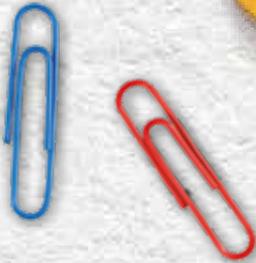




BeeSafe Participant

Workbook



**An educational toolkit to raise awareness of safety issues
associated with transition to post-primary education**



Hey everyone, welcome to BeeSafe!

**We hope you enjoy learning all
about safety in the world around you.**

The topics have been chosen as they are relevant to your everyday life as well as helping to prepare you for the move onto secondary school. Many of you will be taking on more responsibility for your behaviour in a grown-up world. You will also be meeting lots of new people and becoming more independent.

These resources have been designed to inform you and help you make positive decisions to keep yourself and those around you safe. Don't forget to share the learning - why not go home and challenge those you live with on their safety knowledge.

NOTE TO TEACHERS:

This workbook is designed to accompany a suite of 7 videos produced collaboratively by PCSPs across Northern Ireland, and should be used in conjunction with delivery of the video content to the children to reinforce the key safety messages and learning contained within.





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<p>The following topics have been included as they contain important information for young people, however there are no accompanying videos.</p>		
8	Drugs and Alcohol	38
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1

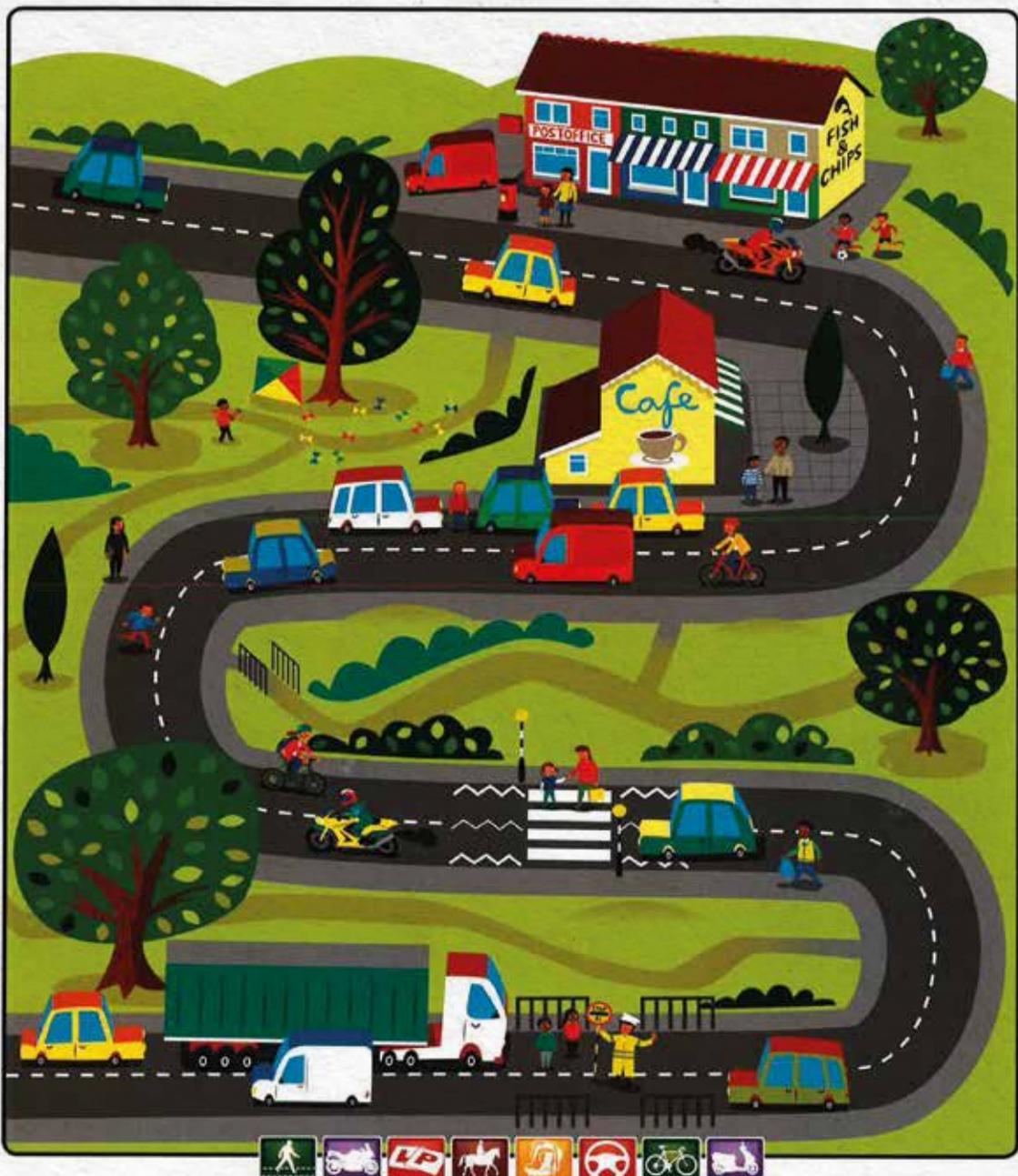
Road Safety



As you move onto secondary school you will probably be spending more time travelling to and from school and therefore on the roads. The video provided you with some top road safety advice which will be tested in the quiz at the end of this topic. But before you complete the quiz we have some fun exercises for you to work on which will help reinforce the important messages to keep you safe while out on the roads.

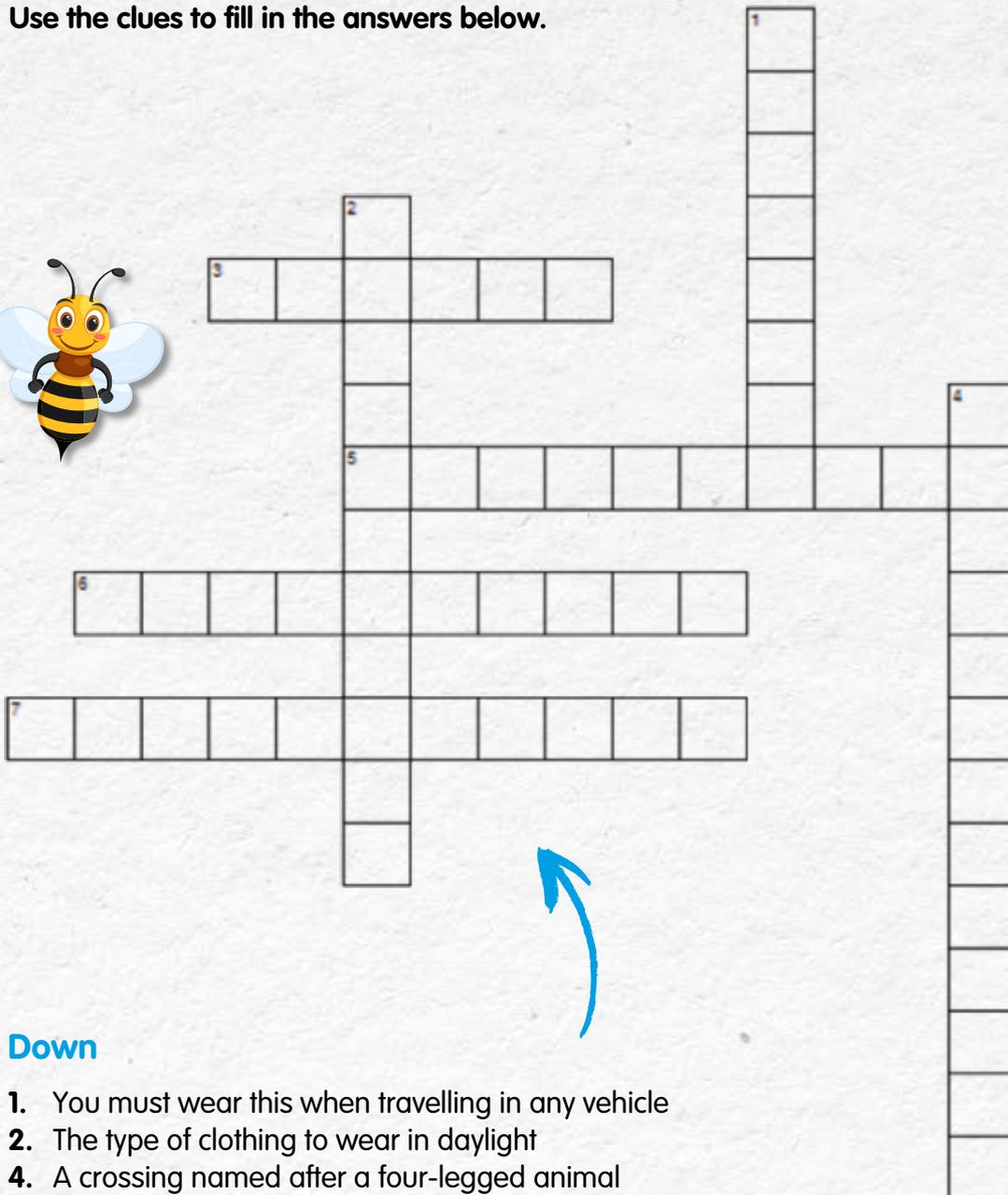
Spot the Hazards

Circle each of the dangerous actions of pedestrians on or near the road.



Road Safety Crossword

Use the clues to fill in the answers below.



