



Title: Protecting Me: My 5 trusted individuals

Level: Second

Code: 2.9.2

Links to Curriculum for Excellence

Experiences/Outcomes

- I know that all forms of abuse are wrong, and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a

Benchmarks

- Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help.

About this activity

A theme that runs through all RSHP learning is understanding that the child has a right to be safe from harm, and that children can learn what we can think of as *help-seeking behaviours*. This activity helps the child identify 5 people who can help them if they have a worry, in essence an adult they can trust. The identification of individuals is up to them, who they identify is not something to be challenged or corrected. The activity also encourages them to think about the characteristics of a trusted individual, someone who can help.

Resources to support this activity

- Pens/crayons
- Sheet of A4 paper/card for every child with the title: *If I have a worry I can go to....*

Activity

1. As with many RSHP activities it is best to start with children in a circle, sitting closely together and within easy sight/hearing of each other and with every child able to see and hear the teacher/educator speaking softly. Explain to the class/group that today we are thinking about who children can go to if they have a worry.
2. Firstly, ask the children, *what kind of things can children worry about?* Explain before taking responses that these don't have to be worries they have, just think about children in general. If it helps the group, you might want to write their ideas on the whiteboard under the question. Do not ask for more detail on anything offered, just write it up or acknowledge. Also acknowledge that these worries can indeed be very worrying!

3. Ask the children, *how does it feel when you have a worry?* Acknowledge all contributions, recognise that we can all feel differently when we have a worry. It is important to encourage children to recognise the validity of these feelings. Again, if it helps the group you can record on the whiteboard under the heading: *This is how we feel when we have a worry...*
4. Pose the question: *What's a good thing to do if you have a worry?* The children may have different ideas, but one will certainly be 'talk to someone' or 'tell someone'. Explain that indeed, if you have a worry it is often a good idea to pick someone to talk to. Acknowledge that children might go to different people with different kinds of worries.
5. Explain that everyone is going to do a bit of thinking and drawing on their own about this. As teacher/educator, hold up your hand... wiggle your fingers. Explain that each child is to take the paper and at their table to draw round their hand – have an example of your hand outline you have prepared. Then, each child is to think of 5 people they can go to if they have a worry. And on each finger write the name of one of these people.

Explain that on the thumb the child can pick someone they live with. Then on the other fingers they should pick *other* people they can go to.

Check understanding and (either back at tables or if there is enough room in the circle) ask the children to start, as always monitoring how individual children are managing the task.

6. After enough time, ask the children to pause and listen. Explain that they have been thinking of people they can go to, maybe with different kinds of worries. Explain that you want them to think about why they might choose a person. Explain that on the palm of their hand in their drawing (again hold up your hand) they should now write down some of the reasons why they would go to the people they have picked. Give an example such as "So if I was to pick someone I would say my friend (name) because she is a good listener, so on my palm here in my drawing I would write 'good listener'". Check understanding round the group and ask the children to start, clarifying and helping individuals as necessary.
7. Gather the children back in the circle, ask them to share their drawings with a neighbour, sharing who they picked and why. Have a group conversation, find out who people named and what kind of characteristics the people they have chosen will have. Perhaps have a heading on the whiteboard and record these characteristics: *The people we choose to speak to are....*
8. An important concept here is *trust*. If this has come up reflect this again. If not use the word: *So, it seems here that you are saying you can trust a grown-up you have picked to.... listen/not overreact/respect you....*
9. End with a reminder of some key points, on the whiteboard, prefaced by an explanation that today's learning has been important because it reminds us about these things:
 1. No child should be hurt or feel frightened.
 2. Its always best to find someone to talk to if you have a worry. Telling someone helps.
 3. Today, we have thought about 5 people to go to, this is important because sometimes the first person, or even the second person might not be listening or be busy – but we mustn't be put off.
 4. Remember, if you have a worry, you can speak to me.

As with all RSHP work, follow up on any concerns about a child after the session.]

Additional ideas

- *The Huge Bag of Worries* by Virginia Ironside is a story that helps children think about how a worry makes them feel and how helpful it is to share it. This could be read to the group (or to small groups) or made available in the class library. It is one of those books that children never tire of reading and a good way to check in on the key messages of the activity as the adult character has such great qualities.

Connecting with home

- The learning activity 2.9.1 has a suggested text for a note home to parents and carers in advance of this block of activity.
- The children can take their hand drawings home to share with parents/carers. Be aware of any child who does not want to do so, respect this and keep the drawing safe for the child.

Further learning activities are available that connect to this RSHP curriculum content

2.9.1: When I feel safe and okay/When I feel unsafe and not okay

2.9.3: ChildLine

2.9.4: Bullying

2.9.5: Physical abuse and neglect

2.9.6: Sexual abuse

Practitioner Notes