

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

I GO TO
**PRIMARY
SCHOOL**

BEGIN 

I GO TO
**SECONDARY
SCHOOL**

BEGIN 

I AM A
PARENT OR
TEACHER

BEGIN 

This booklet is an introduction to 4 topics we will explore more in lessons to come!

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

PRIMARY SCHOOL



Hello! This booklet has been made by your local police force to let you know about how to stay safe at home, online & outside. Over the next 4 weeks we will send out more booklets so you can learn about each topic.

This week we will start by learning some important words in each topic!

GO ▶

HOW DO I KEEP SAFE?

AT HOME, ONLINE & OUTSIDE

TOPIC 1
FAMILIES &
FRIENDS



TOPIC 2
GETTING INTO
TROUBLE

TOPIC 3
STAYING SAFE
ONLINE

TOPIC 4
SAFE
RELATIONSHIPS

TOPIC 1

FAMILIES

& FRIENDS



Next topic: Getting into trouble

WORDS YOU NEED TO KNOW



A **FAMILY** is a group of people related to each other. People can be related in lots of ways, such as a mum giving birth to a child, or two people getting married, or someone being adopted or fostered.



A **FRIEND** is someone you like and trust. They are someone you spend time with and have fun with. They usually are someone who lives in a different family.



ABUSE is when someone hurts your body or feelings on purpose. Some children or their family are abused at home. Abuse can include punching, saying nasty things, and touching people's private parts.

TOPIC 2

GETTING

INTO TROUBLE



Next topic: Staying safe online



WORDS YOU NEED TO KNOW



The **LAW** is a set of rules everyone in an area has to follow. If people do not follow the law they may be punished. The law is made by Parliament - a group of people who are voted for in elections.



An **OFFENCE** happens when you break the law. You may also know this as a crime. A person who has broken the law is called a **CRIMINAL**. Some criminals make children break the law for them.



The **POLICE** are the people who find out if an offence has happened by talking to people and collecting evidence. They also prevent crime by giving advice, and protect people by stopping criminals.

TOPIC 3

STAYING

SAFE ONLINE

WORDS YOU NEED TO KNOW



Facts about you is called **PERSONAL INFORMATION**. This includes facts like your age, your address, and your school. You need to be careful what personal information you tell people online.



SOCIAL MEDIA is what we call websites and apps where you can meet, share things with and talk to other people. Always speak to a trusted adult before downloading an app or making a profile.



Some people lie about who they really are online, and pretend to be someone else. These are called **CATFISH**. Only **FRIEND** or **FOLLOW** family and friends you know in real life, not strangers.

Next topic: Safe relationships

TOPIC 4

SAFE

RELATIONSHIPS

WORDS YOU NEED TO KNOW



RELATIONSHIPS are close bonds between people who trust and love each other. People in relationships are honest to each other and show each other respect.



SAFE TOUCH is where a family member or friend touches you to show affection, like a handshake.
UNSAFE TOUCH is where someone touches your private parts & makes them hurt or makes you upset.



Unsafe touch is **ABUSE** because it is hurting your body or feelings. If unsafe touching happens to you, or you are made to touch someone else's private parts, tell a trusted adult.

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

TOPIC 1 FAMILIES & FRIENDS

Next week you will learn about families and friends so you can keep safe at home.
Bye for now!



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

SECONDARY SCHOOL



Hello! This booklet has been made by your local police force to let you know about how to stay safe at home, online & outside. Over the next 4 weeks we will send out more booklets so you can learn about each topic.

This week we will start by learning some important words in each topic!

GO ▶

HOW DO I KEEP SAFE?

AT HOME, ONLINE & OUTSIDE

**TOPIC 1
DOMESTIC
ABUSE**



**TOPIC 2
ADULTS,
DRUGS & CRIME**

**TOPIC 3
NUDES
& CATFISH**

**TOPIC 4
SEX &
GROOMING**

TOPIC 1

DOMESTIC

ABUSE



Next topic: Adults, drugs & crime

WORDS YOU NEED TO KNOW



DOMESTIC ABUSE is any kind of controlling, bullying, threatening or violent behavior between close family members, people in a relationship or people who used to be in a relationship.



Domestic abuse isn't just about violence. **COERCIVE CONTROL** is an act or pattern of acts used to harm, punish, frighten and intimidate the victim. This can include manipulating or monitoring you.



Abuse can also be **PHYSICAL** (hurt someone's body), **EMOTIONAL** (attacking self-esteem & emotions), and **SEXUAL** (hurtful sexual acts). This is done to get or keep **POWER** and **CONTROL** over the victim.

TOPIC 2

ADULTS,

DRUGS & CRIME

WORDS YOU NEED TO KNOW



The **LAW** is a set of rules everyone in the country has to follow. If people break the law they commit an **OFFENCE**, which you may know as a crime. A person who breaks the law is called a **CRIMINAL**.



Some criminals take advantage of children by coercing, controlling, manipulating or deceiving them to commit crime, like drug dealing or burglary. This is known as **CHILD CRIMINAL EXPLOITATION**.



COUNTY LINES is when criminal gangs coerce or deceive children or vulnerable people into transporting **CONTROLLED DRUGS**, like cannabis, across the country.

Next topic: Nudes & catfish

TOPIC 3

NUDES

& CATFISH

WORDS YOU NEED TO KNOW



Social media is great, but take care with your **PERSONAL INFORMATION**. Personal information is any fact or piece of data that can identify a single person, e.g. your age, address or email.



For people under 18, **NUDES** are not just naked photos, they are also "**INDECENT IMAGES**". It is a crime to take and share naked pictures of children under 18, even if they are of yourself.



A **CATFISH** is someone using a fake identity, normally on social media sites, to deceive other people. They often seek to abuse children (e.g. by getting them to send nudes) or commit fraud.

Next topic: Sex & grooming

TOPIC 4

SEX

& GROOMING



WORDS YOU NEED TO KNOW



GROOMING is when someone builds a relationship with a child, online or in person, to gain their trust & emotional connection. This might involve gifts such as food, money, alcohol, drugs or clothes.



Some grooming takes the form of **ROMANTIC RELATIONSHIPS**. A sign of this might be that someone has a much older, even adult, partner. The relationship is used to **EXPLOIT** the child.



CHILD SEXUAL EXPLOITATION is where deception, violence or coercion is used to make children perform sexual activities. This can be by peers, adults or criminal gangs.

Next week!

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

TOPIC 1 **DOMESTIC ABUSE**

Next week you will learn about domestic abuse so you can keep safe at home.
Bye for now!



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

WHAT IS THIS? An interactive booklet introducing topics 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)