

IN PARTNERSHIP WITH



Safe  
Strong  
Free

# EARLY EDUCATION ACTIVITY PACK

PROMH  
A H-AON



# 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](http://www.safestrongandfree.org.uk)
- Facebook: [tinyurl.com/facebookssf](https://tinyurl.com/facebookssf)



# EARLY YEARS

## PRIMARY 1

Prìomh 1. Prìomh a h-aon. CFE Tràth ìre.

| Code     | Activity                                                        | Skills                                      |
|----------|-----------------------------------------------------------------|---------------------------------------------|
| GP1 SSF1 | Make up your Circle of Trust.                                   | Pencil and scissor skills. Personal safety. |
| GP1 SSF2 | Widen Circle of Trust to include members of emergency services. | Personal safety.                            |
| GP1 SSF3 | Writing using correct letter formation.                         | Pencil skills.                              |
| GP1 SSF4 | Cut and stick activity.                                         | Fine motor skills and scissor skills.       |

## Cearcall Sàbhailte

Seo na h-inbhich a bhios gad chumail sàbhailte.

Ma dh'fhaoidte Granaidhean, neo nanaidhean.

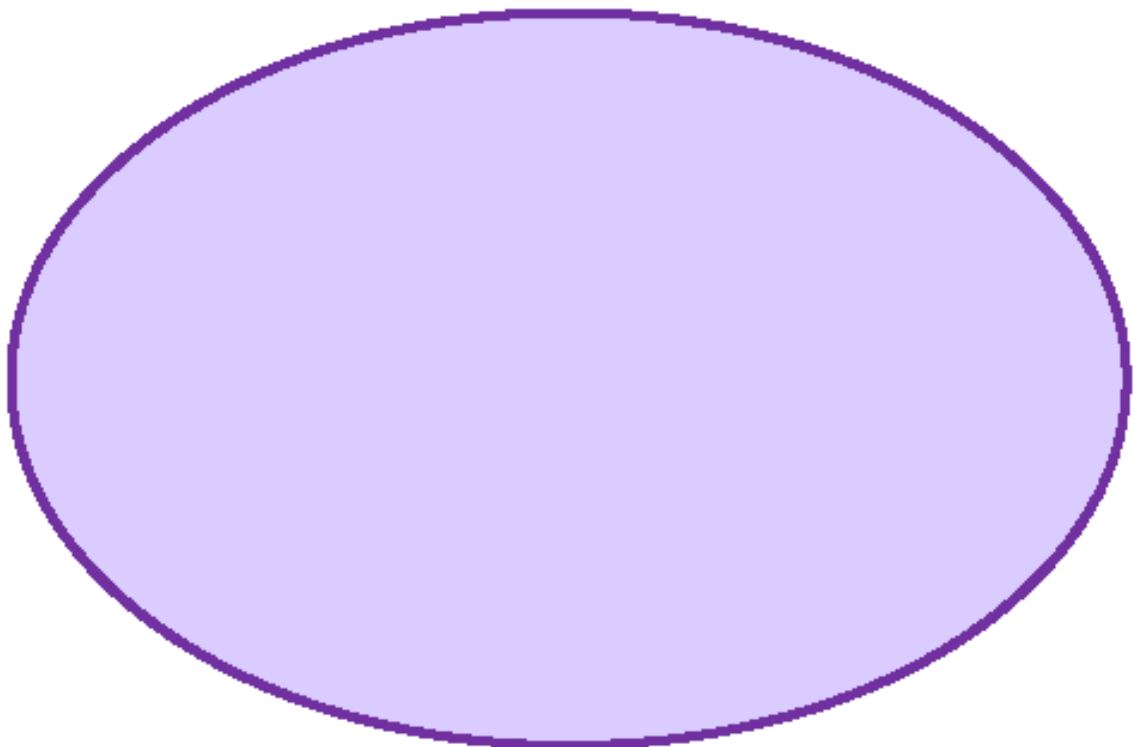
Ma dh'fhaoidte mamaidhean neo leas-màthraichean.

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!

