

PRIDE 123

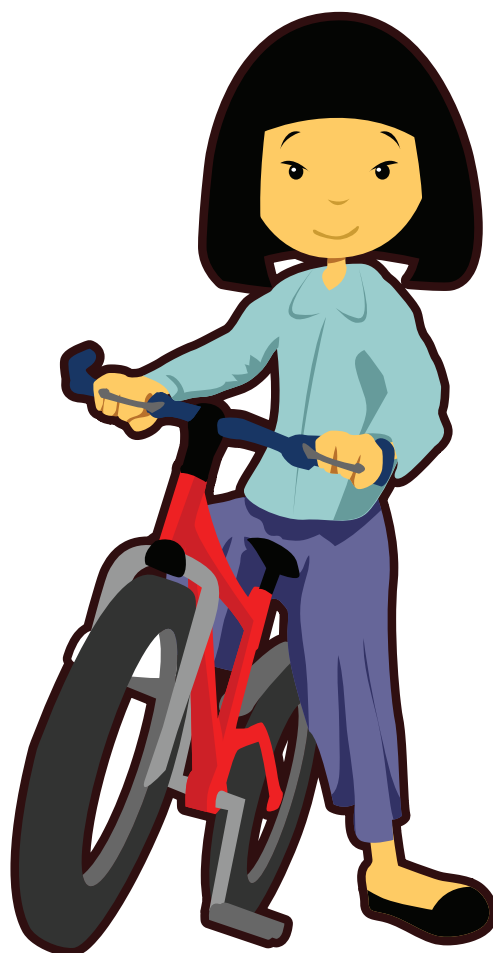
# Safety Detectives



Year 6



Healthy Schools  
MANCHESTER



This activity book belongs to...



In Year 6 you will be preparing to move on to secondary school. It is really important that you know how to look after yourself and how to make the right decisions about Health and Safety. With your parent or carer complete the four Health and Safety missions.

Make sure you both read all of the instructions on each page. Before you start the activities, design your badges and complete your safety pledge and display for all to see.

# THE SAFETY DETECTIVE PLEDGE

To keep safe at secondary school I will...

To keep safe at home we will...

To keep my children safe I (parent/carer ) will...

Start date .....

Junior detective name .....

Finish date .....

Senior detective name .....



## JUNIOR SAFETY DETECTIVE

Detective name

Detective age

Secret code number

Stick or draw a picture of yourself here!

## SENIOR SAFETY DETECTIVE

Detective name

Detective age

Secret code number

Stick or draw a picture of yourself here!



With your parent or carer think of three words that describe how you are feeling today, and ask each other why you are feeling like this. Then cut out the words below and read the statements on the next page, choosing any of the words from the word bank to describe how you would feel in that situation.

Talk about the reasons why you have chosen that word.



Scared	Excited	Ready
Anxious	Confident	Angry
Equipped	Sad	Shy
Happy	Nervous	Unsure
Worried	Not bothered	Prepared
Glad	Concerned	Eager
Frustrated	Enthusiastic	Stressed
	Okay	

For this activity you will need a pair of scissors and an adult to help.



**Notes for parent or carer**

This activity creates the opportunity to talk about feelings. Communication is key to being safe and can delay the time when your child may choose to smoke cigarettes or drink alcohol.



My mum keeps tidying my room and that makes me feel .

Talking about growing up makes me feel .

If someone offered me a cigarette I would feel .

All of my friends are allowed out later than me and that makes me feel .

I feel  about going on holiday.

I feel  and  about people who smoke.

It's my birthday and I feel  about the present I am getting.

If my child smoked I would feel .

When my child is naughty I feel .

My child is growing up and going to secondary school and I feel  and .

My child wants to stay out later and I feel .

I want my child to be  in the future.

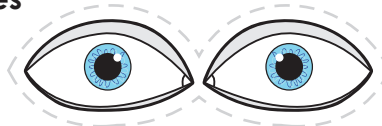
Safety Detectives, for this mission you will be talking about the health and safety dangers to the body.

You will need some scissors, glue and an adult to help.

Work as a team to cut the organs out and stick them in the correct place on the body (on the next page). Draw and write down how alcohol affects the body. You can also colour the organs in too!



