

Personal Safety



Park behaviour.

Safety when walking to and from school.



Online safety.



Safety when walking to and from school

Walk together

Walking to school is great exercise but remember these tips.

- Walk with a friend when possible.
- Ask your parents to help you pick a safe route to school; one that avoids dangers.
- Stick to the route you picked with your parents. Don't let friends talk you into shortcuts that are more dangerous.
- When you are near the street, don't push, shove, or chase each other.
- Never hitchhike or take rides from people not arranged by your parents.
- Talk to your parents and teacher about any bullying that may happen during your walk.

Safety when walking to and from school

Be seen

Remember, drivers may not be able to see you well. Always wear bright – coloured clothes and if it is dark or hard to see, carry flashlights or wear reflective gear.

Look for traffic

Watch out for cars and trucks at every driveway on your walk to school. Look for drivers in parked cars. They may be getting ready to move.



Safety when walking to and from school



Cross the street safely

1. Stop at the curb or edge of the street.
2. Look left, right, left and behind you and in front of you for traffic.
3. Wait until no traffic is coming and begin crossing.
4. Keep looking for traffic until you have finished crossing.
5. Walk, don't run across the street.

Obey traffic signs, signals and adult school crossing guards.



Online Safety



The internet is a huge source of information and means of communication. However, not all the information or people online are trustworthy.

Safe.

ENSURE PERSONAL INFORMATION AND PASSWORDS ARE KEPT PRIVATE.

Do not put any of your contact details online and always check your privacy settings on social networking sites. Ensure passwords are difficult to guess and never use your real name as a username.

Meet.

NEVER MEET WITH AN ONLINE FRIEND IN PERSON, EVEN IF YOU THINK YOU KNOW THEM WELL.

Meeting someone from a chat room or social networking website could be dangerous. Online friends are still strangers and may not be who they say they are. If you must meet this person only do so with a parent or guardian.

Online Safety

Accept.

DO NOT OPEN EMAILS FROM PEOPLE YOU DO NOT KNOW.

Emails and attachments may contain viruses or unpleasant messages and images. Any suspicious emails should be deleted and marked as spam.

Reliable.

NOT ALL INFORMATION ONLINE IS RELIABLE, THERE IS A LOT OF FALSE INFORMATION ON THE INTERNET.

Always check that information is correct, some dangerous people use false identities in chat rooms and social media websites. Try to limit your 'friends' to 'real friends.'

Tell.

TELL A TRUSTED ADULT IF ANYTHING ONLINE MAKES YOU FEEL UNCOMFORTABLE OR THREATENED.

Many chat rooms and social networking websites have support email addresses or alert buttons that enable users to report bullying or harmful behaviour.



Park behaviour

When playing in a park you must make sure that your behaviour is acceptable to the people around you. Remember that members of the public walking past the park will phone the police if they think that your behaviour is not acceptable, especially to other children using the park.

If you are receiving unacceptable behaviour (being bullied) from an older child then you must walk away from the situation and tell a trusted adult.

What is bullying?

Bullying is when someone keeps doing or saying things to have power over you. This includes calling you stupid names, saying or writing nasty things about you, leaving you out of activities, not talking to you, threatening, making you feel uncomfortable or scared, taking or damaging your things, hitting or kicking you, or making you do things you don't want to do.

No doubt, this can make you feel very unhappy, afraid, uncomfortable, depressed, hurt and alone. It can negatively affect your performance in class.