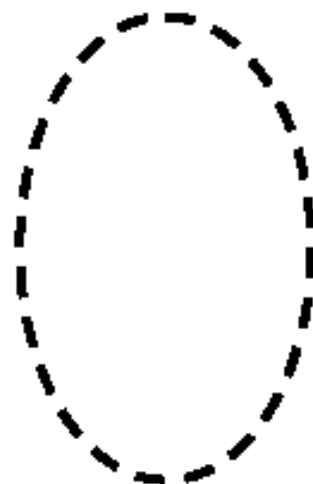
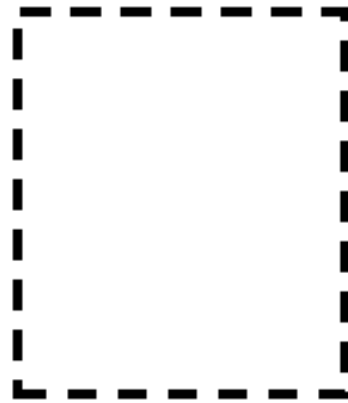
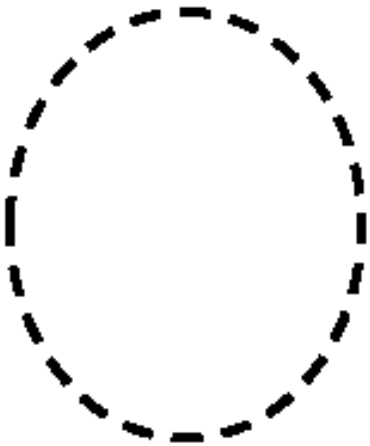


CFE HWB 0.03a HWB 0.45a

Benchmarks – Identifies people who can help.

Identifies that families may be made up of different people.

GP1 SSF1



## Inbhich shàbhailte

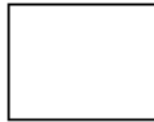
Tha a chlann air ionnsachadh gur e  
srainnsear cuideigin nach aithe dhaibh.  
Dh'ionnsaich iad nach dèan math dhaibh  
bruidhinn ri srainnsear mura bheil iad  
còmhla ri 'inbheach sàbhailte'.

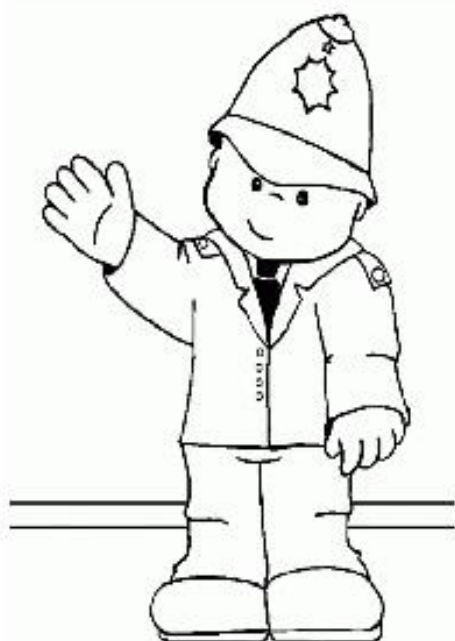
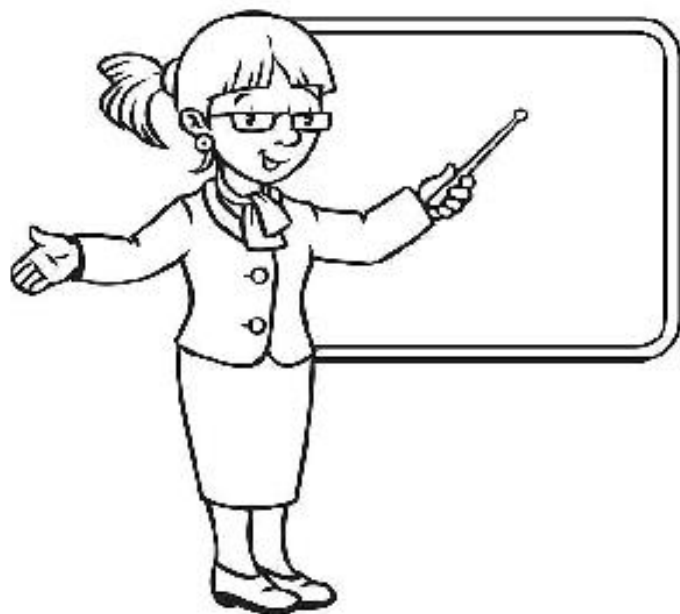
Tha e cudthromach gum faic iad na  
daoine anns na seirbheisean-èiginn mar  
'inbhich shàbhailte' cuideachd.

