



IN PARTNERSHIP WITH

Safe
Strong
Free



EARLY EDUCATION ACTIVITY PACK

PRE-SCHOOL



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

Pre-school CFE Early level.

Code	Activity	Skills
PSSF1	Colour Callum and Shona	Fine motor skills
PSSF2	Link object with character	Pencil skills
PSSF3	Help Callum find his tractor	Pencil skills
PSSF4	Help Callum find Shona	Pencil skills
PCOT	Reinforce child's safe grown-ups	Fine motor skills. Personal safety.

PSSF1

Colour

Callum



Benchmarks - Uses a pencil with increasing confidence

P55f1

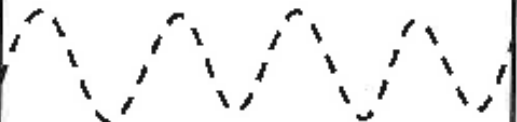
Colour

Shona



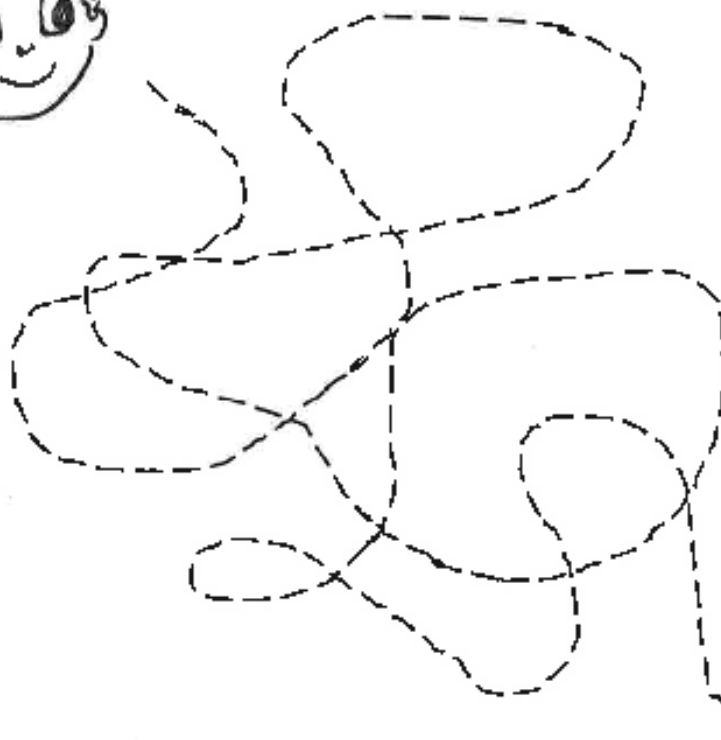
Remarks Uses a pencil with increasing confidence

PSSF2



Benchmarks – Uses a pencil with increasing confidence

Help Callum find his tractor.



Benchmarks – Uses a pencil with increasing confidence

Help Callum find Shona



Benchmarks – Uses a pencil with increasing confidence

Circle of Trust

These are the grownups who keep you safe.

It may be Grannies, Nanas or Grandmas.

It may be Mums, Step mums or Foster mums.