Down

1. You must wear this when travelling in any vehicle
2. The type of clothing to wear in daylight
4. A crossing named after a four-legged animal

Across

3. This is worn to protect you when cycling
5. The type of clothing to wear at night
6. A person walking rather than using a vehicle
7. A dangerous device to use when driving



Road Sense Wordsearch

G	H	Y	I	G	R	O	A	D	S	I	G	N	S	E
C	L	P	A	A	S	E	A	T	B	E	L	T	E	F
B	Y	A	T	S	A	S	E	Y	K	D	B	D	F	O
H	O	C	T	A	I	K	E	R	B	N	E	I	L	O
P	R	O	L	F	R	L	E	I	D	U	P	S	U	T
F	E	O	S	E	R	D	A	N	G	E	R	T	O	P
F	F	D	C	T	P	T	Y	R	D	I	G	R	R	A
O	L	P	E	Y	E	A	I	S	O	N	H	A	E	T
U	E	D	S	S	R	R	T	T	E	H	R	C	S	H
B	C	N	R	O	T	B	S	H	L	R	A	T	C	R
A	T	E	M	I	P	R	S	E	O	H	S	I	E	I
I	I	D	G	A	V	P	I	R	A	E	W	O	N	N
E	V	F	J	D	I	E	P	A	I	T	T	N	T	M
N	E	S	G	O	R	R	R	N	N	A	G	S	L	R
T	R	A	F	F	I	C	L	I	G	H	T	S	U	T

Can you find these words?

BOOSTER
SEAT
FLUORESCENT
ROAD SIGNS
CYCLE PATH
FOOTPATH
SAFETY
DANGER
KERB
SEATBELT
DISTRACTIONS
PEDESTRIAN
TRAFFIC LIGHTS
DRIVER
REFLECTIVE



Colour Clothes Brightly Colouring Sheet

Colour the clothes of these children in bright colours so they can be seen easily during the day. Add reflective strips to help them be visible at night.



Day time



Night time



Road Safety Quiz



1. If an Emergency Services vehicle is driving with blue lights on what should the following road users do?

Pedestrians

Drivers

Cyclists.....

2. How do booster seats in cars help keep children safe?

.....

3. At what height do you no longer need to use a booster seat?

.....cm

4. List three checks you can do to make sure your bike is safe.

1.

2.

3.

5. Why do we wear helmets when riding a bike?

.....

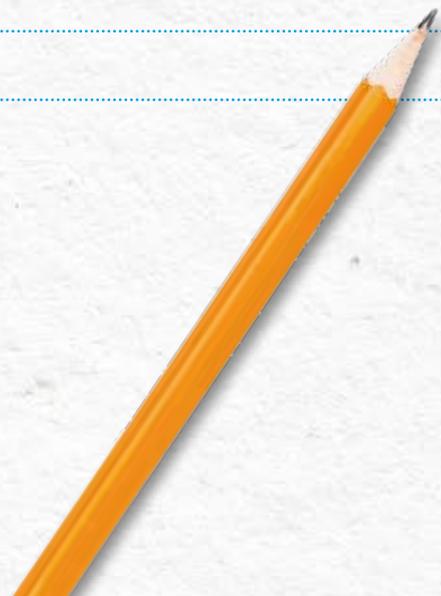
6. Name four actions you can take to ensure you cross a road safely.

1.

2.

3.

4.



2 Fire Safety

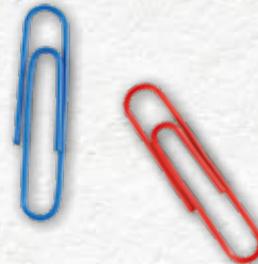


Now that you have watched the video, we have a few activities for you to complete to help you remember the important fire safety tips covered in the video. Complete the quiz at the end to test your knowledge of how to prevent a fire in the home and what you should do in the event of a fire.

Fire Safety Tips

If a fire starts, remember to:

- 1 Raise the alarm - call 999.
- 2 Get yourself and others out.
- 3 Call the Fire & Rescue Service out.
- 4 Stay out.



However, there are things you can do to safeguard your family, yourself and your home.

Fit a Smoke Alarm

FACT - Smoke alarms are proven lifesavers. In almost every case where life has been lost in a house fire, there was either no smoke alarm or it had not been maintained. So get a smoke alarm - fit it properly - and test it every Monday.

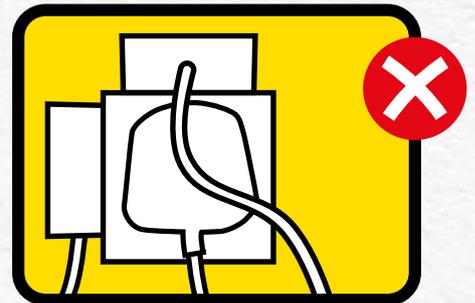
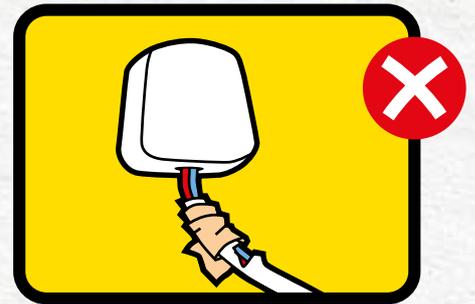
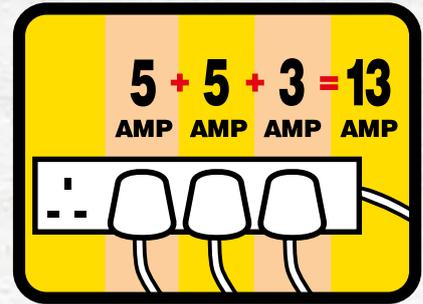
Night Time Check

FACT - Most house fires start at night. Make sure your home is as safe as you can make it. Take a minute to carry out a night-time routine - and stick to it.

- Take out plugs.
- Put a guard on open fires.
- Empty ashtrays.
- Close internal doors.
- Move clothes, curtains, papers, etc. away from heaters.

Plugs and Cables

- Check the maximum amps that the fuse in the plug can handle.
- If you have to use an adaptor use one which has a fuse and keep the total output to no more than 13 amps. Watch out! A single kettle uses 13 amps alone.
- Don't put cables under carpets or mats.
- Check for signs of loose wiring and faulty plugs or sockets such as scorch marks or flickering lights.
- Replace any worn or taped-up cables and leads.
- Don't overload sockets - use one plug in each socket.



Unplug electrical appliances if you are not using them.



If Escape Routes are Blocked...

See below 4 Steps you should take if escape routes in a building are blocked.

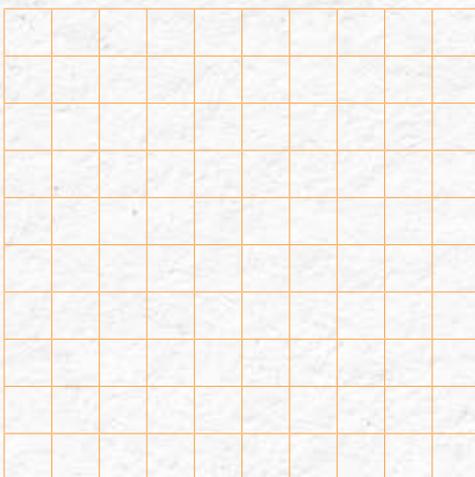
1. If you can't open the window - break the glass in the bottom corner. Make jagged edges safe with a towel or blanket. **2.** If you're on the ground or first floor go out of a window. Use bedding to cushion your fall and lower yourself. Don't jump! **3.** If you can't get out, get everyone into one room, preferably with a window and a phone. Put bedding around the door to block smoke and call 999. **4.** If you get out call 999 as soon as you are clear of the building. Use a mobile or a neighbour's phone.

Plan Ahead

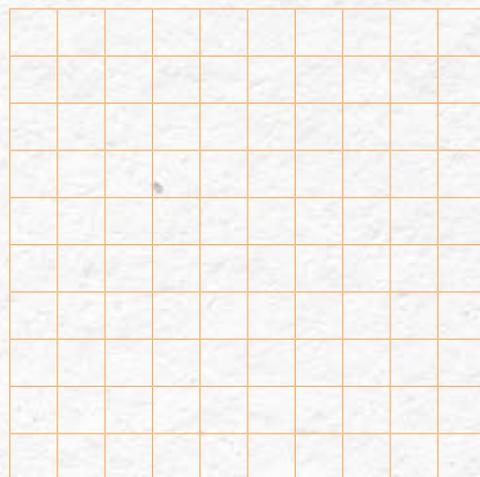
- Make sure all your family know what to do in a fire and how to escape safely.
- Plan your escape routes and keep your exits clear.
- Keep door and window keys handy.
- Close all doors. By shutting doors you can keep your route free from fire. This is particularly important in homes where you would not be able to escape from a window, for example if you live in a tall house (3 storeys and above) or a high-rise flat.

Task:

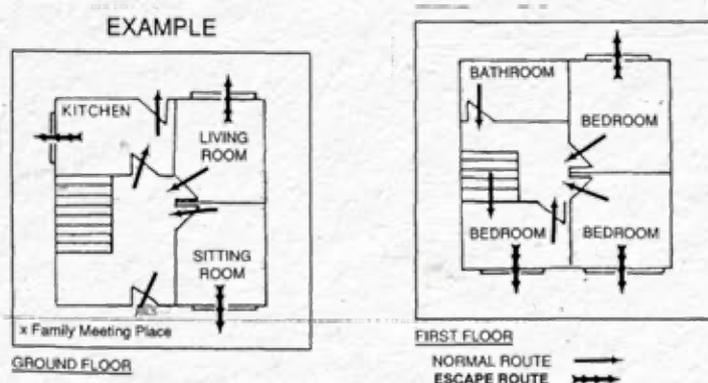
Devise an Escape Plan for your house. If your house doesn't have 2 storeys just use 'Ground Floor' grid below. If your house has more than 2 storeys add more grids in space below.



