



「NATIONAL PERSONAL SAFETY DAY」
11th October 2010

Personal Safety Activities for the Classroom

We hope teachers find the activities suggested below useful. Some activities will be more appropriate for certain age groups than others.

ACTIVITY 1

SAFETY TIPS

Get the class to talk about when they are out and about on the streets, for example when they go to and from school, meetings friends, going to the shops and so on. Ask if they have ever seen or experienced any aggression or problems.

If some of them do not go out and about on their own yet, get them to think about what they perceive the problems to be. (These could be compared to the actual problems that the others have experienced or witnessed).

Once the perceived and/or real problems have been identified, get the class to suggest some ways of improving their safety when on the streets. Once their own ideas have been discussed, the class can be shown the SIMPLE Steps tips and asked what they think of both the tips themselves and the design. (We'd love to hear their comments – please email press@suzylamplugh.org) Once they have talked about both their own tips and the SIMPLE STEPS campaign, the class can be divided into groups and asked to design a safety booklet/PowerPoint presentation/video/assembly lesson, which could then be used to get the ideas across to the rest of the school.

ACTIVITY 2

STORY BOARD

Read out or show the following 'stories' to your students and then discuss with them/or get them to write an essay about what the victim/s could have done to prevent the incident. See below each story for Suzy Lamplugh Trust's ideas of how the 'victim' could have avoided the incident. The students may well come up with others of their own. The aim is to teach them that *they* can reduce the risks they face by reducing the opportunities for a violent or aggressive incident to happen.

Story 1

Mia was fed up. She was upset about the problems her parents were having and wanted to talk to her best friend Kate about it. But she'd been in the park for over an hour now and all Kate wanted to do was giggle with Ruby and flirt with the boys who were there. Finally Mia had had enough, so she told Kate and the others that she was going home. Kate tried to persuade her to stay and told her that she shouldn't be walking home on her own. 'Like you care!' thought Mia.

Mia stomped off in the huff – hoping that Kate would follow her. But she didn't. So Mia had no option but to carry on alone. When she came out of the gate to the park, she couldn't decide whether to take the quick route using the quiet roads or the longer route sticking to the main road. It was dark but she wasn't scared because she was only a few streets away from home and she was upset so she wanted to get home as quickly as possible. She decided to take the short route.

As she walked along, she decided to text Kate. After she had gone a few hundred yards and had told Kate just what she thought of her, she became aware of a car driving alongside her. The man in the car leaned over and opened the passenger door and said something to her. Mia knew she should get away from the car as quickly as possible so she started to run. The car followed her. Luckily she could see the shop on the corner was still open so she ran into the shop and told them what had happened – as the car drove off quickly. Mia called her mum who came to collect her.

Some Suzy Lamplugh Trust ideas about how Mia could have improved her safety:

- She could have told Kate that she needed to speak to her about something privately or she could have asked Kate to walk home with her.
- She could have stuck it out at the park with the others rather than take the risk of walking home alone.

- She could have called home and told her mum she wanted to come home without the others and asked if she could meet her.
- She should have stuck to the busier main road where there was more likely to be lots of peoples, cars etc.
- She could have waited until she got home to text Kate because if she wasn't distracted by the texting she might have noticed the car earlier.
- She was clever enough not to go close to the car to find out what the man was saying but it would have been safer to have walked along the side of the street facing the oncoming traffic. That way the car would have been unable to draw alongside her.
- If she had no choice but to walk in the same direction as the traffic (eg. There was only a pavement on that side), then she might have been better turning and running in the opposite direction. This would mean the car would have had to turn around before following her which would have taken time and given her more time to get away.
- She could have stayed more alert to her surroundings – as she was perhaps a bit too complacent about her safety because she was close to home.

Story 2

Jayesh had had a really good night out with his mates. They'd been into town and had a great laugh. He'd left the others on the bus as they didn't get off until the next stop. It was a lovely warm night and he was now listening to his ipod as he walked home, thinking it doesn't get much better than this. As he turned the corner into his street, he froze!

Right in front of him were a group of eight to ten lads, who were shouting and smashing bottles against the wall. When they saw Jayesh, they quickly surrounded him and started shouting and pushing him around.

Luckily one of the neighbours had heard all the noise they were making and had called the police. When the lads saw the police car coming, they ran off down the alley opposite – but not before pushing Jayesh to the ground and grabbing his ipod. Jayesh hung onto it as long as he could but they kicked him hard and he had to let go. Jayesh's rib was broken from the kick and he was badly shaken.

