

HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE




Works best on a laptop or PC

TOPIC 2



Hello! This week you will learn about how to keep safe outside.

You might have been through similar experiences to those you learn about in this booklet, or know someone who has. If anything upsets you or you need to get something off your chest then talk to a trusted adult or press the Childline button at the top 

GO ▶

HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE



Works best on a laptop or PC

I GO TO
**PRIMARY
SCHOOL**

BEGIN 

I GO TO
**SECONDARY
SCHOOL**

BEGIN 

I AM
FAMILY OR A
TEACHER

BEGIN 

This booklet explores the second of four topics!

TOPIC 2

GETTING

INTO TROUBLE

WHAT WILL I LEARN?



- About the law and how it is made.
- About the police and how they can help.
- About drugs and the rules about drugs.
- About how to be safe when out the house.

WHAT WILL I NEED?



Pen or pencil



Laptop or computer



40-60 minutes



Blank paper



Earphones?



Open eyes!

GO ▶

TOPIC 2


GETTING

INTO TROUBLE



WARM UP

The police are there to keep you safe and help you when you need them!

Can you spot the 10 differences in this picture of a  police officer? The answers are at the end but no peeking! You've got 10 minutes.



TOPIC 2

GETTING

INTO TROUBLE

THE LAW

The law is a set of rules we all agree to live by and breaking them can get you into trouble! Breaking the law is called an OFFENCE.

👉 Watch these two videos to learn about who makes the law and how it is made!

NEXT →

PARLIAMENT
STRUCTURE

PLAY ▶

MAKING
LAWS

PLAY ▶

TOPIC 2

GETTING

INTO TROUBLE

THE POLICE

👉 Click on each different officer to find out what their role is and how they can help you.

When you've seen them all, come back to this page and click "next" 😊

NEXT



safe4me

TOPIC 2

GETTING

INTO TROUBLE



THE POLICE

Neighbourhood police officers work in the community and deal with non-emergency issues. They often patrol on foot or on a bicycle. They can help you if: you are lost or have run away, have been hurt or something has been stolen, you are worried about something.



TOPIC 2

GETTING

INTO TROUBLE



safe4me

THE POLICE

Police community support officers help the police in the community. They deal with community issues and local events. They often patrol on foot or on a bicycle. They can help you if: you are lost or have run away, have been hurt or something has been stolen, you are worried about something.

BACK

TOPIC 2

GETTING

INTO TROUBLE



THE POLICE

Control room staff are people who answer the phone when you call 101 or 999 (emergency). They tell officers where they need to be and can get information for officers, like addresses. They can help you if: you call the police for help, like if someone is hurt or something has been stolen.



TOPIC 2

GETTING

INTO TROUBLE



THE POLICE

Emergency response officers have fast cars and blue lights and sirens so they can get to places quickly if someone needs help or there has been a crime. They can help you if: you need a police officer right away because a crime is happening, someone is being hurt or you are lost.



TOPIC 2

GETTING

INTO TROUBLE



safe4me

THE POLICE

Motorcycle and traffic officers deal with car accidents or incidents that need someone very quickly. They can help you if: you think someone is speeding, you think someone has had alcohol before driving or there has been a car crash.

BACK

TOPIC 2

GETTING

INTO TROUBLE



safe4me

THE POLICE

Crime scene investigators attend crimes, like burglaries, to gather evidence left at the scene. They use special tools to get things like hairs or fingerprints. They can help you if: you have had a crime happen to you and there is evidence, like hair, blood, glass or footprints left behind.

← BACK

TOPIC 2

GETTING

INTO TROUBLE



safe4me

THE POLICE

Police dog handler officers use the good sense of smell dogs have to help find things like money, drugs, missing people or criminals. They can help you if: you are lost and don't know where you are, they can use the dog to help find you.

← BACK

TOPIC 2

GETTING

INTO TROUBLE



safe4me

THE POLICE

Detectives use evidence to find out what has happened in more serious crimes. They speak to people, read documents, watch CCTV and interview suspects. They can help you if: you have had a serious crime happen to you and need someone to find out what happened and who did it.

← BACK

TOPIC 2

GETTING

INTO TROUBLE

TIME FOR A BREAK!

5 MINUTES

Go have a 5 minute break!
Dance and shake your arms & legs!
Go to the toilet!
Or, get a drink!

I'M READY ▶

TOPIC 2

GETTING

INTO TROUBLE




LEGAL: not against the law
It is not a crime to use drugs like ones you buy from a chemist or are given by a doctor. These get tested before people use them so they're safe.