Ground floor (please see the example below)



First floor (upstairs)



Candle and Pan Safety

Treat lighted candles as you would any other flame.

- Don't leave them unattended.
- Put them out completely at night.
- Keep candles away from anything that can catch fire like furnishings, fabrics, curtains and so on.
- Candles and tea lights can melt plastic surfaces like the tops of televisions and bath tubs. Make sure you always place them on a heat resistant surface.



It only takes a moment's distraction for a fire to start - keep candles out of reach of children and pets.

What if a pan catches fire?

Don't take risks. Get everyone out of your home and call the Fire and Rescue Service.

- Turn off the heat if it's safe to do so. Don't move the pan.
- Never throw water over the pan.



IF THERE'S A FIRE...

**GET OUT,
STAY OUT
& CALL 999**

Don't take risks - there is no such thing as a safe fire. It's better for you to prevent fire than to fight it. Tackling fire is a job best left to professional firefighters.

Fire Safety Quiz

1. What is the STOP message you should apply with Fire Safety?

S

T

O

P

2. A) Why should you not make a hoax call to Emergency Fire Services?

.....

B) Can your phone number be traced if you do make a hoax call?

.....

3. Could you get in trouble if you set a fire alarm off in school as a prank?

.....

4. What age do you become 'responsible/accountable' in the eyes of the law?

Circle the correct answer: 10yrs old 16yrs old 18yrs old

5. Can Firefighters get burnt in uniform? Explain your answer.

.....

.....

6. List what you should include in a Fire Plan at home.

.....

.....



3 Internet Safety

We hope you have learned something new from the video on Internet safety. In the next few pages we have some activities for you to complete which also give good advice on how to keep safe while using the internet. Test yourself to see how much you know about internet safety by completing the quiz at the end of this section.

Stay Safe Online



List 5 ways to stay safe on line.

1

.....

2

.....

3

.....

4

.....

5

.....



Internet Safety Wordsearch

N	P	T	L	L	O	R	T	T	W
S	C	S	S	A	F	E	T	Y	V
G	D	D	F	M	F	J	D	C	V
N	R	R	N	S	A	E	D	A	I
I	E	O	L	P	C	E	N	V	R
T	T	W	I	A	E	Z	E	I	U
T	T	S	Q	M	B	V	I	R	S
E	I	S	D	P	O	T	R	P	D
S	W	A	S	A	O	O	F	K	U
J	T	P	Y	A	K	U	U	P	T

Can you find these safety words?

SETTINGS
SAFETY
TWITTER
PASSWORDS
FRIEND

SPAM
PRIVACY
FACEBOOK
TROLL
VIRUS



Cyberbullying - True or False?



Do you have a mobile phone, access to the internet or a social network page? If so, how much do you know about cyberbullying? Would you know what to do if it happened to you?



True or False? Take the Test

T F ?

1. Bullying is really just a punching and kicking thing. Sending nasty messages, making people feel small or leaving them out of a group never actually hurts anyone.
2. Bullies will often use any method they can to upset, hurt or get to their victims.
3. Nasty texts, emails and messages on social networks are big favourites of bullies.
4. Texts and emails don't leave any kind of digital trail. There is no way to find out who sent them.
5. There are laws that can be used to prosecute people who send or post nasty messages – by text or online.
6. Even if you send nasty or horrible messages, the law says your phone or broadband provider cannot disconnect you.
7. There is nothing that can be done about bullying online. You just have to put up with it.
8. Everything that you read on the internet is true.
9. Never give out personal information online (e.g. your name, address, school and age). You don't know who you are talking to or how the information will be used.
10. If you see something online that bothers you, tell an adult and ask them to report it by clicking on the report abuse button on the internet page.
11. If you are being bullied, the best thing is to keep it to yourself. Don't bother telling an adult that you trust.
12. Sometimes just switching off your phone and computer can be a big help. Bullies like to know that their nastiness has been seen and read.
13. If you find yourself under pressure to do something that you don't want to, it's important just to give in and go along with the crowd.
14. It's important to think about who you could turn to if you needed help with any kind of problem. Everyone needs a 'support network'.
15. Bullying is a serious problem. Schools, the Police, internet and phone providers all have ways of dealing with it. Asking for help is the first step.

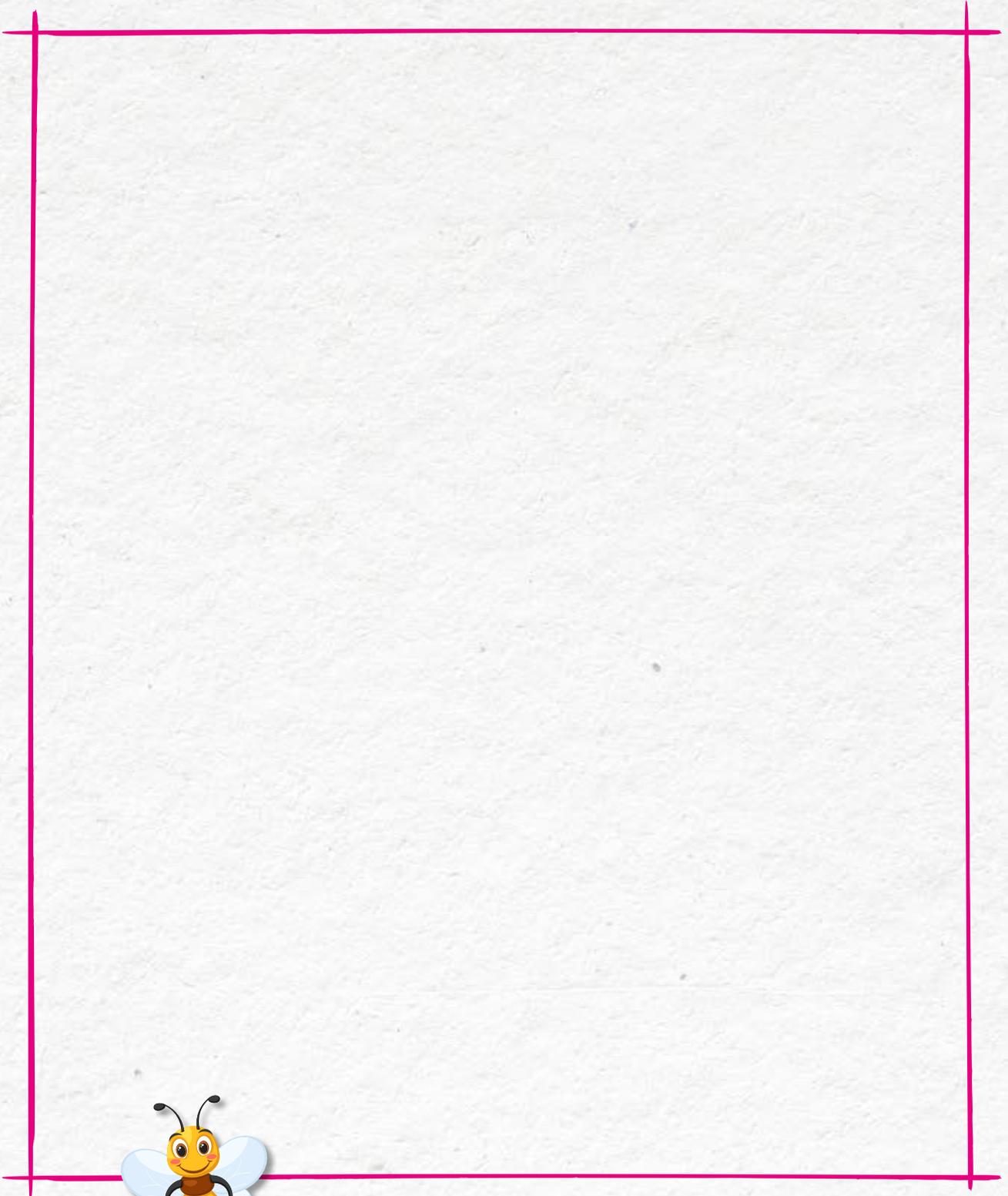


Discuss your answers with your group before you mark them.

Design an Internet Safety Super Hero

Things to remember:

- Give them a name.
- On your drawing label the Super Hero's various super powers.
- Write a strapline they say every time they help out with internet safety.
- Include internet safety messages on their body/clothing.



Internet Safety Quiz

1. When Gaming online should I accept a 'Friend Request' from someone I think I know?

.....

2. Should you click on a link that a Gaming website asks you to?

.....

3. What is minimum age for using the following Social Media platforms?

WhatsApp Youtube

4. How long can videos/images you post online stay online?

.....

5. Who might be able to see images/videos you post online?

.....

6. How quickly can images/videos you post online be shared with anyone you know or even don't know?

.....

7. Who can you talk to if you have a bad feeling about something you have shared or seen online?

.....

.....

8. Should you have the same password for all your online accounts?

.....

9. List three things you can do if you experience Online (Cyber) Bullying:

1.

2.

3.



4

Home Safety



As we all spend lots of time at home, understanding and practising Home Safety is very valuable. In the next few pages there is some more information alongside what you will have heard in the video and if you think you know all about Home Safety why not check your knowledge by completing the quiz at the end of this section.

