

HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE



Works best on a laptop or PC

TOPIC 4



Hello! This week you will learn about how to keep safe at home, outside and online.

You might have been through similar experiences to those you learn about in this booklet, or know someone who has. If anything upsets you or you need to get something off your chest then talk to a trusted adult or press the Childline button at the top 

GO ▶

HOW DO I **KEEP SAFE?** AT HOME, ONLINE & OUTSIDE



Works best on a laptop or PC

I GO TO
**PRIMARY
SCHOOL**

Age:
8+

BEGIN 

I GO TO
**SECONDARY
SCHOOL**

Age:
11+

BEGIN 

I AM
**FAMILY OR A
TEACHER**

BEGIN 

This booklet explores the final of four topics!

TOPIC 4

SAFE

RELATIONSHIPS

WHAT WILL I LEARN?



- About what a relationship is.
- About healthy and unhealthy relationships.
- About safe and unsafe touch.
- About how to get help.

WHAT WILL I NEED?



Pen or pencil



Laptop or computer



45-60 minutes



Blank paper



Earphones?



Open eyes!

GO ▶

TOPIC 4

SAFE

RELATIONSHIPS



WARM UP

RELATIONSHIPS are close bonds between people who love and trust each other. It is healthy to have lots of different types of relationship.

👉 Watch this video and think about the types of relationships there are.

NEXT →

TOPIC 4

SAFE

RELATIONSHIPS



Family

People you are related to



Examples:

mum or dad,
brother or sister,
grandma or pa,
cousin,
aunt or uncle
foster parent



Friendship

People you like and trust



Examples:

friend,
BFF, bestie,
mate, bro,
twin, sis,
babes, boo,
everything



Romantic

People you love and date



Examples:

partner,
boyfriend,
girlfriend,
bae, other half,
wifey, babe,
cutie, prince

TYPES OF RELATIONSHIP

👉 These are just 3 common types of relationships. People have many names or nicknames for their family members, friends or people they are dating.

With the internet it is easier than ever to keep in touch with people you know or meet new people.



TOPIC 4

SAFE

RELATIONSHIPS



HEALTHY RELATIONSHIPS

👉 Watch this video. Look out for answers to these questions:

- (1) What 2 things does Kyra say are important in a relationship?
- (2) What does Kirsty say you need to do to stay safe in a relationship?



TOPIC 4

SAFE

RELATIONSHIPS

(1) Kyra says it's important when in a relationship to:

Always feel happy!
Always feel safe!

(2) Kirsty says you can stay safe in a relationship by:

Finding someone who respects you, and respect them back.

HEALTHY RELATIONSHIPS

Did you find the answers in the video?

👉 Here they are.

What do you think?

NEXT 

TOPIC 4

SAFE

RELATIONSHIPS

People in healthy relationships...

Tell the truth to the other person

Listen to the other person's ideas when making choices

Tell lies to the other person

Touch the other person only when they want to be touched



Help the other person

Touch the other person so they hurt or feel uncomfortable

Make the other person feel unsafe

Make the other person keep secrets that makes them sad

Let the other person see their friends and family

Say nasty things to the other person

HEALTHY RELATIONSHIPS

👉 On a sheet of paper draw a person in a bubble and write down the examples around them.

Circle the examples you think people only in health relationships do. You've got 15 minutes!



TOPIC 4

SAFE

RELATIONSHIPS

People in healthy relationships...

Tell the truth to the other person

Listen to the other person's ideas when making choices

Tell lies to the other person

Touch the other person only when they want to be touched

Help the other person



Touch the other person so they hurt or feel uncomfortable

Make the other person feel unsafe

Make the other person keep secrets that makes them sad

Let the other person see their friends and family

Say nasty things to the other person

HEALTHY RELATIONSHIPS

👉 Here is what we think!

People in healthy relationships are usually trusting, respectful, reliable, honest, and, kind! People have moments where they don't get on and might argue, but this shouldn't be all the time.



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SAFE

RELATIONSHIPS

TIME FOR A BREAK!

5 MINUTES

Go have a 5 minute break!
Dance and shake your arms & legs!
Go to the toilet!
Or, get a drink!

