



English Master Script For Translation

Taking Care and Keeping Safe

Translation language:

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Education Saves Lives

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Taking Care and Keeping Safe

1. In this lesson we will look at how children and young people can keep themselves safe from anyone who might want to harm them, whether it is a stranger or someone they know.

2. We all have the right to feel safe all the time.

3. Other children and young people all have the right to feel safe, too.

4. People who look after us, including parents, carers and teachers, also have the right to feel safe.

5. Sometimes we may choose to do something which scares us. We might climb a big tree with our friends. We might hide and wait for someone to find us. We might decide to speak in front of our class, or sing a song on our own in front of some adults. We might pedal fast on a bicycle.

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6. In each case it is fun because we are making ourselves feel scared on purpose. We are in control of our decision, and we know it is going to end, or that we can stop it.

7. However if someone is doing something which makes us feel unsafe when we don't want to be scared, then this is wrong. If we don't feel safe we must ask for help. This is a personal emergency, and we can shout for help if necessary.

8. Now try to answer this question using the up and down arrows on the controller.

9. Is it all right to feel safe just some of the time ?

10. Yes,

11. Or no ?

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12. Press a button now.

13. That's right. We can decide to make ourselves feel scared on purpose as long as we are in control, and can decide to stop making ourselves feel scared if we want to. However we all have the right to feel safe from other people all the time if we are not in control of what we are doing.

14. Can you think of times when you feel safe ?

15. Perhaps when you are at home with the people who look after you, parents and carers.

16. Perhaps when you are with your brothers and sisters and friends.

17. Perhaps when you are in your church or temple or mosque or synagogue or wherever you worship ?

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18. Can you think of times when someone might not feel safe ?

19. Perhaps if they are in the middle of a very busy road.

20. Perhaps if they see a large dog or a snake or a lion.

21. Perhaps if someone is going to attack them.

22. Perhaps if someone is shouting or threatening to harm them.

23. Perhaps if they can hear loud noises outside.

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24. Perhaps if people around them are at war with one another. Then they feel scared and not safe.

25. If you don't feel safe it's important to tell other people about how you feel.

26. Remember, we all have the right to feel safe all the time.

27. We can talk with someone about anything, even it feels or seems awful or small.

28. Now here's a question for you

29. If you feel scared about something is it better to keep this secret, in case other people think you're being stupid ?

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30. Yes,

31. Or no ?

32. Press a button now.

33. That's right. It is not silly to feel scared. It is important to tell someone else, so that they can help you feel safe again.

34. When we feel scared we may start to have early warning signs, such as headaches, stomach aches, sweaty palms of hands, heart beating fast, or needing to go to the toilet more often.

35. We must listen to our early warning signs and tell other people about how we feel, so that they can help us.

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36. When we feel scared we need to leave the dangerous situation, if possible, and then seek help as soon as we can.

37. How can we know that we might be in danger ?

38. Is it because we might have some early warning signs ourselves that something is wrong ?

39. Or is it because someone else tells us how we should feel ?

40. Press a button now.

41. Well done. We need to listen to our own bodies and our early warning signs that something is wrong.

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42. Now we want you to think about safe and unsafe secrets. If someone has bought or made a surprise birthday present and they ask you not to tell anyone, should you obey them ?

43. Yes, we should keep this secret

44. Or no

45. Press a button now.

46. That's right. This is a safe secret. We do not have our early warning signs about safe secrets, and we do not have to keep such secrets for very long.

47. What if someone is bullying us, or they want to harm us, and they tell us not to let anyone know ? Should you keep this secret ?

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48. Yes, we should keep this secret

49. Or no, we should tell someone ?

50. Press a button now.

51. Correct. This is an unsafe secret. If we don't tell anyone else it is very likely that we shall continue to be bullied, even if we tell the person bullying us to stop.

52. Our private parts are mainly the parts of our bodies which we do not show to other people. If we are a girl or woman they are our breasts and vagina.