Home Safety Wordsearch

D	A	N	G	E	R	S	O	N	O	F	T	D	E	Q	P	T	I	D	S
Q	Z	M	N	G	A	P	L	S	G	E	N	I	L	O	P	M	A	R	T
H	B	A	T	H	U	O	U	M	J	H	N	D	F	G	J	L	R	E	D
V	N	C	G	D	G	K	J	G	I	U	P	M	A	L	K	V	H	D	S
C	S	D	H	G	H	H	C	L	A	C	E	P	L	D	I	G	H	W	Q
H	Q	W	A	D	W	T	I	H	I	N	R	L	L	C	F	I	R	E	U
I	F	H	V	I	D	E	H	S	O	K	L	O	U	Q	D	X	Z	A	U
L	A	S	N	R	U	B	N	A	L	K	D	L	W	H	W	O	T	E	Y
D	K	S	A	B	C	E	R	D	Q	U	I	I	O	A	F	D	H	V	C
R	E	D	K	J	O	P	U	A	E	L	K	N	N	V	V	P	E	R	E
E	P	G	D	C	H	E	M	I	C	A	L	S	G	E	T	E	W	J	L
N	I	N	B	W	R	O	D	H	L	K	D	J	H	J	F	T	U	R	G
A	E	R	T	E	A	D	N	E	N	M	R	A	L	A	P	O	H	J	U
S	R	H	J	V	L	D	E	W	Q	S	N	M	I	O	P	A	H	G	M
P	C	Q	R	E	S	W	E	F	Y	O	C	R	O	I	J	S	H	I	N
H	I	L	S	B	G	I	L	S	R	D	A	A	N	C	H	T	L	A	O
I	N	I	A	Z	S	N	E	P	R	E	S	A	L	O	H	E	Y	J	S
W	G	J	F	J	J	C	P	E	Q	S	A	G	Q	D	U	R	T	M	I
D	S	S	E	Q	A	N	H	W	R	Y	U	G	F	W	S	U	E	B	O
S	Q	O	I	L	R	G	N	I	N	W	O	R	D	T	Q	E	V	S	P

Can you find these safety words?

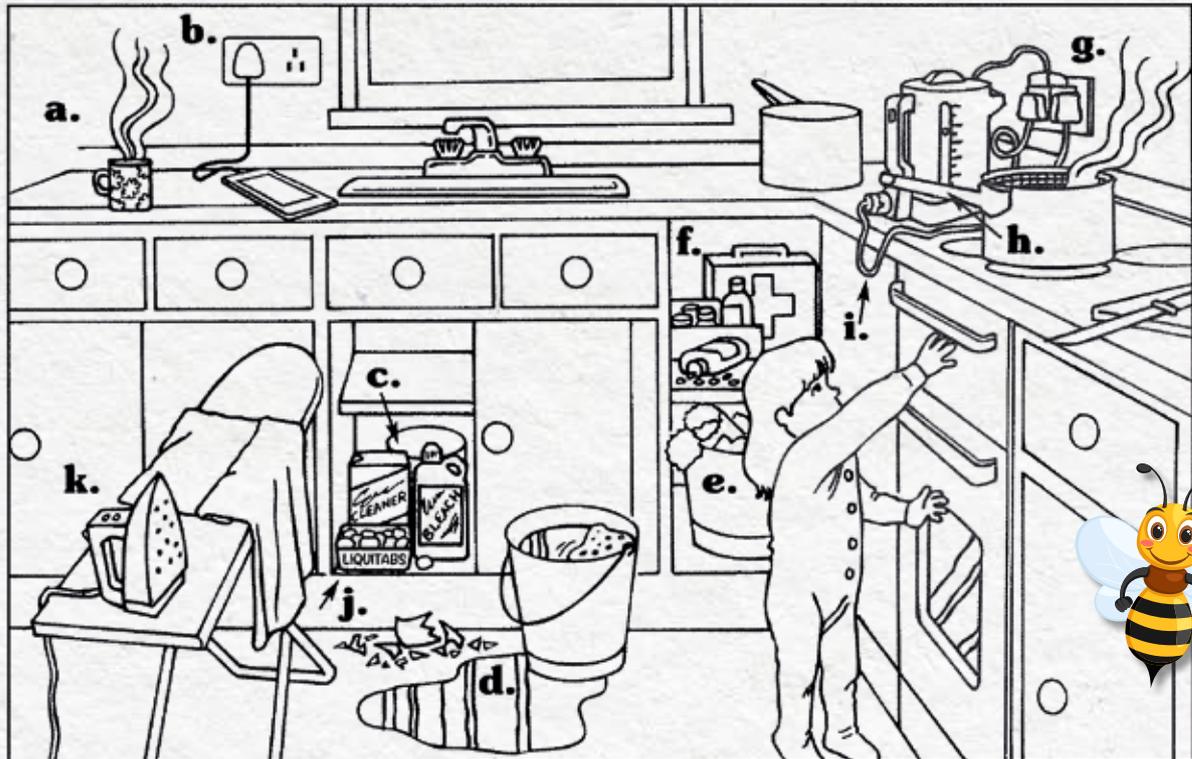
FALL
POISON
FIRE
LASER PENS
BATH
FAKE PIERCING

BURNS
TRAMPOLINE
ALARM
CHOKING
TOASTER
SAFE

SCALDS
CHEMICALS
DROWNING
DANGERS
MICROWAVE
CHILDREN

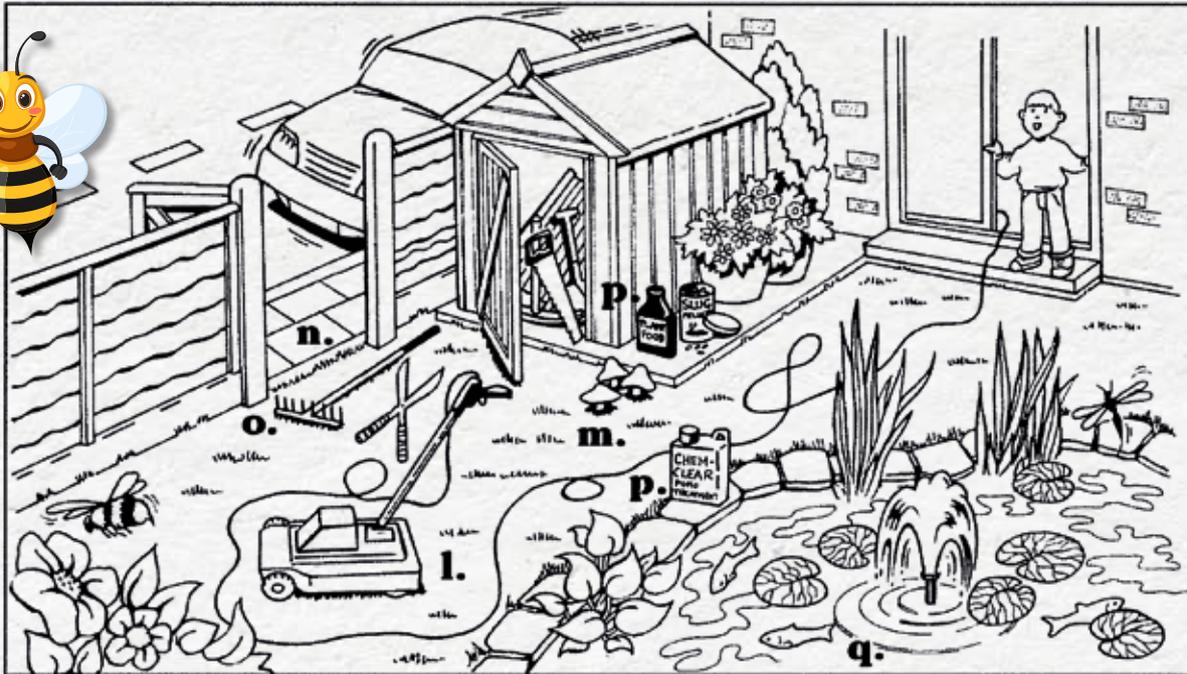
Accidents waiting to happen

Every year lots of people have accidents in their own homes. Hospital casualty departments treat thousands of people who have fallen, been burned, or poisoned themselves right on their own doorstep! With a little care, many accidents could be prevented. Take a look at the pictures below and opposite. Can you match each danger (a-q) to the correct sentence box?



1. Hot drinks too close to the edge could spill and burn.		8. Never leave chemicals where children can reach them.	
2. Do not overload plug sockets.		9. Small children may be attracted to liquid detergent capsules. Store them out of reach to avoid poisoning and eye injuries.	
3. Don't leave hot irons unattended or wires trailing.			
4. Broken glass and pools of water could cause falls and cuts.		10. Do not leave phones or other electrical devices unattended when charging. Do not leave them charging overnight. Do not rest them on surfaces which may burn whilst they are charging.	
5. Keep medicines locked away in a childproof box and locked away in a high cupboard.			
6. Never leave pan handles sticking out.		11. Do not let kettle flexes dangle over the edge of worktops. They could be pulled or get caught up, leading to a dangerous spillage.	
7. Beware sharp edges and dangerous rubbish.			

Accidents waiting to happen

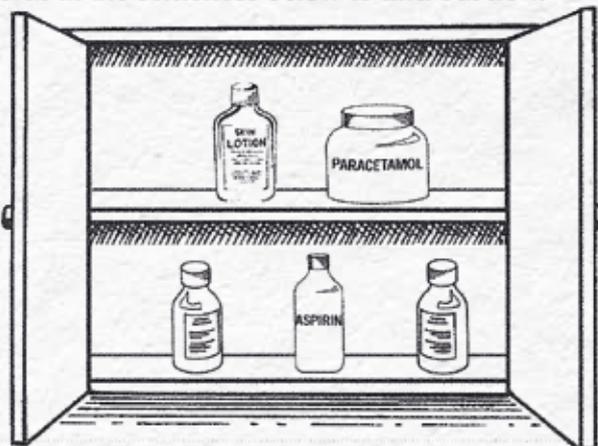


<p>12. Do not allow electric mower wires to tangle. You may mow over them and get an electric shock.</p>		<p>15. Always put gardening tools away when you have finished with them.</p>	
<p>13. Beware! Some plants and fungi are poisonous.</p>		<p>16. Small children can drown in very shallow water. Keep ponds covered.</p>	
<p>14. Keep garden gates closed. Do not let small children wander on to the road.</p>		<p>17. Keep all garden chemicals and tools locked away where children can't reach them.</p>	

Safely Stored

If you take a look around your home, you will probably find things such as headache tablets, cough medicines and ointments. All of these things contain drugs and must be used and stored correctly. Fill in the missing words in the sentences below to find out how.

