, 'Stad'. Mura stad iad, innsidh mi do dh'inbheach. Cuidichidh iad mi stad a chur orra.



Dèan dealbh dhiot fhèin ag radh' Stad!'

CFE HWB 0.17a, 0.44b, 0.45a

Benchmarks- Identifies people who can help ie teachers....

STRANGERS

Key messages for children:

- A stranger is someone you don't know.
- If a stranger comes too close to you when you're NOT with a grown-up, you must RUN, YELL and TELL!
- If a stranger tries to pick you up, you can kick, hit, wriggle etc, and as soon as you get away you must RUN, YELL and TELL!
- You must tell a safe grown-up (an adult who looks after you and makes you feel safe).
- You can stay safe online (playing or watching something on an electronic device) by remembering that:
 - If a picture pops up on your screen or a voice tries to talk to you, ALWAYS put the device down and go tell a grown-up.
 - ALWAYS check with a grown-up before clicking picture that pops up.
 - ALWAYS check with a grown-up before talking to a voice that comes from your device.

Code	Activity	Skills
SA Sr1	Draw and colour people you know.	Pencil skills. Personal safety.
SA Sr2	Colour and reinforce message.	Fine motor skills. Personal safety.

'S e srainnsear cuideigin nach aithne dhut .

Dèan dealbh de 3 dhaoine is aithne dhut.

Dè an t-ainm a th' orra?

An do bhruidhinn thu riutha riamh? Bhruiddhinn / Cha do bhruidhinn

CFE HWB 0.16a HWB 0.17a

Ma thig srainnsear ro fhaisg orm nuair a tha mi leam fhèin nì mi
ruith èigh agus innis.

Cuir dath.



CFE HWB 0.16a HWB 0.17a

SECRETS

Key messages for children:

- We all have an invisible bubble around our body called our “personal space”.
- No-one is allowed to come into our bubble if we don’t want them to.
- Sometimes someone may need to come into your bubble to help care for you but they would always ask permission and never ask you to keep it a secret.
- Kisses and cuddles must never be kept secret even if someone tells you to keep them a secret
- If anyone ever tells you to keep a kiss or cuddle a secret you must tell a safe grown-up.
- If you tell a safe grown-up and they don’t help you, you must tell another safe grown-up.
- You must keep on telling your safe grown-ups until somebody helps you.

Code	Activity	Skills
SA D1	Draw and colour in invisible bubble.	Pencil skills. Personal safety.
SA D2	Draw people who come into your invisible bubble	Pencil skills. Personal safety.
SA D3	Learn the Body song and Rap.	Early reading skills. Body safety.

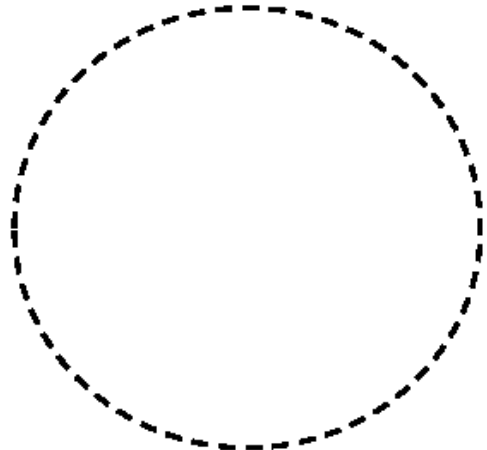
SA D1

Tha builgean neo-fhaicinneach aig a h-uile duine.

Dèan dealbh agus cuir dath.



Callum na bhuilgean fhèin.



Mise nam bhuilgean fhèin.

CFE 0.40a

Benchmarks – Demonstrates understanding of the concept 'my body belongs to me'.

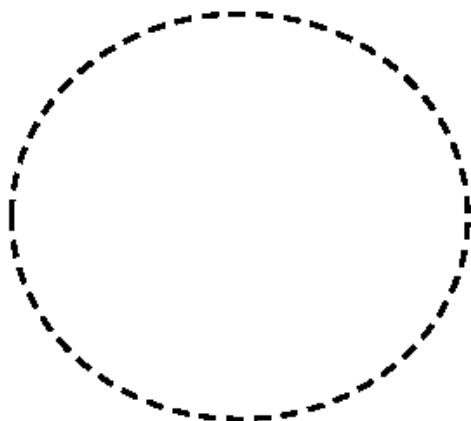
SA D2

Builgean neo-fhaicsinneach

Faodaidh daoine tighinn dhan a bhuilgean agad, ach **dìreach** ma tha thu gan iarraidh.

Dèan dealbh dhiot fhèin nad bhuilgean fhèin.

A-nis seall na daoine a bhios a tighinn dhan a bhuilgean agad.



