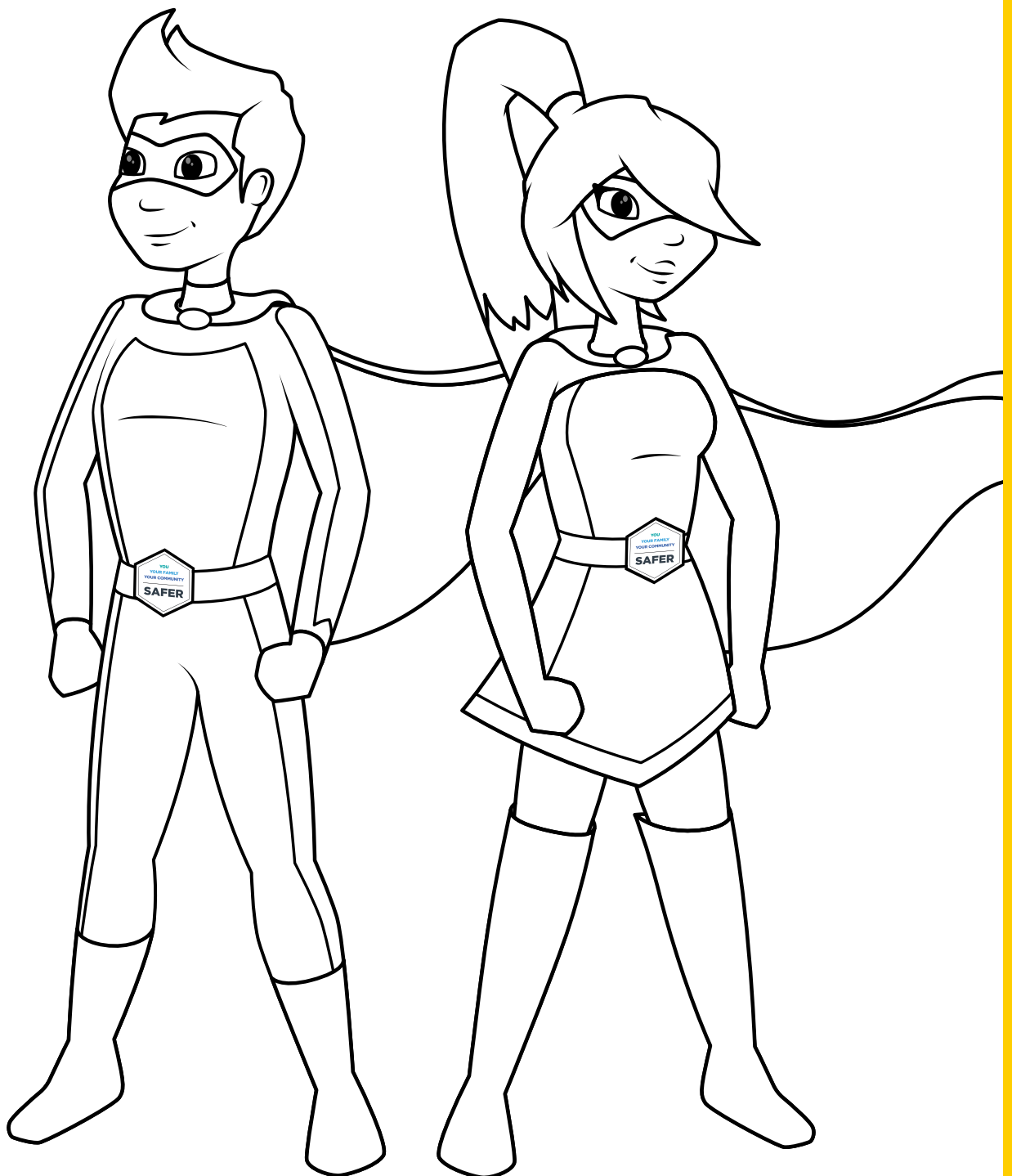


# YOU CAN BE A SAFER SUPERHERO





# STAY SAFE OUT & ABOUT

Before you take your cycling skills to the road, make sure you know the safest route away from busy traffic, and the lights, bell and brakes on your bike are working. Always be bright and be seen by wearing bright clothes and helmets and using reflective shoes or reflective armbands.

Pick the items that help you be seen better by cars and cyclists. Put in the correct order, the letters will spell out what you should keep in mind when dressing for out and about.



B



E



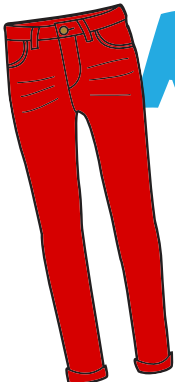
G



A



P



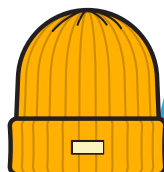
R



H



O



I



T



# DEALING WITH BULLYING

Bullying can happen in person or when you are online, when you are playing games or chatting to friends online. If you are being bullied, or think someone else is, the best thing to do is tell someone. A parent/guardian, friend, or teacher you trust can help you deal with it safely. Do not ignore it.

## ‘Bullying’ or ‘Playing’?

Read the list below and tick whether the behaviour is either ‘bullying’ or ‘playful’. Think about what makes the behaviour kind or unkind; and how you or someone else would feel if somebody acted in that way. If you put the letters of the correct answers in order, they spell out a word describing what we should all have for each other.