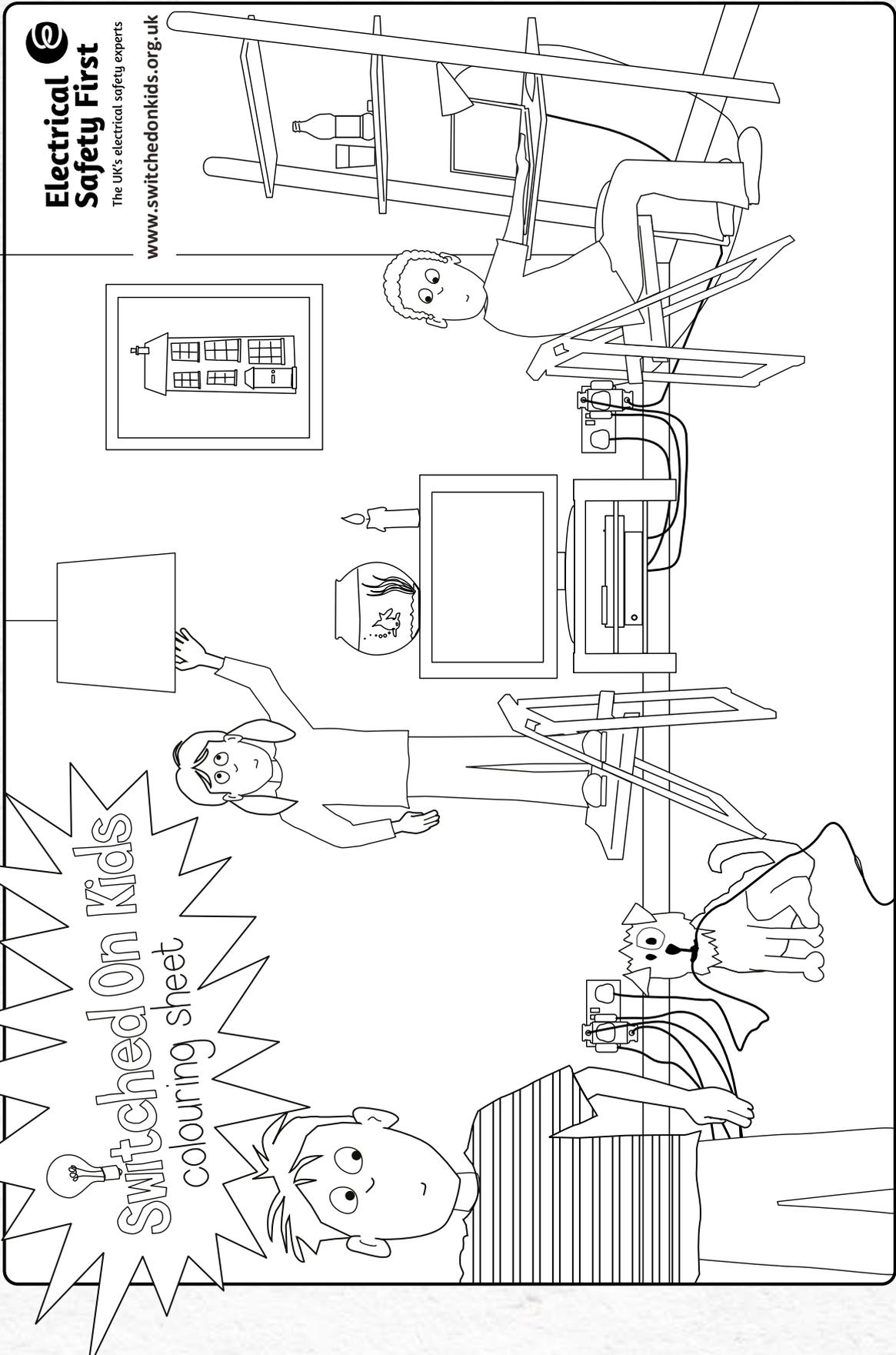
1. Always store medicines out of the reach of small c _____. Lock them away or put them on high s _____.
2. Never take any d _____ unless the adults who care for you say it is safe to do so.
3. Always keep m _____ in their own bottles or packets. That way you will know what they are and how to use them.



children drugs medicines shelves

Switched on Kids Colouring

Can you spot 8 electrical hazards?



Electrical Safety First

The UK's electrical safety experts

www.switchedonkids.org.uk

Home Safety Quiz

1. How long can some hair straighteners take to cool down completely?

.....

2. How can laser pointers be dangerous? Explain below.

.....

.....

3. What 2 pieces of advice should you follow if you/someone experiences a burn:

1.

2.

4. When should you go to A&E if you get a burn?

.....

.....

5. Is it ok to leave a mobile phone charging overnight? Explain your answer.

.....

.....

6. What should you do if your toast gets stuck in the toaster?

.....

.....

7. Record below 3 pieces of advice you would give someone about using a microwave?

1.

2.

3.





8. Describe how to test how hot bath water is? Give a tip on how to fill a bath making sure it isn't too hot.

.....
.....

9. List 2 things you should do if you/someone experiences a bump on the head and don't feel well. Also note below when you should go to A&E after a head bump.

1.

2.

.....

10. Is it safe to use a phone in the bath/shower? Explain your answer.

.....
.....

11. Why can fake piercings be dangerous?

.....
.....

12. Where should cleaning products be stored in a house that has young children in it?

.....
.....

13. How deep does a bath need to be for a young child to drown?

.....
.....



5

Mental Health

Having good mental health is really important no matter what age you are. There was lots of good advice in the video you have just watched and in the following pages we have included some great activities you can complete that will also help you with your mental health. The quiz at the end will help test your mental health understanding.

What makes me, me?

What are you proud of?	Age	Draw a pic of your favourite food
Adjectives to describe yourself	Picture of yourself	Favourite animal
Favourite colour	Hobbies	Facts about me



Positive Self-Talk Journal

It is important we take time to think about ourselves and what makes us happy and confident. Take a few minutes to complete each sentence below.

I felt good when...

I am proud of myself because...

I like this about myself...

I had fun when...

Something I am grateful for is...

I learned from this mistake...

I feel confident when...

The best part of today was...

A way I can be kind is...

An accomplishment I made this week was...

A good quality I am learning is... e.g. to be patient/helpful



A to Z of Coping Skills



A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE runs, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
i IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
	Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself	

Your Community

Your community is filled with people and places that help you every day. For one week write down the names of each person or place you've visited that has helped you or your family.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.

Wordsearch

Find these community workers or places. Words may be forward, backward, diagonal or vertical.

E	N	O	H	R	R	A	R	O	I	T	F	B
R	A	A	E	C	O	L	E	F	D	E	B	A
O	I	E	T	E	A	C	H	E	R	I	E	K
T	R	E	T	H	G	I	F	E	R	I	F	E
S	A	H	O	N	D	E	N	T	I	S	T	R
Y	N	I	O	T	A	E	E	L	R	H	T	S
R	I	B	U	S	D	R	I	V	E	R	C	E
E	R	E	U	R	P	B	U	R	F	H	C	D
C	E	P	A	R	R	I	O	A	O	I	O	R
O	T	G	A	A	A	Y	T	O	T	C	A	I
R	E	I	R	R	A	C	L	A	T	S	O	P
G	V	Y	I	M	K	L	D	O	L	N	E	E
E	A	O	E	R	H	C	R	U	H	C	S	R

SCHOOL
LIBRARY
GROCERY STORE
PARK
RESTAURANT
POSTAL CARRIER
DOCTOR
MAYOR
VETERINARIAN
CHURCH
FIRE FIGHTER
DENTIST
HOSPITAL
BUS DRIVER
BAKER
GARDENER
TEACHER



Mental Health Quiz

1. List some of the tell-tale signs that someone might be having mental health issues?

.....
.....

2. What helplines can you contact if you are struggling with your mental health?

.....

3. How can adults help support a young person's mental health?

.....
.....

4. Give 3 tips to someone that finds it difficult to talk about their feelings:

1.
2.
3.

5. What are 5 steps that can help improve your mental health and wellbeing:

CO
ST
KEE
TA
GI

6. Who should you talk to if you are struggling with your mental health?

.....



6 Farm Safety



Whether you live on or near a farm it is good to understand how to keep safe there. The video you watched on this topic had plenty of good advice and we have even more good tips on the pages that follow to help keep you and the animals safe on the farm. See how many of the farm safety questions you get right in the quiz at the end of this section.

Farm Machines Danger

In a farmyard, you will see lots of different vehicles and machines. These help the farmer move things around the farm, and carry out hard work like harvesting and ploughing.

These machines are very useful - but they can also be dangerous. Here are some tips for you to remember.

Don't ever ride on a trailer or a tractor - you could fall off and get a bit too close to those big wheels.

Stay away from vehicles and machines even if they are switched off. All the bits and pieces on a machine might look interesting but if you get caught on them, you could get hurt.