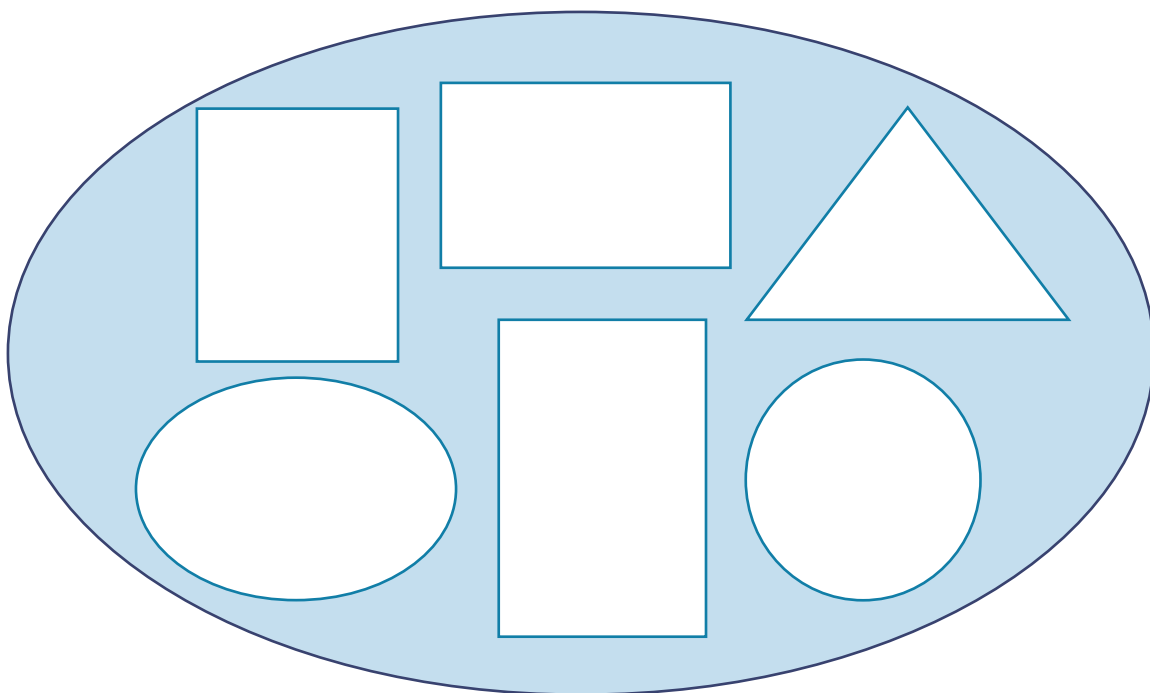
It may be Grandads, Granda or Grandpa's.

It may be Dads, Step dads or Foster dads.

Talk about who you feel keeps you safe then draw them in the boxes in your Circle of Trust.

These are the people you know you can always tell.

Don't forget your Teachers!



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.

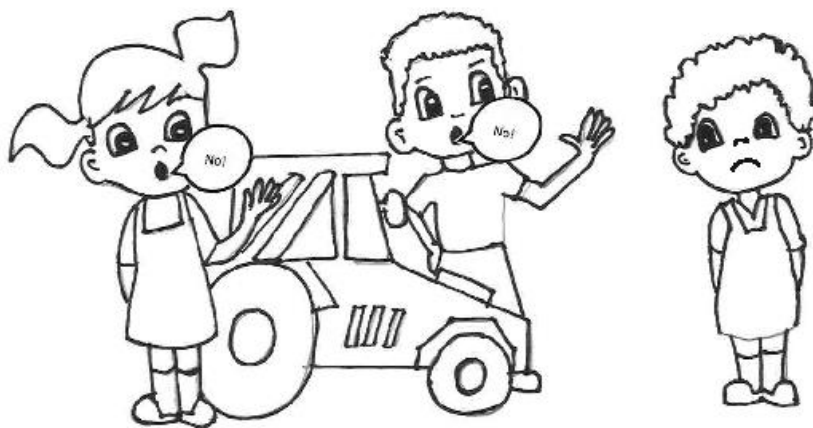
Code	Activity	Skills
PB1	Colouring sheet. Reinforce message.	Fine motor skills. Personal safety.
PB2	Draw and colour. Reinforce message.	Pencil skills. Personal safety.

PB1

If someone is doing or saying something that is upsetting me, I can say No! in a loud voice. If they don't stop, I can go and tell one of my safe grown-ups.

They will help me to stop it.

Colour



CFF: HWH1.1/a, 0.44b, 0.45a

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

PB2

If someone is doing or saying something that is upsetting me, I can say No! in a loud voice. If they don't stop, I can go and tell one of my safe grown-ups.

They will help me to stop it.



Draw yourself saying no!

CFF: HWH1.1/a, 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
PSt1	Draw and colour people you know.	Pencil skills. Personal safety.
PSt2	Colour and reinforce message.	Fine motor skills. Personal safety.
PSt3	Colour rainbow letters and reinforce message.	Fine motor skills. Personal safety. Awareness of print.

PSt 1

A stranger is someone you don't know.

Draw 3 people you know.

Do you know their names? Yes No

Have you spoken to them before? Yes No

CFE HWB 0.16a HWB 0.17a

PSt 2

If a stranger comes too close to me when I'm not with a safe grown-up I will
run yell and tell.

Colour in.