*Someone is being mean on purpose and can tell you are upset by their actions or words but still carries on.*



**BULLYING**



**PLAYFUL**

*One of your friends is being excluded by the rest of the group when playing online, talking in the group chat or playing in the playground.*



**BULLYING**



**PLAYFUL**

*Someone commenting “😂” on a funny TikTok video you posted.*



**BULLYING**



**PLAYFUL**

*A friend laughing about a picture you both found funny.*



**BULLYING**



**PLAYFUL**

*Continuously talking about someone’s silly moment, even if they have asked you repeatedly to stop.*



**BULLYING**



**PLAYFUL**

*Somebody disagreeing with something that you said.*



**BULLYING**



**PLAYFUL**

*Excluding someone from a game because ‘they do not know how to play’.*



**BULLYING**



**PLAYFUL**



# STAY SAFE OUT & ABOUT

Stay with your friends and family and never walk off alone or anywhere with someone you don't know well.

If a stranger makes you feel unsafe:

- Yell loudly and tell someone
- Run to a place that has someone you can trust such as a friend's house or a shop

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

Find the following words  
in the puzzle.

DAYLIGHT  
FRIENDS  
GROUP  
HOUSE  
NOISE  
PARENTS

POLICE  
RUN  
SAFE  
SCHOOL  
SHOP  
STRANGER

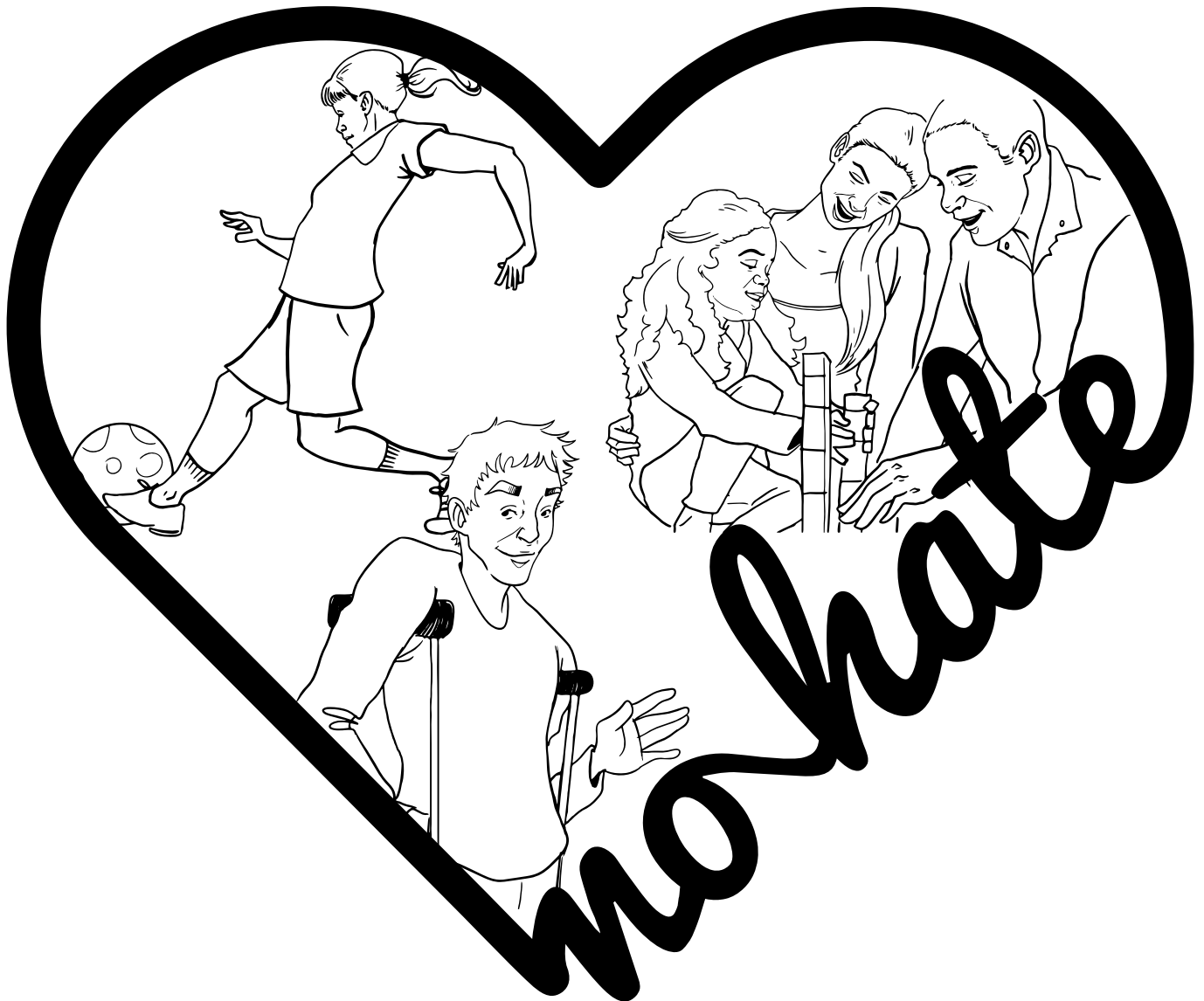
TEACHER  
TELL  
TOGETHER  
TRUST  
YELL



# **RESPECT OTHERS**

It is important that we all look out for each other, no matter what our skin colour, our abilities, our religion, or who someone loves.

You may not understand why someone thinks the way they do, but this should not affect the way you treat them or what you say to them. Be kind to others in person and online.





# STAY SAFE ONLINE

Ask your parents for help with setting up your games, apps, and internet search in a way that keeps you safe online. Adults can add search filters that will help you pick pages and apps that are helpful and fun to avoid coming across worrying content. Remember if in doubt, always give an adult a shout!

You are watching the latest video of your favourite YouTuber. After the video has finished, the next video is popping up. It's about the same topic, but it's by someone that you have not heard of before. What do you do?

