Words you will learn:

cautious
Taking care to avoid danger.

coastguard
An emergency service that protects and rescues people at sea and along the coast.

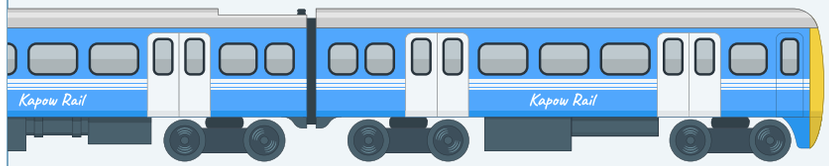
public transport
Buses, trains and other shared vehicles that people travel in.

Words you may know:

illegal	Not allowed or recognised by the law.
legal	Allowed or recognised by the law.

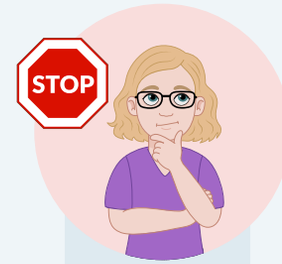
Rail safety

- Trains move faster than they appear and cannot stop suddenly.
- Railway tracks may carry electricity.
- Cross railway tracks only at designated crossing points.



Water safety

- Water conditions can change quickly.
- Never enter the water to rescue someone.
- Always follow the Water Safety Code.



stop and think


stay together

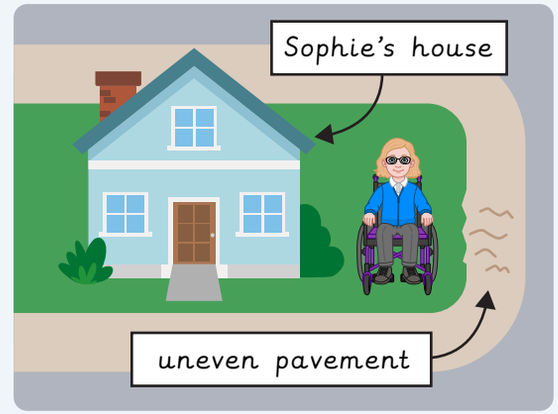


call 999


float

Planning ahead can help us spot hazards and make safer choices. Familiar places can still contain hazards.

Distractions can reduce awareness and increase risk.



Peer pressure is when someone feels pushed by other people their age to act, think or choose something. It can be direct or indirect.

Warning signs

- I feel worried.
- I feel uncomfortable.
- Something does not seem right.

Consent means clear permission given freely and can be withdrawn at any time.



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Drug misuse



Drugs are chemicals that change how the body or mind works. They can help when used correctly.

Physical effects:
- Illness.
- Injury.
- Addiction.

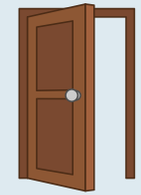
Emotional effects:
- Anxiety.
- Stress.
- Changes in mood.

Money-related effects:
- Debt.
- Financial difficulties.

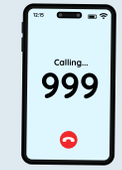
What to do in an emergency



hear an alarm →



leave the building →



call the **emergency services** (999)

In other emergency situations:
- Stay calm and move to a safe place.
- If someone is hurt or in immediate danger, call the emergency services.
- Give clear information to the operator and follow their instructions.

How can I make safe choices?

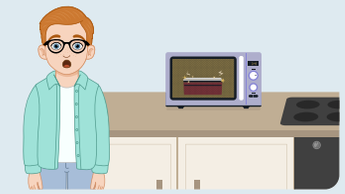
1. Assess the situation: What are the possible hazards?



→ 2. Think critically: How dangerous is the risk?



→ 3. Choose and justify the safest action: Can I manage this on my own or do I need help?



Not every risk is dangerous but if there is **violence**, **threat** or something feels unsafe in any way tell a trusted adult.

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