I'M READY ▶

TOPIC 4

SAFE

RELATIONSHIPS

2 mins

Safe Touch, Unsafe Touch

PLAY ▶



SAFE TOUCH

Watch this video 

Think about:

What is an unsafe touch?

When is the only time someone should touch a person's private parts?

NEXT 

TOPIC 4

SAFE

RELATIONSHIPS

WHAT IS SAFE?



A hug from a friend



A kiss on the lips by a stranger



A pat on the back by a parent



Anyone rubbing a child's private parts



A goodbye kiss on the cheek by a family member



Anyone making a child touch their private parts

SAFE TOUCH

Click each example to find out if they are safe or unsafe touches 🖱️

If another child or adult touches someone in an unsafe way, or makes a child touch them, tell a trusted adult!



TOPIC 4

SAFE

RELATIONSHIPS

WHAT IS SAFE?



A hug from a friend

This is a safe touch, as long as they want a hug!

This shows friendship and affection which is a good thing.

SAFE TOUCH

Click each example to find out if they are safe or unsafe touches 

If another child or adult touches someone in an unsafe way, or makes a child touch them, tell a trusted adult!



TOPIC 4

SAFE

RELATIONSHIPS

WHAT IS SAFE?



A kiss on the lips by a stranger

This is an unsafe touch.

This is a touch that might make someone feel afraid or uncomfortable.

SAFE TOUCH

Click each example to find out if they are safe or unsafe touches 

If another child or adult touches someone in an unsafe way, or makes a child touch them, tell a trusted adult!



TOPIC 4

SAFE

RELATIONSHIPS

WHAT IS SAFE?



A pat on the back by a parent

This is a safe touch, as long as they want a pat on the back!

This shows friendship and affection which is a good thing.

SAFE TOUCH

Click each example to find out if they are safe or unsafe touches 

If another child or adult touches someone in an unsafe way, or makes a child touch them, tell a trusted adult!



TOPIC 4

SAFE

RELATIONSHIPS

WHAT IS SAFE?



Anyone rubbing
your private
parts

This is an unsafe touch.

This is a touch of a private part
that hurts or makes someone feel
uncomfortable.

SAFE TOUCH

Click each example to find out if they are safe or unsafe touches 

If another child or adult touches someone in an unsafe way, or makes a child touch them, tell a trusted adult!



TOPIC 4

SAFE

RELATIONSHIPS

WHAT IS SAFE?



A goodbye kiss on the cheek by a family member

This is a safe touch, as long as they want a kiss on the cheek!

This shows friendship and affection which is a good thing.

SAFE TOUCH

Click each example to find out if they are safe or unsafe touches

If another child or adult touches someone in an unsafe way, or makes a child touch them, tell a trusted adult!



TOPIC 4

SAFE

RELATIONSHIPS

WHAT IS SAFE?



Anyone making a child touch their private parts

This is an unsafe touch.

This is a touch that might make a child feel afraid or uncomfortable.

SAFE TOUCH

Click each example to find out if they are safe or unsafe touches 

If another child or adult touches someone in an unsafe way, or makes a child touch them, tell a trusted adult!



TOPIC 4

SAFE

RELATIONSHIPS



They can tell a trusted adult, like a family member or teacher.

They can chat online to Childline – it's completely free: [childline.org.uk](https://www.childline.org.uk)

The police can keep those who have abused the child away so they are safe.

Children's services might talk to the child and plan ways of keeping them safe.

GETTING HELP

If someone is in an unhealthy relationship, or has been touched in an unsafe way, they can get help.

👉 Here are some tips on who to turn to.

NEXT →

TOPIC 4

SAFE

RELATIONSHIPS

TODAY YOU LEARNT:

- What a relationship is and they different types.
- What a healthy relationship is and the signs of an unhealthy relationship.
- What safe and unsafe touches are and some examples.
- How someone can get help when they have been touched unsafely.

COOLDOWN

You might have a lot of feelings after learning about getting into trouble.

Take some time to do an online mood journal on the safe Childline website, or talk to a trusted adult.

PLAY ▶

NEXT ▶

HOW DO I KEEP SAFE? AT HOME, ONLINE & OUTSIDE

HURRAY! YOU'RE FINISHED!