Some ideas about how Jayesh could have improved his safety:

- He could have arranged to stay at a mates house/or a mate to stay with him so that he wasn't coming home alone.
- He could have arranged for someone to pick him up from the bus stop

- If shouldn't have been listening to his ipod when he was alone on the street. This prevented him from hearing all the commotion the boys were making until it was too late to avoid them.
- If he had heard the noise in advance he could have taken a different route home or gone to a safe place and called for someone to collect him.
- He could have let the ipod go when they grabbed it. That would have saved him a broken rib! Remember, possessions can be replaced, you can't.

Story 3

Kelly was really regretting what she'd done. When her mum had told her that they were going to be out on Saturday night and that they would trust her to stay on her own until they got back, she couldn't believe it! When Ollie Waring had invited her to his party she had been over the moon but gutted at the same time as she knew her parents would never let her go because they thought Ollie was trouble. But now her parents were going out and they would never know if she went to the party for a few hours.

Now she was at the party and realised it had been a big mistake to come. She was way out of her depth. Most of the others at the party were a lot older than her and everyone was drinking alcohol and getting drunker and either throwing up or getting more aggressive by the minute. She wanted to go home. So she grabbed her coat and ran out of the door. By the time she got to the bus stop, she was crying. What an idiot she'd been – she had lied to her mum and dad and now she looked like an idiot in front of everyone at the party! It was now really late and Kelly just wanted to get home but after waiting some time she realised that she must have missed the last bus. Now she was really worried – if she called her parents to come and collect her she was going to be in BIG trouble but she had no alternative. She took her mobile phone out of her bag to phone her mum, only to discover that she had forgotten to charge it and it was completely dead. It was late, dark and to top it all it started to rain.

Kelly really started to cry now as she set off for the long walk home. For over an hour she walked in the rain through the now virtually deserted streets of the town, across the waste ground and down the narrow alleyway next to the railway station. She became really scared when she was shouted at by several groups of lads who had obviously been drinking. She became even more scared when a car drove alongside her at one point and offered her a lift home - which she ran away from through the industrial estate.

Eventually, when she was within a mile of home she saw another car approach. She started to run away until she heard her name being shouted. She was overjoyed to see it was her mum, who had been driving about for the last hour looking for her.

Some ideas about how Kelly could have improved her safety:

- She could have listened to her parents' advice about Ollie and not gone to the party.
- She could have arranged to take a friend with her so she wasn't alone.
- She should have paid more attention to the time and checked when the last bus was due.
- She could have taken money with her for a cab home.
- She should have checked her mobile was charged before she left the house.
- She could have avoided alleyways and underpasses and stuck to busy areas, even if it meant taking a longer route.
- She could have walked against oncoming traffic.
- She could have headed to a 'safe place' - such as a garage, hotel or police station - and asked if she could use their phone to call her parents.
- She could have walked towards oncoming traffic to avoid kerb crawlers.
- She could have carried a personal safety alarm with her.

ACTIVITY 3

PLAYING UP

Put your class into groups and ask them to create a short 'scene' about violence or aggression on the streets. They can take turns to act them out and the whole class can discuss what the victim character/characters could have done to avoid the situation.

They can then re-do the scene but incorporating the class's ideas and the subsequent change in outcome.

These improvisations could form the basis of a play or a series of sketches to be performed at a school assembly.

ACTIVITY 4

STAYING ALERT

To help stay safe on the streets, you need to be aware of everything that is happening around you. Discuss in class why it is important to stay alert. Ask them what sort of things could distract them and prevent them from staying alert, eg. chatting on your mobile phone. Get them to create a collage/poster which shows the possible dangers eg. there could be a group of lads fighting round the corner, or a man hidden by a bush next to the bus stop and so on. This could be used to highlight the issue to younger pupils.

ACTIVITY 5

DESIGN A QUIZ

Ask your class what strategies they use to keep themselves and their possessions safe when they are out and about. Discuss the ideas in class and write down those that everyone agrees are the best. Then get the students to use their ideas to design a safety quiz, which could then be used to promote safety on the streets to other classes.

ACTIVITY 6

RECORD IT

Ask your students to produce a video or podcast highlighting how to stay safe on the streets. This could be shown to the rest of the school and/or a copy sent to Suzy Lamplugh Trust. We will then show our favourites on this website. *The address to send your tapes/CDs to is Suzy Lamplugh Trust, National Personal Safety Day submissions, 218 Strand, London, WC2R 1AT. (Please note that due to the high volume of tapes/CDs expected, we will be unable to return them so please don't send the original.)*