ILLEGAL: against the law
You can get into trouble if you have or share many illegal drugs. These are not made by trained scientists or doctors so can be dangerous.

DRUGS

DRUGS are substances that change the way your body works and how you feel when used.

Some drugs are **ILLEGAL** (you break the law if you have them or give them to others). What does that mean? 

NEXT 

TOPIC 2

GETTING

INTO TROUBLE


DRUGS

Look at these pictures of drugs 

Which drugs are legal and which are illegal?
On a sheet of paper, make 3 bubbles: (1) Legal, (2) Illegal and (3) Not sure? Write the number of each picture in the bubble you think it belongs in.

NEXT 

safe4me



1. 

2. 


3. 

4. 

5. 

6. 

7. 

8. 

TOPIC 2

GETTING

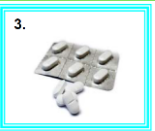
INTO TROUBLE

DRUGS

Here are the answers 

The **GREEN** ones are **LEGAL** and the **PINK** ones are **ILLEGAL**. Did you get them all right? Only touch or use drugs if a trusted adult says it's ok! If you see **ILLEGAL** drugs, tell a trusted adult.

NEXT 



3. Paracetamol: sold in shops & used to relieve aches & pains



4. Antibiotics: give only by doctors to treat infections



5. Cough medicine: sold in shops used to help with coughs



7. Lozenges: sold in shops and used for sore throats



1. Cannabis: can feel sick, faint and feel upset or worried



2. Ecstasy: Can put you in hospital & make you confused



6. Mephedrone: makes you confused & forget things



8. Heroin: Can put you in hospital & make you be sick

TOPIC 2

GETTING

INTO TROUBLE

A Friendly Stranger

PLAY ▶



STAYING SAFE

It's fun to play outside with friends. Sometimes adult strangers might speak to you.

Watch this video about a friendly stranger 👉 What did the kids do to keep safe?

NEXT →

TOPIC 2

GETTING

INTO TROUBLE

TODAY YOU LEARNT:

- What the law is and how Parliament makes it.
- What the police do and the different people that work for the police.
- How the police can help you.
- What drugs are and that some drugs are illegal and bad for you.
- How to stay safe when outside.

COOLDOWN

You might have a lot of feelings after learning about getting into trouble.

Take some time to do an online mood journal on the safe Childline website, or talk to a trusted adult.

PLAY ▶

NEXT ▶

TOPIC 2

GETTING

INTO TROUBLE



WARM UP: ANSWERS

Did you find all 10 differences?



HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE

TOPIC 3 **STAYING SAFE ONLINE**

Next week you will learn about staying safe online so you can keep safe online.
Bye for now!



TOPIC 2

ADULTS,

DRUGS & CRIME

WHAT WILL I LEARN?



- What **CHILD CRIMINAL EXPLOITATION** is.
- What **COUNTY LINES** is.
- What being exploited is like.
- How people being exploited can get help.

WHAT WILL I NEED?



Pen or pencil



Laptop or phone



30-50 minutes



Blank paper



Earphones?



Open eyes!

GO ▶

TOPIC 2

ADULTS,

DRUGS & CRIME

WARM UP

Can you remember the missing word from the definition of CHILD CRIMINAL EXPLOITATION:

Criminal taking advantage of children by coercing, _____, manipulating or deceiving them to commit crime.

Can you pick the right definitions 

THE MISSING WORD...

CONTROLLING

ABUSE

INFORMATION

CATFISHING

TOPIC 2

ADULTS,

DRUGS & CRIME



You got it right!

CCE IS...

Criminal taking advantage of children by coercing, controlling, manipulating or deceiving them to commit crime.

Thank you, next 

TOPIC 2

ADULTS,

DRUGS & CRIME

X

Not quite!

The right answer 

CCE IS...

Criminal taking advantage of children by coercing, controlling, manipulating or deceiving them to commit crime.

Thank you, next 

TOPIC 2

ADULTS,

DRUGS & CRIME

X

Not quite!

The right answer 

CCE IS...

Criminal taking advantage of children by coercing, controlling, manipulating or deceiving them to commit crime.

Thank you, next 

TOPIC 2

ADULTS,

DRUGS & CRIME



Not quite!

The right answer 

CCE IS...

Criminal taking advantage of children by coercing, controlling, manipulating or deceiving them to commit crime.