Inbhich shàbhailte

Cuir dath agus dean cearcall timcheall air na h-inbhich a tha sàbhailte.

Cia mheud?





Sgrìobh.

Sàbhailte làidir agus saor.

Sàbhailte làidir agus saor.

Sàbhailte làidir agus saor.

LIT 0.13a 0.21a

**Benchmarks** Writes words from left to right

Uses a pencil with increasing confidence

Forms lowercase letters legibly.

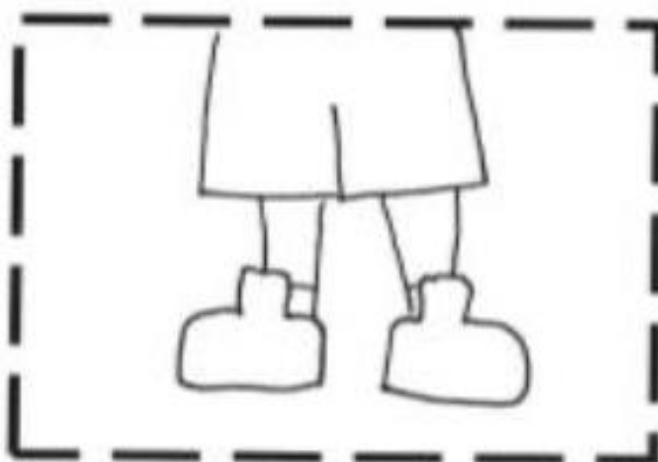
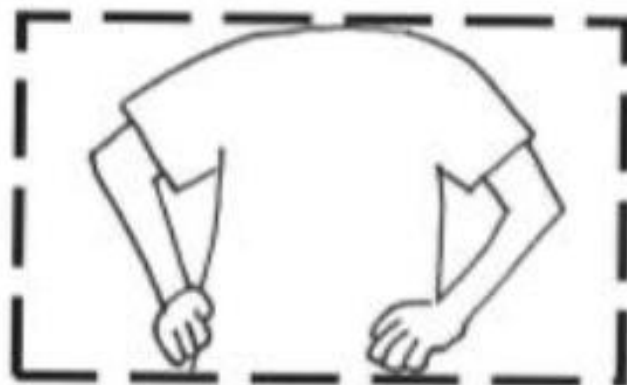
GP1 SSF4

Callum

Cuir dath.

Gèarr.

Steig.



# BULLYING

- 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.

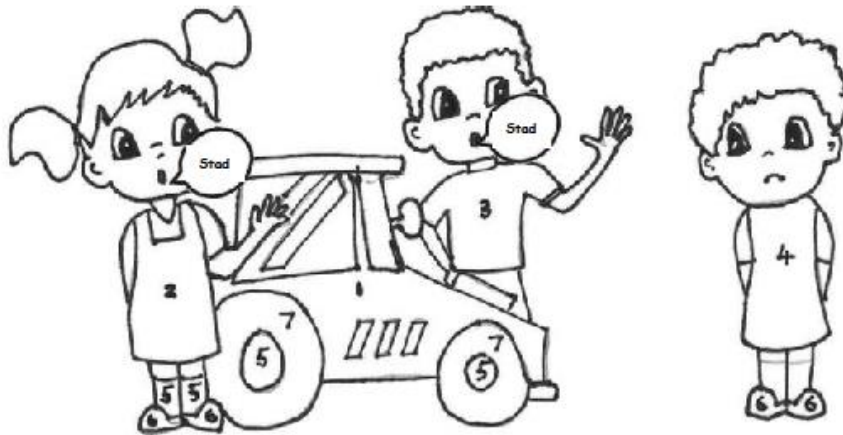
| Code   | Activity                              | Skills                                   |
|--------|---------------------------------------|------------------------------------------|
| GP1 B1 | Colour by numbers. Reinforce message. | Fine motor skills. Personal safety.      |
| GP1 B2 | Write to reinforce message.           | Pencil skills. Correct letter formation. |