Eyes



Heart



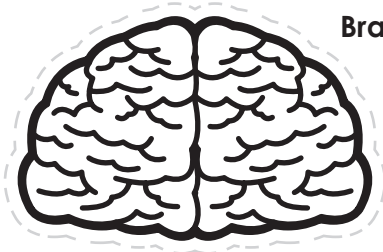
Mouth and Teeth



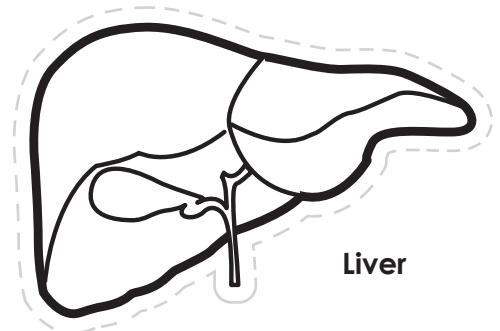
Stomach



Brain



Liver



### Notes for parent or carer


This activity is a great opportunity to check your child's learning and understanding. Ask questions and enquire about different topics they have been taught.



Write down any information you have learnt about alcohol at school. You can colour the organs in to show how they have been damaged by drinking lots of alcohol. Ask your parent or carer for more information and facts which can be added to your sheet.

Talk about why drinking and driving is dangerous.

 \_\_\_\_\_

 \_\_\_\_\_

Talk about why alcohol is not safe for children to drink.

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

Some organs may overlap!



Junior Detective, there may be times when you find yourself in tricky situations and you have to make some difficult decisions. Look at other people's letters below and help them deal with the difficult situations. Talk through your answers with your parent or carer.

Dear  
One of my friends has started to smoke. I really don't like it and am worried I will get in trouble if I am with her when she smokes. I really like hanging out with her and we have lots of fun but don't know what to do and I don't want to lose her as a friend.

Your Response:

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

Dear  
I am nearly 12 and my parents keep going into my room and looking at my personal things. I really don't like it. I know they are trying to help me tidy my room but I just don't want them to. What should I say and how should I tell them?

Your Response:

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

Dear  
I was on a school trip to Wales and we were playing dares and lots of people dared me to kiss someone I didn't want to. I felt pressured to do it, what should I do if this happens again?

Your Response:

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

Dear  
I am about to start secondary school in September and I am bit worried about meeting new people. What should I do? How should I talk to people and approach them? Can you send me some tips please?

Your Response:

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

**Notes for parent or carer**

This activity is about teaching your child to be confident and to be assertive in tricky situations. Practise some role play scenarios and show your child how you would respond in these situations.







Safety Detectives this mission involves talking, listening and learning about some important Health and Safety topics. Take it in turns to ask the questions and take time to talk through your thoughts and feelings on this topic too.

Interview as many people as possible.

### Questions to ask Senior Detective (and other adults)

1. How do you feel about drugs, alcohol and tobacco?
2. What happens to people when they get drunk?
3. What happens to people when they smoke cigarettes?
4. Do you think it is ok for young people to smoke cigarettes or drink alcohol?
5. What would you say and how would you respond if someone offered you a drug?
6. What should I do if I feel pressured to use drugs, alcohol or tobacco in the future?
7. Is there anything else you would like to share with me about drugs, alcohol or tobacco?

### Questions to ask Junior Safety Detective

1. Do you know the name of any drugs and anything about them?
2. What have you learnt about drugs, alcohol or tobacco at school?
3. Is there anywhere else you have heard about drugs?
4. Are all drugs bad?
5. What would you do if you found a syringe in the park?
6. Do you have any questions to ask me?
7. I would like you to be able to talk with me about anything in the future. Is there any way I can make this easier for you?

### Notes for parent or carer

This activity enables you to talk with your child and to find out about their knowledge. Some parents can often be concerned about the depth of their child's knowledge; this activity is a starting place to talk about those issues and concerns and to educate your child about health and safety. It is also an opportunity to share your attitudes on drugs, alcohol and tobacco. For more information and to find out what your child has been learning at school log on to [www.pride123.co.uk/parent](http://www.pride123.co.uk/parent).