CFE 0.40a

Benchmarks – Demonstrates understanding of the concept 'my body belongs to me'.

Mo chorpas!

Òran a chuirp. (FONN- London bridge is falling down)

Ceann is gualainn glùin is cas
Glùin is cas, glùin is cas
Ceann is gualainn glùin is cas
'S ann leamsa tha e!



CFE 0.40a

Benchmarks – Demonstrates and understanding of the concept 'my body belongs to me'.

INTERNET SAFETY

Key messages for parents:

- Encourage children to talk about what apps they are using.
- Ask them to talk to you if they are worried about anything they have seen.
- Ask them about their friends and how they know they are who they say they are.
- Ensure you help children control their privacy settings.
- Help children understand what is real and unreal on the internet.

Code	Activity	Skills
SA Int 1	Spot the difference. Reinforce message.	Visual discrimination. Personal safety.
SA Int 2	Identify people that can help. Reinforce message	Pencil skills. Personal safety.

SA Int1

Ma nochdas rudeigin air an scrion agad air nach eil thu eòlach

Na bruth e! Na suath e!

Faigh cuideachadh!

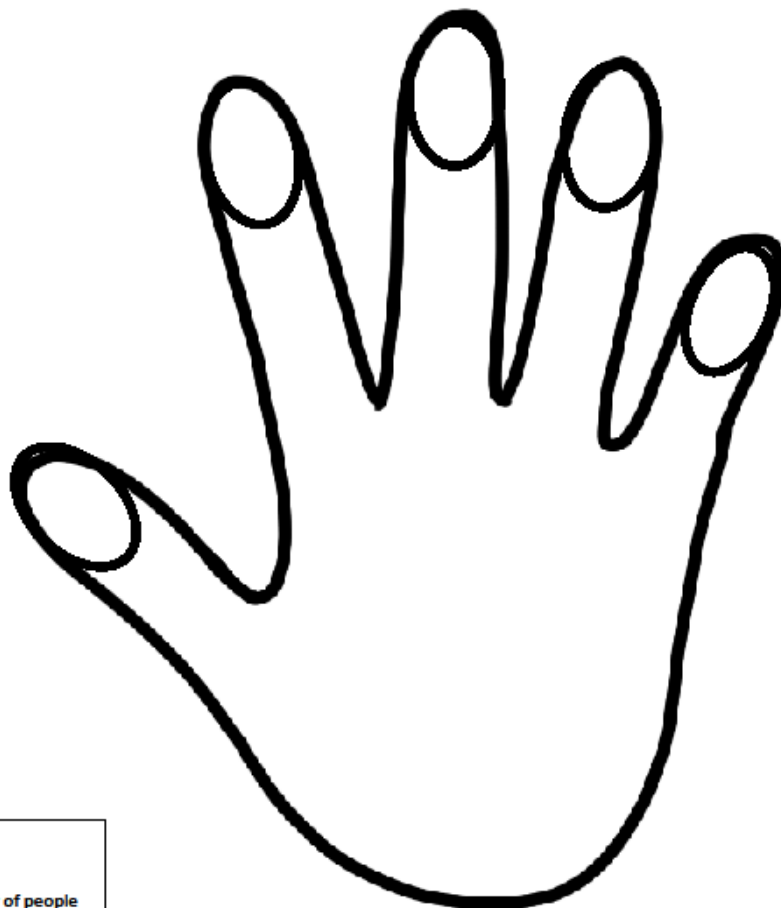
Dè an diofar?



CFE TCH 0-03a

SA Int2

Dèan dealbh inbheach
sàbhailte air gach
corraig.



CFE HWB 0.03 HWB 0.45a

Benchmarks – Identifies people who can help
Recognises that care can come from a variety of people

Nach tu a rinn math!

Seo airson



Dh'ionnsaich thu mar a bhios tu
Sàbhailte làidir agus saor.

ONLINE RESOURCES AND FURTHER READING

FOR PARENTS AND CARERS

Advice and Information

- Highland Child Protection Committee: <https://hcpc.scot/>
- CALA: <https://www.careandlearningalliance.co.uk/>
- Children 1st: <http://www.children1st.org.uk/>
- Childline: <https://www.childline.org.uk/>

Bullying

- Bullying UK: <http://www.bullying.co.uk/>
- Respect Me: <http://www.respectme.org.uk/>

Prevention of Abuse

- NSPCC (includes PANTS Underwear Rule): <https://www.nspcc.org.uk/>
- Police Scotland: <https://www.scotland.police.uk/>

Internet Safety

- Thinkuknow: <https://www.thinkuknow.co.uk/>
- Internet Matters: <https://www.internetmatters.org/>

FURTHER INFORMATION AND RESOURCES CAN BE FOUND AT

WWW.SAFESTRONGANDFREE.ORG.UK