GP1 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

Uaine- 1 dearg - 2 gorm - 3 purpaidh - 4 glas - 5 donn - 6 dubh - 7

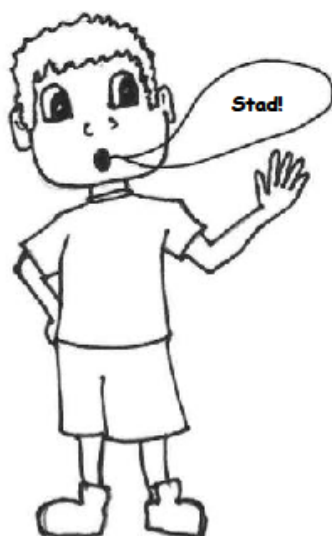


CFE HWB 0.17a, 0.44b, 0.45a

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

GP1 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.



thuart Callum stad!  
thuart Callum stad!  
thuart Callum stad!

CFE HWB 0.17a, 0.44b, 0.45a

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

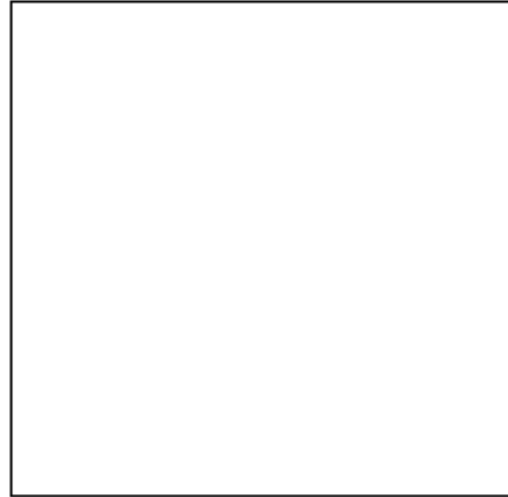
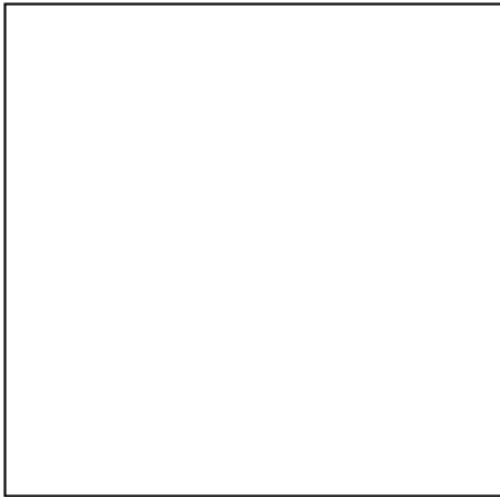
# STRANGERS

- 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                                                    |
|---------|-----------------------------|-----------------------------------------------------------|
| GP1 St1 | What is a stranger?         | Pencil skills. Personal safety.                           |
| GP1 St2 | Colour and discuss.         | Fine motor skills. Personal safety.                       |
| GP1 St3 | Write to reinforce message. | Pencil skills. Correct letter formation. Personal safety. |
| GP1 St4 | What if? Scenarios.         | Assess risk. Personal safety.                             |

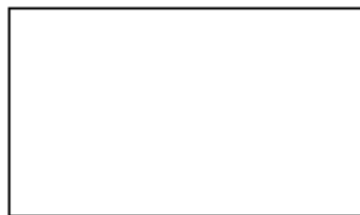
'S e srainnsear cuideigin nach aithne dhut.

Dèan dealbh 2 dhaoine is aithne dhut.