Thank you, next 

TOPIC 2

ADULTS,

DRUGS & CRIME

WARM UP

Can you remember the missing word from the definition of COUNTY LINES:

Criminal coerce or deceive children or vulnerable people into _____ controlled drugs across the country.

Can you pick the right definitions 

THE MISSING WORD...

CONSUMING

EXPLOITING

TRANSPORTING

GROOMING

TOPIC 2

ADULTS,

DRUGS & CRIME

X

Not quite!

The right answer 

COUNTY LINES IS...

Criminal coerce or deceive children or vulnerable people into transporting controlled drugs across the country.

Thank you, next 

TOPIC 2

ADULTS,

DRUGS & CRIME

X

Not quite!

The right answer 

COUNTY LINES IS...

Criminal coerce or deceive children or vulnerable people into transporting controlled drugs across the country.

Thank you, next 

TOPIC 2

ADULTS,

DRUGS & CRIME



You got it right!

COUNTY LINES IS...

Criminal coerce or deceive children or vulnerable people into transporting controlled drugs across the country.

Thank you, next 

TOPIC 2

ADULTS,

DRUGS & CRIME

X

Not quite!

The right answer 

COUNTY LINES IS...

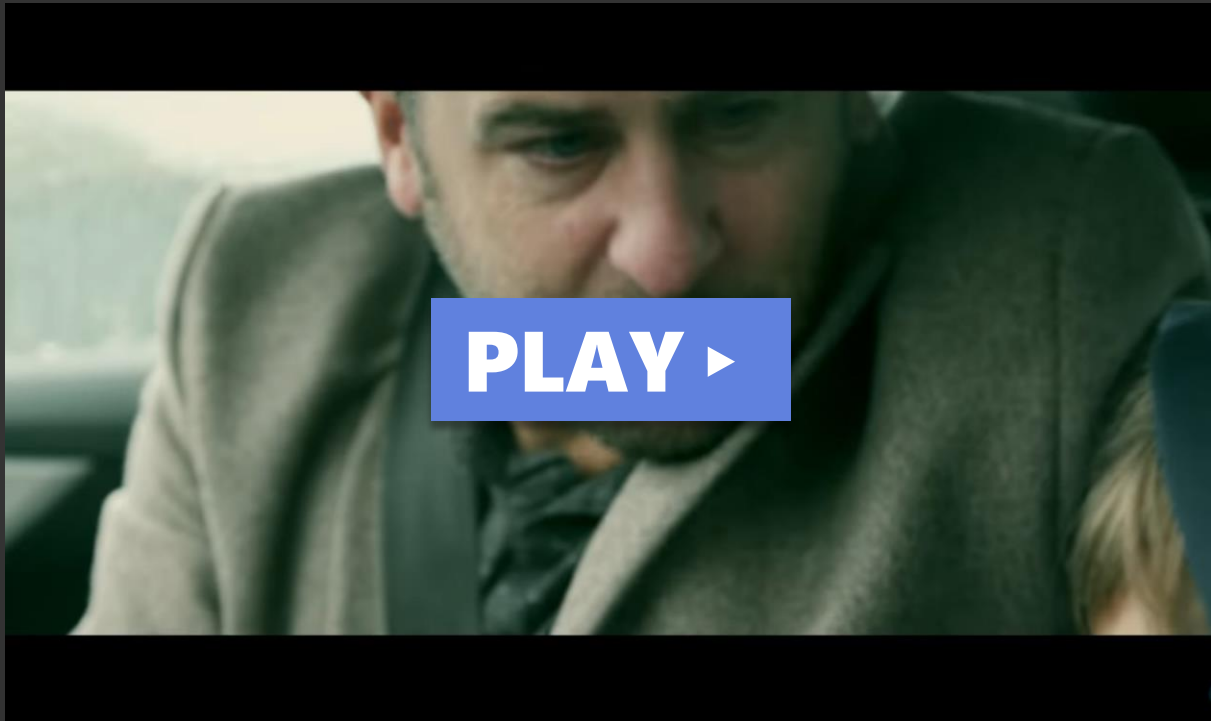
Criminal coerce or deceive children or vulnerable people into transporting controlled drugs across the country.

Thank you, next 

TOPIC 2

ADULTS,

DRUGS & CRIME



A REAL STORY

Anyone can be a victim of CCE. Anyone can exploit a child.

👉 Watch Alfie's story – based on things that really happened to young people, mostly in the Hull, East Riding, North and North East Lincolnshire area.