A	Y	Q	U	A	D	B	I	K	E	C	T	A
F	A	Z	M	Y	F	A	Q	K	A	O	F	K
M	F	Y	R	R	O	L	C	M	U	M	I	F
C	Y	A	Z	M	Q	E	C	A	J	B	L	T
T	R	A	C	T	O	R	Y	Z	C	I	K	R
L	Q	Z	U	J	A	U	X	E	Y	N	R	A
O	B	E	M	Z	Z	O	N	J	Q	E	O	I
R	C	A	U	A	B	I	U	M	C	F	F	L
R	J	M	Q	E	B	E	A	K	Y	U	K	E
Y	J	U	S	M	F	S	P	R	A	Y	E	R
C	K	R	O	E	C	Y	U	K	Y	A	M	K
K	O	C	M	A	Y	R	E	G	G	I	D	M
H	U	Y	A	K	C	J	A	M	U	C	J	A
E	M	E	F	M	S	P	R	E	A	D	E	R
U	J	P	L	O	U	G	H	Z	E	J	U	F

Here are some pieces of machinery and vehicles that you might find on a farm.

**TRACTOR / DIGGER / QUAD
BIKE / COMBINE / BALER
LORRY / HORSE BOX / TRAILER
JCB / SPREADER / SPRAYER
PLOUGH / FORKLIFT**

Can you cross them off in this wordsearch? The words run up and down, backwards and forwards and diagonally across the grid. One word is repeated twice. Which one?

Signs of Danger



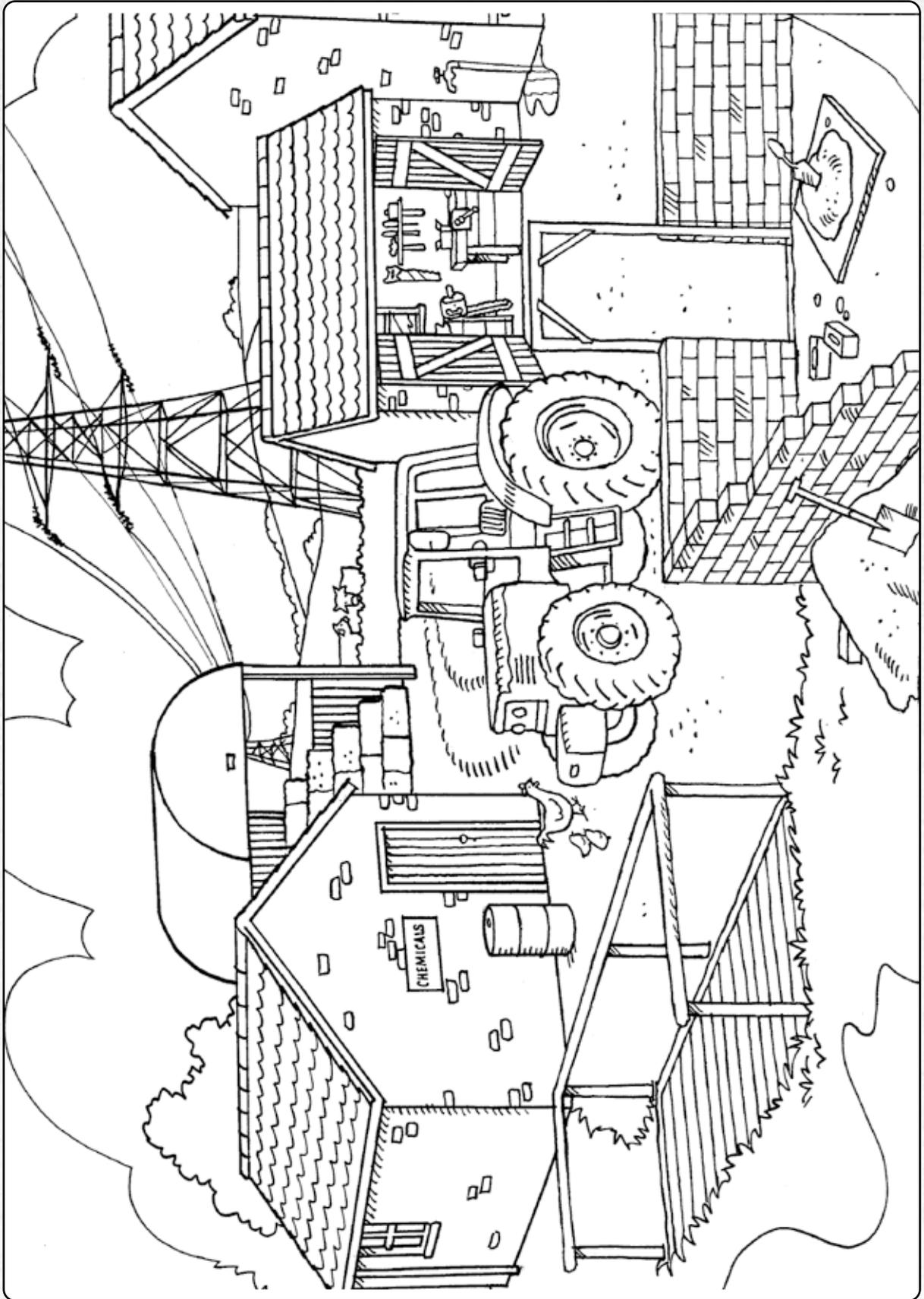
As you walk around the farm, you'll see signs on the walls. Some of these are warning signs that tell you there is a risk of danger. For example, near a hayshed there may be a fire hazard sign. Others will tell you what you must do to protect yourself; you might see a sign that tells you to wash your hands after touching animals.

Match up each sign with its meaning and one place where each sign might be needed. The first one has been done for you.

	Sign meaning	Place where the sign needs to be
	General warning - risk of danger	Chemical store
	Caution - risk of electric shock	Hay barn
	Caution - risk of fire	By water tap used for hosing down vehicles etc
	Caution - toxic hazard	Beneath overhead power lines
	Head protection must be worn	Near a barn that is being built
	Eye protection must be worn	In a workshop
	Not suitable for drinking	By slurry pit

Signs of Danger

Where would you put the signs in the picture below? Now colour it in.





LESSONS FOR DANGERBOY

Don't go into an animal pen without a grown-up. If animals are nervous or afraid, they could attack you. If you are allowed to touch an animal, wash your hands afterwards. Some of them carry infectious diseases.

Don't wander round a farm on your own - stay with an adult.

Stay well away from machines and vehicles, even if they are not moving. The driver might not be able to see you, or you could get caught up in the moving parts.

Don't play in stacks of hay or straw because they could collapse on top of you.

There are lots of dangerous liquids on farms. Farmers use: chemicals to clean equipment; sprays to keep pests off crops; medicines for animals. These can make you very ill if you swallow them and some can catch fire very easily. Don't play with bottles or drums.

Don't go inside grain bins or stand on grain in pits because you could be sucked down into it.

Close the farm gates behind you. If you take a dog with you to a farm, keep it on a lead all the time so that it doesn't get lost or frighten the farm animals.

Keep away from slurry pits, sheep dips and any ditches or drains where you could fall in and drown.

Don't ever play with matches or light fires on farms.

Take great care when cycling through farmyards, there are many dangers.

Never eat or drink anything without washing your hands first.



Farm Safety Quiz

1. Is it safe to go into a field a bull is in?

.....

2. List 4 hazards in a farmyard shed:

1. 3.

2. 4.

3. How can you keep safe when you go to look at a new born animal?

.....

4. What age is the earliest you can you learn how to drive a tractor?
Circle the correct answer.

13yrs old

15yrs old

17yrs old

5. Explain how the 3 following things at a farm can be dangerous:

Slurry

Ladders/Bales of Hay

Tractor Cab

6. Where is it safe to play at the farm?

.....

.....



7

Water Safety



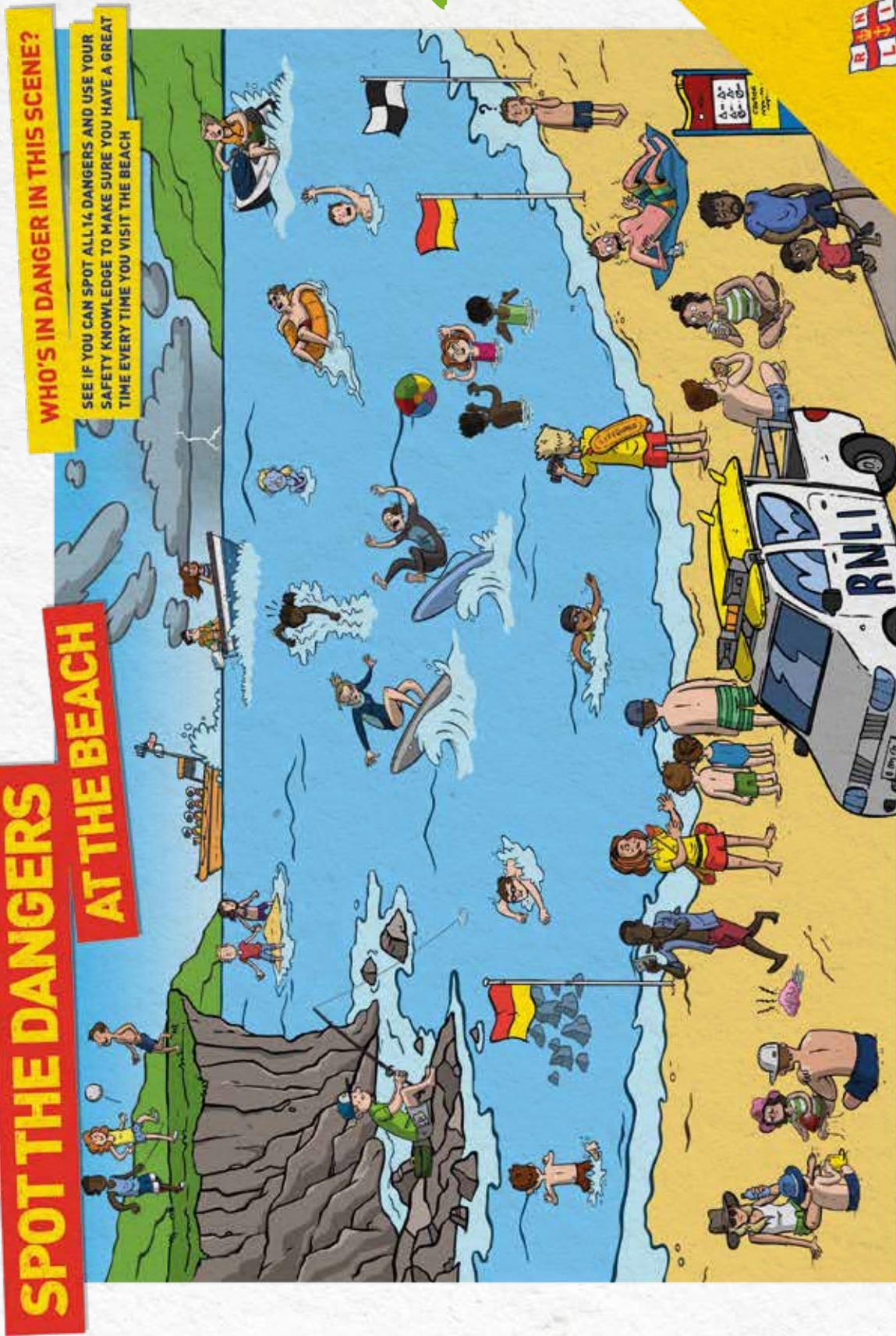
When the weather is good many people like to visit the beach, rivers or harbours. Lots of essential advice was mentioned in the video you have watched. In the pages that follow we have some tasks for you to complete to test your water safety knowledge along with a quiz at the end.