CFE HWB 0.16a HWB 0.17a

If a stranger comes too close to me when I'm are not with a safe grown-up I will

run yell and tell.

Rainbow letters.

run yell and tell

run yell and tell

CFE HWB 0.16a HWB 0.17a LIT 0.21a

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
PS1	Draw and colour in invisible bubble.	Pencil skills. Personal safety.
PS2	Draw people who come into your invisible bubble	Pencil skills. Personal safety.
PS3	Learn the Body song and Rap.	Early reading skills. Body safety.

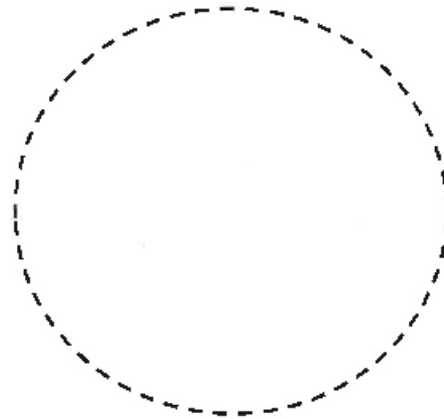
PS1

We all have an invisible bubble

Draw and colour.



Callum in his invisible bubble



Me in my invisible bubble

CFF 0.40a

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

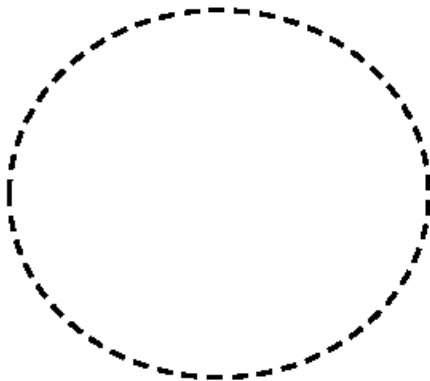
PS2

Invisible bubble 2

People come into your invisible bubble all the time but only if you want them to.

Draw yourself in your invisible bubble.

Draw some of the people who come in to your bubble.



CFF 0.40a

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

It's my body

The body song. (to the tune of London bridge is falling down)

Head and shoulders knees and toes

Knees and toes, knees and toes

Head and shoulders knees and toes

It's my body.

The body rap.

Touch your head, touch your leg

Reach low and touch your toe

Wave your hand, kick your foot

Stick your tongue in and out

Wink your eye, slap your thigh

Wiggle your fingers, lift your knee

Who does my body belong to?

To ME! ME! ME!



CFE D.10a

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
P Int1	Spot the difference. Reinforce message.	Visual discrimination. Personal safety.
P Int2	Identify people that can help. Reinforce message	Pencil skills. Personal safety.

P Int 1

If something pops up on your screen that you've never seen before
Don't tap it, don't swipe it
Go and ask for help

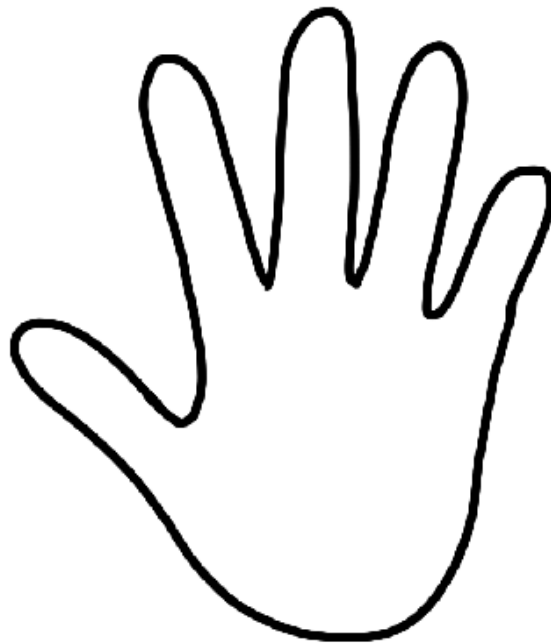
Spot the difference.



CFE TCH 0-03a

P Int2

Ask your child to put the names of people they can tell on each finger.



CFE HWB 0.03 HWB 0.45a

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

Congratulations

This certificate goes to



Safe
Strong
Free

For Learning how to be
SAFE STRONG AND FREE

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