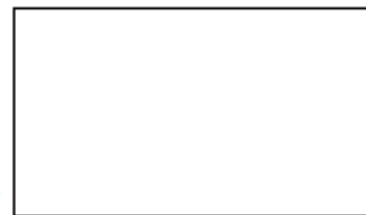


Sgrìobh

Ainmean-



agus



Is aithne dhomh an ainmeanan.

Tha mi air bruidhinn riutha.

Chan e srainnsearan a th'annta.

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

Cuir dath agus  
dèan còmhradh.



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.

Sgrìobh.

ruith èigh agus innis.

ruith èigh agus innis.

ruith èigh agus innis.

CFE HWB 0.16a HWB 0.17a LIT 0.13a 0.21a

**Benchmarks** Writes words from left to right.  
Uses a pencil with increasing confidence  
Forms lowercase letters legibly

Tha a chlann air ionnsachadh ma thig srainnsear faisg orra nuair a tha iad leotha fhèin gum bidh iad a 'ruith' ag èigheachd' agus ag innse.

Dè thachradh .....

Dè thachradh nam biodh tu cluich sa phairc leat fhèin agus tha cuideigin nach aithne dhut ag iarraidh ort falbh leotha . Tha iad ag innse dhut gu bheil iad eòlach air an teaghlach agad.

Dè dheanadh tu?

CFE HWB 0.16a HWB 0.17a

Tha a chlann air ionnsachadh ma thig srainnsear faisg orra nuair a tha iad leotha fhèin gum bidh iad a 'ruith' ag èigheachd' agus ag innse.

Dè thachradh .....

Dè thachradh nam biodh tu a' cluich geam air tablet, fòn neo compiutar agus tha cuideigin a' feuchainn ri bruidhinn riut tron gheam.

Dè dheanadh tu?

CFE HWB 0.16a HWB 0.17a

Tha a chlann air ionnsachadh ma thig srainnsear faisg orra nuair a tha iad leotha fhèin gum bidh iad a 'ruith' ag èigheachd' agus ag innse.

Dè thachradh .....

Dè thachradh nam biodh tu ann am bùth mòr agus tha thu air coiseachd air falbh bho do mhamaidh . Tha thu air chall.

Dè dheanadh tu?

CFE HWB 0.16a HWB 0.17a

# SECRETS

- 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                             |
|--------|----------------------------------------------|------------------------------------|
| GP1 D1 | Draw themselves in their invisible bubbles.  | Pencil skills. Personal safety.    |
| GP1 D2 | Identify people who come into their bubbles. | Pencil skills. Personal safety.    |
| GP1 D3 | Body song and Rap.                           | Early reading skills. Body safety. |

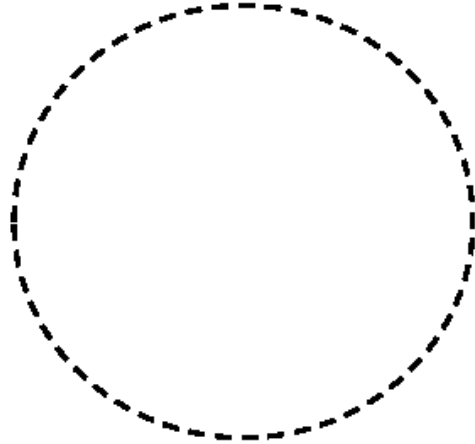
GP1 D1

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'.

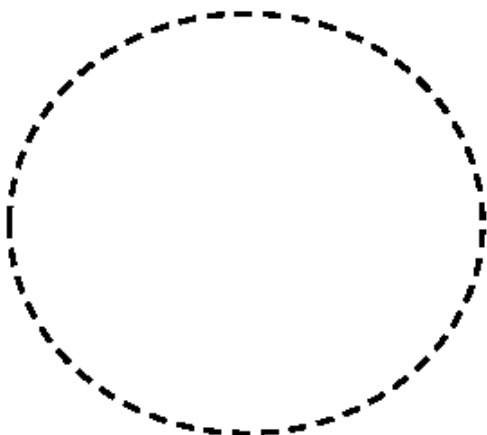
GP1 D2

## Builgean neo-fhaicsinneach

Bidh daoine a'tighinn dhan a bhuilgean agad fad na ùine, ach dìreach ma tha thu gan iarraidh.