We hope you've enjoyed our booklets and have learnt lots on how to keep safe!
Remember: if it feels wrong or uncomfortable, tell a trusted adult.



TOPIC 4 SEX & GROOMING

WHAT WILL I LEARN?



- What **CHILD SEXUAL EXPLOITATION** is.
- What the signs of **GROOMING** are.
- What being exploited is like.
- How people being exploited can get help.

WHAT WILL I NEED?



Pen or pencil



Laptop or phone



35-45 minutes



Blank paper



Earphones?



Open eyes!

GO ►

TOPIC 4

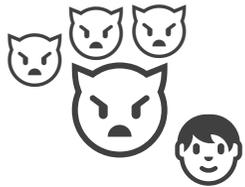
SEX

& GROOMING

WARM UP



CHILD SEXUAL EXPLOITATION is where



A person or group targets a child under 18, even 16 and 17 year olds who can consent to sex...



They use lies, threats, violence, false promises, gifts, emotional blackmail, & actual blackmail...



To get the child to do sexual things with them or other people, maybe touching, or just watching...



They might give the child something they want for doing it, like clothes, alcohol, money, popularity...



The perp might do it for money and status themselves, particularly when other abusers are involved...



And at first it might look like the child consents, or it might not be IRL, but online through nudes and videos.

TOPIC 4 SEX & GROOMING



GROOMING

Watch this video 

Think about how Charlie builds a relationship with Scarlett. It might look positive for Scarlett at first, getting gifts and lifts from Charlie... but notice how he starts to take advantage of her.



TOPIC 4 SEX & GROOMING



Authority figure
Family member,
teacher, faith leader,
sports coach



Examples:
Extra praise, special
treatment, time alone
with the child,
undermining parents
authority, asking to
keep secrets



Mentor or peer
Fellow gamer,
inspirational peer,
"influencers"



Examples:
befriending online,
playing all the same
games, promising
shout outs,
compliments,
avoiding video calls



Romantic
Boyfriend, girlfriend,
partner, friends with
benefits



Examples:
Gifts, takeaways, lifts
in cars, activities,
doing favours,
constant messaging,
everything in
common

TYPES OF GROOMING

👉 These are just 3 common types of grooming and examples of some of the behaviour of groomers. All of these exploit an imbalance of power with a child, like age, loneliness, or anxiety about sexuality.



TOPIC 4

SEX

& GROOMING



6 mins

Becky's Story

PLAY ▶

A REAL STORY

Anyone can be a victim of CSE. Anyone can exploit a child.

👉 Watch Becky's story – based on things that really happened to young people, mostly in the Hull, East Riding, North and North East Lincolnshire area.

Based on home learning by:

NOT IN OUR COMMUNITY PROTECTING OUR FRIENDS AGAINST GROOMING

NEXT ▶

TOPIC 4

SEX

& GROOMING

THINGS TO THINK ABOUT

If you want, write down your answers on a piece of paper. [Need a hint on the answers?](#)

- 1) What are the signs that Tony is targeting and trying to gain Becky's trust?
- 2) What else might a predator or groomer do to gain someone's trust?

Based on home learning by:

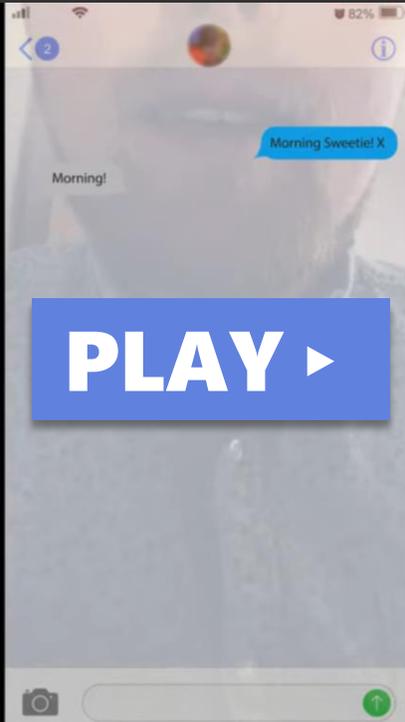
NOT IN OUR COMMUNITY PROTECTING OUR FRIENDS AGAINST GROOMING

NEXT →

TOPIC 4 SEX & GROOMING



Watch
Again



THINGS TO THINK ABOUT

- 3) What does Tony do to build his relationship with Becky?
- 4) What else might a predator do to build a relationship with a child?