53. If we are a boy or man they are our penis and testicles. Our bottom is also private. Our mouth is private, too, although other people can see it.

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54. A mother or father may touch their small child's private parts if they need to wipe, clean and perhaps change their clothing after they have gone to the toilet. A nurse or doctor might also need to examine someone's private parts if they are feeling sore or unwell in that area of their body. A dentist, doctor, nurse or parent might need to look inside our mouth if we are ill or in pain.

55. If someone else tries to touch our private parts we must say no very clearly, and then tell other people we trust about what has happened.

56. We can practise yelling in a loud voice 'Stop !' or 'No !' or 'Don't do that !' so that other people around can hear us, and they may recognise that we're in danger.

57. However if there's no-one else around we may need to wait until we see someone who could help us. We should then tell them as quickly as possible.

58. Should we keep quiet and not tell if someone tries to touch our private parts ? Perhaps another child or adult we know, or someone we don't know ? Perhaps another child who is curious ?

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59. Yes,

60. Or no ?

61. Press a button now.

62. Correct. We must say no very clearly, and then tell other people we trust about what has happened.

63. If someone doesn't tell another person that they feel in danger because they are being harmed or bullied, what is likely to happen ?

64. The person harming them will stop if they are ignored ?

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65. Or the person will keep bullying them until it is brought to the attention of someone who is able to listen to them and help them ?

66. Press a button now.

67. That's right. They need to find someone who will help them stop being bullied or harmed, otherwise they will continue to feel scared. If no-one knows about what is happening then no one can do anything about it. Remember, we all have the right to feel safe all the time.

68. Now we want you to think about the people you could talk with when you don't feel safe.

69. You could draw your hand on a large piece of paper, and then write the names of adults whom you could tell if you feel unsafe.

70. Perhaps you could tell your mother or father, or someone else who looks after you ?

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71. Perhaps you could tell your grandmother or grandfather, or your aunt or uncle ?

72. Perhaps you could tell your older brother or sister, or another adult in your family ?

73. Perhaps you could tell an adult with whom you feel safe at school ?

74. Perhaps you could tell someone at your church or mosque or synagogue or temple, or wherever you worship ?

75. Perhaps you could tell your doctor or a nurse or a social worker ?

76. Perhaps you could tell a police officer, or someone important in the town or village where you live ?

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77. Perhaps you could tell another adult whom you trust ? Maybe someone you've known for a long time.

78. Write the names of the people you could tell on the hand you've drawn. These should be the people you choose; people whom you trust.

79. You need to choose at least five people, in case some of them aren't available when you need to speak with them, or they might be too busy to listen to you.

80. You need to tell another person from among the people named on the hand you've drawn.

81. Which of these groups could you tell if you don't feel safe ?

82. A teacher or carer or parent or police officer ?

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83. Or your goat, or dog, or toy, or your younger brother or sister, or someone you know who has died ?

84. Press a button now.

85. That's right. You should tell a living adult who may be able to help you. If they're not available you should seek someone else whom you trust. If they're not around either, you should seek another person. A younger child or an animal will not be able to speak out on your behalf.

86. What should someone do if a person they've named on their drawing of a hand is now making them feel unsafe, perhaps someone they know well?

87. They should ignore this ?

88. Or they should tell someone else on their hand with whom they feel safe ?

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89. Press a button now.

90. That's right. If you feel unsafe with anyone, even if you know them well, you must tell someone else whom you trust about this. If they don't do anything to help you feel safe again you must tell someone else. You must keep on telling people until someone listens and helps you feel safe again.

91. Now we want you to think about people you don't know very well. Maybe someone you've never seen before, or somebody you've seen around the area where you live, but you don't know them very well. We might call this person a stranger.

92. Many strangers will not harm us; they are simply people we don't know. However we need to be aware that they might not be safe, so how can we know if we can trust them ?

93. We can watch how other people, such as our parents or teachers, talk to them. Do we feel safe with them ? If so, we can start to trust them.