Based on home learning by:

NOT IN OUR COMMUNITY **PROTECTING OUR FRIENDS AGAINST GROOMING**



TOPIC 2

ADULTS,

DRUGS & CRIME

THINGS TO THINK ABOUT

If you want, write down your answers on a piece of paper. [Need a hint on the answers?](#)

- 1) **How did Alfie's story make you feel?** Do you think things like this happen where you live? Do you feel Alfie deserves what is happening to him?
- 2) **What do you think happened to Alfie? Why did Dave say he was out the family?** What did Alex mean when he said that being given his electronic tag had given him his freedom back?

Based on home learning by:

NOT IN OUR COMMUNITY **PROTECTING OUR FRIENDS AGAINST GROOMING**

NEXT 

TOPIC 2

ADULTS,

DRUGS & CRIME



THINGS TO THINK ABOUT

3) We see Alfie forced to deal drugs from a house. What do you think was happening with the man whose house it was?

4) What do you think was happening with the young girl in the house?

Based on home learning by:

NOT IN OUR COMMUNITY **PROTECTING OUR FRIENDS AGAINST GROOMING**



TOPIC 2

ADULTS,

DRUGS & CRIME

TIME FOR A BREAK!

5 MINUTES

Go have a 5 minute break!
Dance and shake your arms & legs!
Go to the toilet!
Or, get a drink!

I'M READY ▶

TOPIC 2

ADULTS,

DRUGS & CRIME



THINGS TO THINK ABOUT

- 5) How did Dave control and trap Alfie to continue to work for him?
- 6) Did you notice any similarities between the time Alfie was robbed and when he was beaten up?

Based on home learning by:

NOT IN OUR COMMUNITY **PROTECTING OUR FRIENDS AGAINST GROOMING**



TOPIC 2

ADULTS,

DRUGS & CRIME

THINGS TO THINK ABOUT

If you want, write down your answers on a piece of paper.

7) What do you think Alfie should do next?

8) What would you do if you or someone you know was at risk of being exploited?

Based on home learning by:

NOT IN OUR COMMUNITY **PROTECTING OUR FRIENDS AGAINST GROOMING**

NEXT →

TOPIC 2

ADULTS,

DRUGS & CRIME



If you're under 18 you can contact Childline for advice and support. You can call or chat online.



SafeCall can listen and offer you support. It's a non-judgemental and confidential service.



Report it to the police. They can help keep you safe through referrals and investigating crimes.

GETTING HELP

Help is out there – whether to find you somewhere safe to stay or stop someone from exploiting you.

If you know someone who is being exploited, make sure to tell a trusted adult.

NEXT →

TOPIC 2

ADULTS,

DRUGS & CRIME

TODAY YOU LEARNT:

- What **CHILD CRIMINAL EXPLOITATION** is.
- What **COUNTY LINES** is.
- What being exploited is like.
- How to **GET HELP** when being exploited.

Want to learn more?

NOT IN OUR COMMUNITY PROTECTING OUR FRIENDS AGAINST GROOMING



COOLDOWN

This might have been an intense session.

Take some time to play “Up To You” and play your way through life’s tricky situations.

PLAY ▶

NEXT ▶

HOW DO I KEEP SAFE? AT HOME, ONLINE & OUTSIDE

TOPIC 3 NUDES & CATFISH

Next week you will learn about adults, drugs & crime so you can keep safe outside.
Bye for now!



HOW DO I KEEP SAFE? AT HOME, ONLINE & OUTSIDE

WHAT IS THIS? An interactive booklet on families and domestic abuse that your local police force, Humberside Police, want children and families to know more about so they can stay safe in the future. This has been made as part of Operation Galaxy.

OP GALAXY? An operation by Humberside Police to reduce crime & anti social behaviour, protect vulnerable people and tackle some big problems like the topics below.

HOW WILL THIS WORK? Over 4 weeks in June we will be sending an interactive booklet just like this out to schools to include as part of their home education plans for children still at home, or as part of their classroom learning for those who have returned to school. Each booklet directs children to trusted online resources that can explain more about the topic. The resources and language in each booklet is tailored to the age of the child (primary or secondary school), but you should scan through the booklets and resources so you know they are right for your child. *Click each topic below to read more about them online.*

TOPIC 1: DOMESTIC ABUSE

TOPIC 2: CCE (CHILD CRIMINAL EXPLOITATION)

TOPIC 3: ONLINE SAFETY

TOPIC 4: CSE (CHILD SEXUAL EXPLOITATION)