Dèan dealbh dhiot fhèin nad bhuilgean.

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 chorp!**

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 children:

- 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                                     |
|---------|--------------------------------------------------|--------------------------------------------|
| P1 Int1 | Spot the difference and reinforce message.       | Visual discrimination.<br>Personal safety. |
| P1 Int2 | Identify people that can help. Reinforce message | Pencil skills.<br>Personal safety.         |

P1 Int 1

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

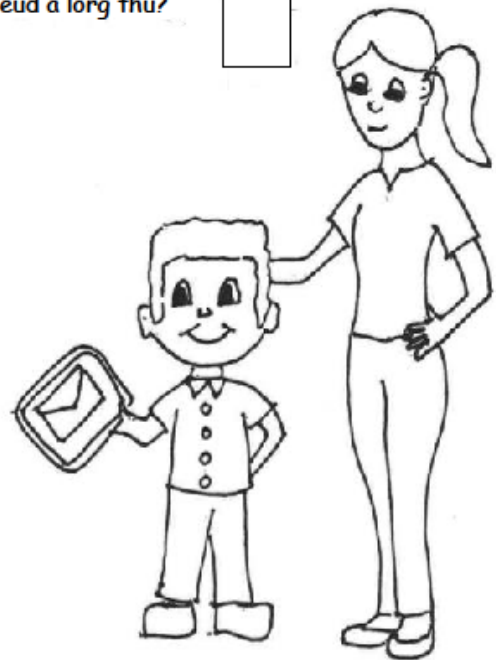
**Na bruth e! Na suath e!**

**Faigh cuideachadh!**

Dè an diofar?



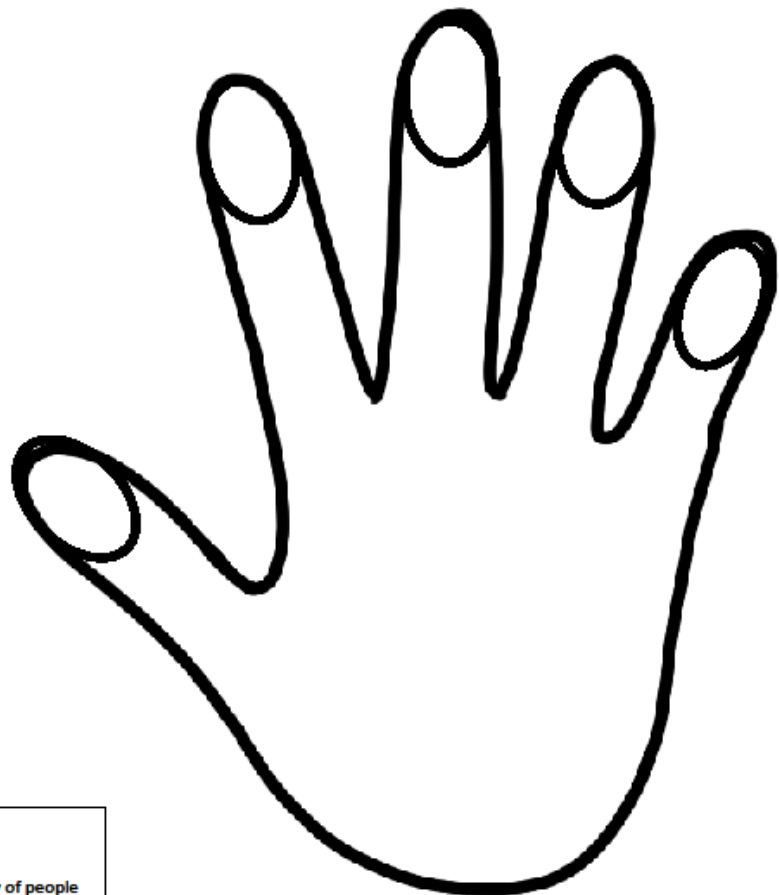
Cia mheud a long thu?



CFE TCH 0-03a

P1 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 1<sup>st</sup>: <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](http://WWW.SAFESTRONGANDFREE.ORG.UK)