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94. Do we feel any early warning signs ? If so, we should not spend time with them on our own, and we should talk about how we feel to one of the adults we trust.

95. If you see someone you don't know very well you shouldn't approach them unless you are with an adult you can trust. If they start to talk to you first you should not reply. So here is another question for you.

96. If you are walking down the road on your own and someone you don't know approaches you and asks you where you are going should you

97. Stop and talk with them, because it is polite to answer questions ?

98. Or should you ignore them and walk past without talking to them ?

99. Press a button now.

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100. That's right, you should not start a conversation with someone whom you don't trust. If you need to seek help from someone you don't know, you should pick someone in a position of trust, such as a parent with children, or a shop assistant. However, if you start to feel unsafe with them, you should walk away and ask someone else.

101. You must never ask someone you don't know to give you a lift, or to give you sweets, food, money, school items etc.

102. If a stranger offers to give you something, or asks you to follow them, or ride in their car, or to do something you don't want to do, you must say 'No !' very firmly and tell a trusted adult as soon as you can.

103. If you see someone you don't know is it safe to talk to them on your own ?

104. Yes ?

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105. Or no, you should you wait until you have checked first with other adults whom you trust ?

106. Press a button now.

107. Well done. You need to check first with adults whom you trust before talking to strangers.

108. We now want to think about how we can keep safe if we use a computer or mobile phone to talk with someone online using the internet.

109. When you speak to your friends online you know who they are because you recognise them by what they are saying to you.

110. However we might also receive a message from someone we don't know. This person might not be telling the truth about who they say they are. You might meet them in a chat room, which is an area on the internet where users can communicate, typically dedicated to a particular topic.

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111. You might meet them on social media, such as Facebook, or through a messaging service, or while you are playing games online. They might be safe to chat with, or they could be, for instance, an adult pretending that they are a child or young person.

112. Now a question for you.

113. If you make contact with someone on the internet whom you don't know, and they tell you that they are the same age as you, and they want to know about your school and your friends, what should you do ?

114. Tell them about yourself ?

115. Or tell an adult whom you trust about their request ?

116. Press a button now.

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117. That's right ! You need to let a trusted adult know about their contact with you, so that they can help you to stay safe whilst you are using the computer.

118. If you get your early warning signs or feel worried or frightened about someone who is talking to you on the internet you could stop the conversation and discuss this with one of your safe adults.

119. When we are talking to someone online we should never be rude or use nasty words. However, if someone is rude or nasty to you, then you must tell a safe adult whom you trust, so that they can report this abuse to the social media site or perhaps the Police.

120. Always keep your own information private. Never tell anyone where you live or give them your telephone number, unless you are sure that you know them. Never send them any pictures of yourself or people you know.

121. Never arrange to meet someone in real life whom you have spoken with on the internet unless you have a trusted adult with you.

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122. If anyone makes you feel scared or unhappy, or you are having your early warning signs about anyone or anything, you can tell a grown-up whom you trust.

123. What should you do if someone you have met on the internet asks you for your address, or your telephone number, or pictures of yourself ?

124. Check that you know them ?

125. Or send them straight away ?

126. Press a button now.

127. Correct. You should always keep your own information private. You should never tell anyone where you live or give them your telephone number, unless you are sure that you know them. You should never send them any pictures of yourself or people you know.

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128. Someone you have met on the internet suggests meeting in real life. They say you should come on your own. Should you do this ?

129. Yes, they seem like a nice person.

130. Or no ? You should make sure you have a trusted adult with you.

131. Press a button now.

132. That's right. Never arrange to meet someone in real life whom you have spoken with on the internet unless you have a trusted adult with you.

133. Remember, we all have the right to feel safe all the time.

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134. That was the wrong answer. Let's go back and listen again.

135. Sorry ! Wrong answer.

136. Hello. The title of this lesson is "Taking Care and Keeping Safe." To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

137. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star !

138. Correct!

139. "Taking Care and Keeping Safe"