Based on home learning by:

NOT IN OUR COMMUNITY PROTECTING OUR FRIENDS AGAINST GROOMING

NEXT →

TOPIC 4

SEX

& GROOMING

TIME FOR A BREAK!

5 MINUTES

Go have a 5 minute break!
Dance and shake your arms & legs!
Go to the toilet!
Or, get a drink!

I'M READY ▶

TOPIC 4 SEX & GROOMING



Watch
Again

PLAY ▶

Your dad wondered where the Disney+ came from?

THINGS TO THINK ABOUT

- 5) What are the types of questions Tony asks to assess risk?
- 6) What else might a predator do to assess the risk of grooming and exploiting a child?

Based on home learning by:

**NOT IN OUR
COMMUNITY** PROTECTING OUR
FRIENDS AGAINST
GROOMING

NEXT

TOPIC 4

SEX

& GROOMING

THINGS TO THINK ABOUT

If you want, write down your answers on a piece of paper.

7) What are the things Tony is doing to isolate Becky from others?

8) How else could you isolate someone from their family, friends and peers?

Based on home learning by:

NOT IN OUR COMMUNITY PROTECTING OUR FRIENDS AGAINST GROOMING

NEXT →

TOPIC 4

SEX

& GROOMING

THINGS TO THINK ABOUT

If you want, write down your answers on a piece of paper.

9) What does Tony do to start sexualising his relationship with Becky?

10) What do you think Becky should do next?

Based on home learning by:

NOT IN OUR COMMUNITY PROTECTING OUR FRIENDS AGAINST GROOMING

NEXT →

TOPIC 4 SEX & GROOMING



Check the signs you're in a healthy relationship. Whether it's abuse or exploitation, you can get help.



If you're under 18 you can contact Childline for advice and support. You can call or chat online for free.



Report it to the police. They can help keep you safe through referrals and investigating crimes.



GETTING HELP

Help is out there – whether to find a child somewhere safe to stay or stop someone from exploiting a child.

Make sure to talk to a trusted adult like a family member, teacher or youth worker.

NEXT →

TOPIC 4 SEX & GROOMING

TODAY YOU LEARNT:

- What **CHILD SEXUAL EXPLOITATION** is.
- What **GROOMING** is.
- What being exploited is like.
- How to **GET HELP** when being exploited.

Want to learn more?

NOT IN OUR COMMUNITY PROTECTING OUR FRIENDS AGAINST GROOMING



COOLDOWN

This might have been an intense session.

Take some time to play "Up To You" and play your way through life's tricky situations.

PLAY ▶

NEXT ➔

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HURRAY! YOU'RE FINISHED!

We hope you've enjoyed our booklets and have learnt lots on how to keep safe!
Remember: if it feels wrong or uncomfortable, tell a trusted adult.



HOW DO I KEEP SAFE? AT HOME, ONLINE & OUTSIDE

WHAT IS THIS? An interactive booklet on families and domestic abuse that your local police force, Humberside Police, want children and families to know more about so they can stay safe in the future. This has been made as part of Operation Galaxy.

OP GALAXY? An operation by Humberside Police to reduce crime & anti social behaviour, protect vulnerable people and tackle some big problems like the topics below.

HOW WILL THIS WORK? Over 4 weeks in June we will be sending an interactive booklet just like this out to schools to include as part of their home education plans for children still at home, or as part of their classroom learning for those who have returned to school. Each booklet directs children to trusted online resources that can explain more about the topic. The resources and language in each booklet is tailored to the age of the child (primary or secondary school), but you should scan through the booklets and resources so you know they are right for your child. *Click each topic below to read more about them online.*

TOPIC 1: DOMESTIC ABUSE

TOPIC 2: CCE (CHILD CRIMINAL EXPLOITATION)

TOPIC 3: ONLINE SAFETY

TOPIC 4: CSE (CHILD SEXUAL EXPLOITATION)