Design a Water Safety Poster

Using everything you know about water safety, design a poster telling people how to keep safe in the water. Your poster could be about general water safety or specific to a certain type of water, such as swimming pools or the beach. Decide whether your poster should be aimed at younger children, older children or adults.



Circle the Dangers at the Beach



Water Safety Quiz

1. List 4 reasons why you shouldn't swim in a quarry?

1. 2.
3. 4.

2. What advice would you give someone that falls into cold water?

.....
.....

3. If you see someone in difficulty in the water what should you do?

.....
.....



4. Can rockpools be dangerous? Explain your answer.

.....
.....

5. Why is it dangerous to jump off rocks or dive into lakes?

.....
.....

6. Who can you get advice from about cold water swimming?

.....

7. Do you swim outside lifeguard flags or between them?

.....

8. List below your top tips for a safe day out near water:

.....
.....
.....



8

Drugs and Alcohol

All drugs, whether illegal drugs or prescription medication, carry risks. You should not take anything unless it has been prescribed to you by a medical professional and is used in accordance with the instructions provided.

Substance Misuse

Substances (most commonly known as drugs) are chemicals that change the way a person's body works. You have probably heard that drugs are bad for you, but what does that mean and why are they bad? There are many different types of drugs and you may know some of these already - illegal drugs, prescription drugs, alcohol, and tobacco. In these next few pages, we are going to take a look at the various types. We will start by looking at illegal substances:

Illegal Substances

Cannabis

Cannabis can be smoked, eaten and vaped, and is the UK's most widely used illegal drug. The effects of cannabis can make you feel scared, sick, forgetful and do real harm to your throat and lungs. Some people end up not being able to stop using it. Cannabis can make you hallucinate, meaning that it can alter your senses, so that you might see, hear, or feel things in a different way to normal. Possession is a crime whatever you are using it for and can result in up to five years in jail.

Ecstasy

A popular drug that is sold in pills (ecstasy) or as a powder (MDMA). The effects take about half an hour to kick in and tend to last between 3 to 6 hours, followed by a gradual comedown.

Short-term effects of use can include anxiety, panic attacks, confused episodes, paranoia and psychosis. Physical side effects can include dilated pupils, a tingling feeling, tightening of the jaw muscles, raised body temperature and the heart beating faster.

LSD

LSD is a chemical hallucinogen usually sold as small squares of paper, a liquid, or pellets. LSD stands for Lysergic Acid Diethylamide: (Lie-sergic, Acid, Die-thigh-la-mide) and is a powerful hallucinogenic drug, this means that users are likely to experience seeing and hearing things that are not there. Taking LSD can lead to long-term mental health issues. If you take it, you don't know how it will affect you and once the trip starts you can't stop it. LSD can also make you feel tired, anxious, panicky and depressed.

Legal Substances



There are also legal substances which are highly addictive and equally as harmful.

Alcohol

What is alcohol? Well, alcohol comes in a wide range of drinks with different alcoholic strengths, colours, and tastes. Alcohol often has labels with useful information, such as how many units are in the drink. All labels are required by law to display the strength of the drink.

It is an offence to purchase alcohol for consumption by someone under 18yrs old or to send a person under 18yrs old to get alcohol from licensed premises. A person under 18yrs commits an offence by knowingly consuming alcohol on licensed premises.

Note - a licensed premise also refers to public areas 'licensed' by local councils such as parks and town centres.

Alcohol Units

Alcohol is measured in units and to keep health risks from drinking alcohol to a low level, men and women should not exceed 14 units per week and it is advisable to spread their drinking over three days or more.



How Alcohol effects the body

Drinking alcohol can have some damaging effects on the body and these also have a lasting impact on our lives.

- Damage the liver, heart, brain and the stomach.
- Can cause cancers in the mouth and the throat.
- Increase the risk of liver and stomach cancer.
- Lead to higher blood pressure.
- Make it harder for the body to fight off infections.

Mixing alcohol and illegal drugs can greatly affect the body, not only quicker but with more devastating results.

Cigarettes / Tobacco

Smoking is one of the biggest causes of death and illness in the UK. Every year around 78,000 people in the UK die from smoking, with many more living with smoking-related illnesses. Smoking increased your risk of developing more than 50 serious health conditions.

Some may be fatal, and others can cause irreversible long-term damage to your health. Lung disease is one of the biggest killers of smoking. Cigarette smoke contains more than 5,000 chemical compounds and of these, over 60 are known to cause cancer. Smoking is by far the greatest avoidable risk for developing many types of cancer, and it causes one in four cancer deaths. Hand-rolled cigarettes are just as harmful as ready-made cigarettes.

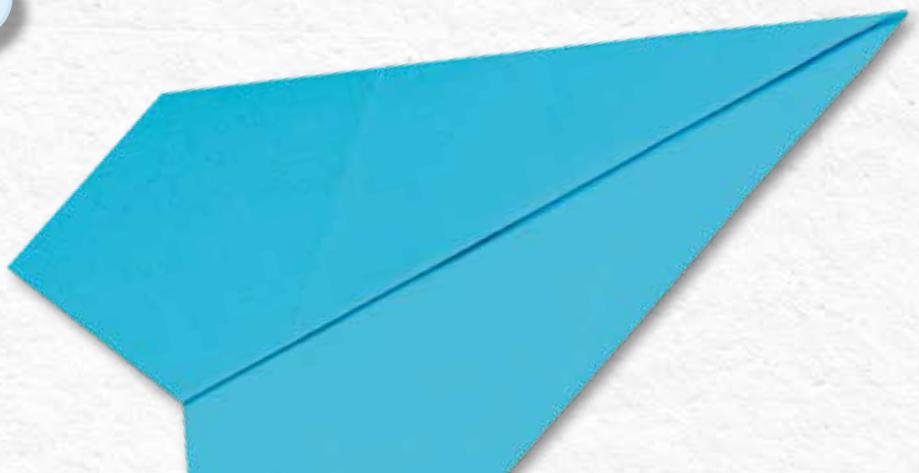
Prescription / Medication

Prescription drugs are usually very safe to take, and you must follow your doctor's instructions and take the recommended dosage. Only take the medication the doctor has prescribed to you. Your medication is given to you by your doctor to solve your medical issue and yours alone. Taking someone else's medication can be very dangerous.

If you ignore this and take too many to get a 'high', prescription drugs can be just as dangerous as illegal drugs. Like illegal drugs, when you buy prescription drugs on the street you can never be sure that what you are getting is genuine. Always make sure that you follow the instructions on the packet or the box on any medication you buy from the local shop.

Laughing Gas

Laughing gas or nitrous oxide is a gas with several legitimate uses, for example your squirty cream on top of desserts, or a coffee and also if you get your tooth out using gas to make you not feel it being taken out. When using it not in its normal way and inhaled it can make people feel sick and confused and lose sense of reality.



E-cigarettes

- Using an e-cigarette is also known as 'vaping'.
- The use of e-cigarettes is unsafe for young people.
- E-cigarettes are unregulated, therefore it is impossible to know what is in the juice/oils. It is extremely dangerous to take something if you are not sure what is in it. It could make you seriously ill or even be fatal.
- Inhaling the ingredients found in e-cigarettes may expose people to high levels of toxins, which can cause irreversible lung damage and lung diseases.
- Most e-cigarette oils contain nicotine which is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.
- E-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

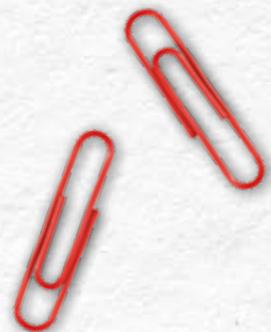
Spice

Spice is a mix of herbs & lab-made chemicals with mind-altering effects. It is sometimes known as "synthetic marijuana" or "fake weed" because some of the chemicals in it are similar to ones in marijuana. However, the effects are sometimes very different, and often much stronger.

Side effects of Spice are: altered perception (changes in awareness of objects and conditions), psychosis (feeling detached from reality), fast heart rate, throwing up, extreme anxiety or nervousness, hallucinations (seeing or hearing things that aren't there), feeling confused, violent behaviour, and suicidal thoughts. People often require medical intervention and hospital treatment after using Spice.



If you have taken drugs or have misused a medication and are feeling unwell, or if someone you know is experiencing this, please speak to an adult and seek medical help urgently.



Fill in the blanks...



- Drugs and Alcohol have an _____ on the body
- Legal drugs can be bought in _____
- Cigarettes damage the _____
- Drinking too much alcohol harms the _____
- Some _____ have caffeine
- It is a _____ to use, possess or supply illegal drugs

EFFECT
LIVER
LUNGS
CRIME
SOFT DRINKS
SHOPS



9

Good Relations

The Council's Good Relations Programme works to build connections and understanding between people. This is done through learning about ourselves, learning about other people and experiencing a variety of ways that people celebrate around the world.



It is important that we try to be kind to (and understanding of) others, regardless of having different ideas; how we look; where we are from, or if we celebrate in different ways.

Our Borough is made up of people of different ages, races, religions, and backgrounds; all adding to what makes it a wonderful place to be.

Moving from Primary to Secondary school can be both exciting and a little scary. Through moving to a bigger school you will get the chance to meet new people from different places, who may have different ideas and thoughts about the world.

It is important to be yourself but also be considerate of others too. Let's start by finding out a little about you!

My Name:

Things that are special about me:

Foods I love to eat:

Can you guess what countries they originated from?

Places I would like to visit:



Now let's find out a little about other people. Try this human bingo game with your class to find out more about each other.



Human Bingo

Find someone in your class who can say yes to one of the following questions. Try to find a different person for each question. When you find someone put their name in the box.

Whose birthday is in December?

Who has a brother or a sister?

Who has a pet?
(What is the pet's name?)

Who has family living far away?

Who rides a bike to school?

Who loves chocolate?

Who doesn't have a middle name?

Who has green eyes?

Who speaks more than one language?
(even a little)

Who has brown eyes?

Who can play an instrument?
(what is it?)

Who has blue eyes?



Good Relations Quiz

1. When someone visits a new place or joins a new school they can feel a little left out. Can you think of 3 ways to help someone new feel welcome?

1.
2.
3.

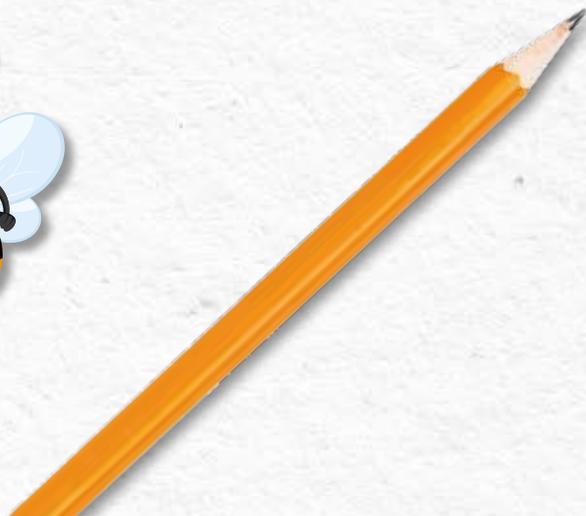
2. Do you know someone in your class/school/community who wasn't born in Northern Ireland (or maybe you weren't)? List below the countries they or you were born in.

-
.....
.....
.....

3. Think of three foods you like that didn't originate in Northern Ireland. Find out where they originated from and list an interesting fact about that country. Eg Peaches originate in China. Toilet paper was invented in China.

1.
2.
3.

As you take the next step in school remember it's important to be kind to yourself and to others.



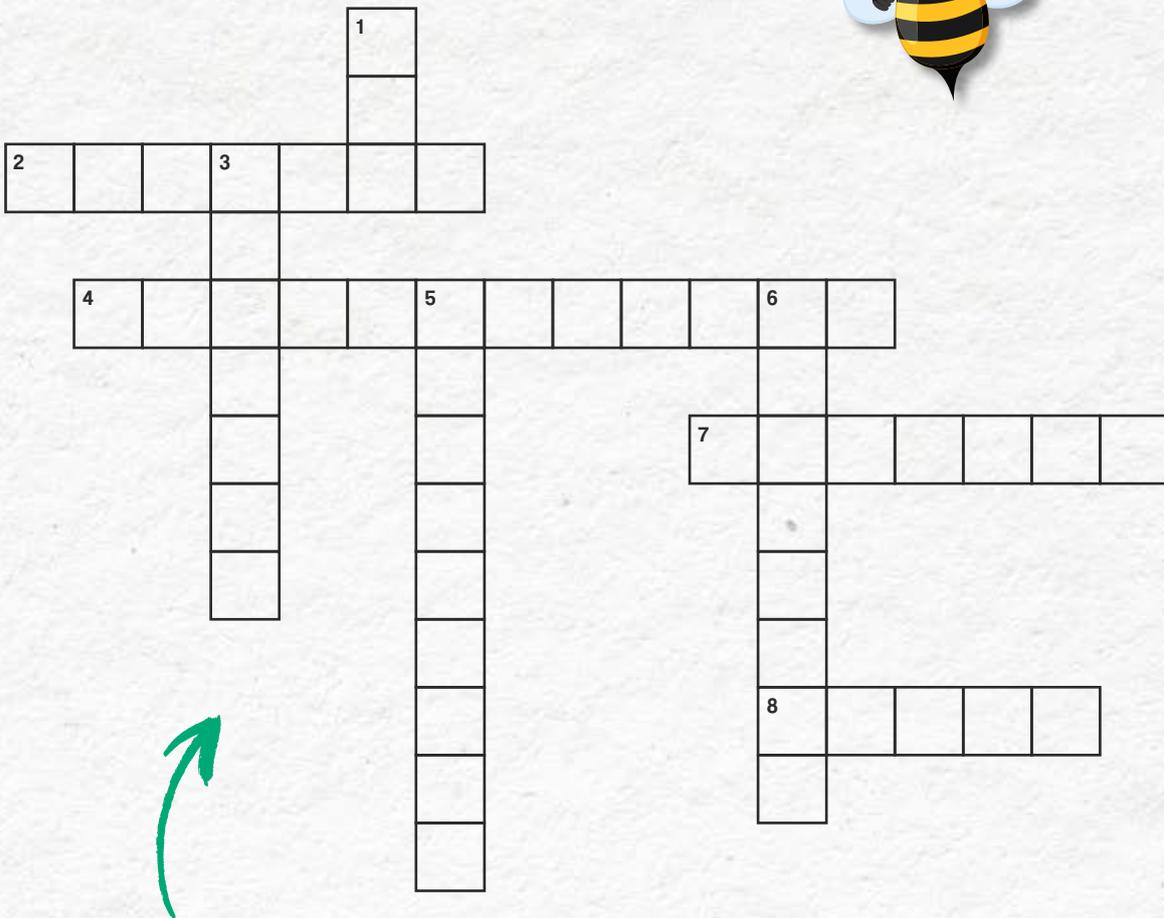
10

Safety around Dogs

Whether you own a dog or not it is important to understand how to be a responsible dog owner and how to keep yourself safe around dogs. You have received lots of good advice from the Dog Wardens; now see how many of the questions you can get correct in this section.

Fun Facts Crossword

Use the clues to fill in the answers below.



Down

1. You must put dog fouling into this
3. You must obtain one of these from the Council if you are getting a dog
5. This is poisonous to dogs
6. Your dog needs this at least twice a day

Across

2. You must clean it up
4. Your dog needs this so that it can be identified
7. Regular vaccines will keep your dog this way
8. A dog out without an owner

Responsible Dog Ownership Quiz



1. Can you name 3 things a Dog Warden does as part of their job?

1.
2.
3.

2. Why is it important to microchip and licence your dog?

.....

3. What do you need to take with you when walking your dog?

.....

4. What are the dangers of dog fouling?

.....

5. How much can you be fined for leaving dog poo on the ground?

.....

6. How often should you visit the vet with your dog?

.....

7. How often does your dog need treated for fleas and worms?

.....

8. How do you stop your dog from becoming bored at home?

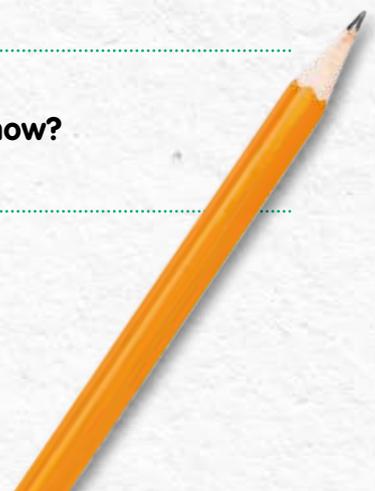
.....

9. What do you do if you meet a stray dog?

.....

10. What should you do before petting a dog you don't know?

.....



Acknowledgements

This booklet has been produced in collaboration with a number of PCSPs across Northern Ireland, with special mention to: Fermanagh and Omagh PCSP; Armagh, Banbridge and Craigavon PCSP; Antrim and Newtownabbey PCSP; Derry and Strabane PCSP; Ards and North Down PCSP; Mid Ulster PCSP and Newry, Mourne and Down PCSP.

In addition, special thanks are given to the following organisations who helped with the creation of this work book:

HSE NI; RNLI; Shantallow Community Residents Association - Youth Educated in Safety (Y.E.S.) Project; Road Safe NI; NIFRS; HYPE (Helping Young People Everyday); Antrim and Newtownabbey Good Relations Department.





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