

# Self Help Guide

Keeping  
yourself  
safe

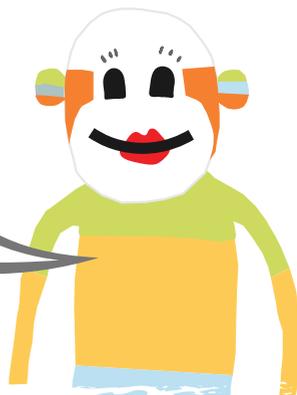


# This booklet is to help us keep ourselves safe

- Do you sometimes feel scared in some situations?
- Let's think about what you can do to keep safe?



When Monkey Bob is feeling scared his Mum say's 'It's okay to be scared, Everybody gets scared sometimes'



Monkey Bob say's  
'What if I get lost in the  
supermarket?'



'What if there is a monster  
in the cupboard?'



'What if I cannot remember  
all the words to sing in the  
school assembly?'



'What if I am scared of  
going to get my haircut?'

When Monkey Bob is feeling scared what might his tummy be feeling like?

Can you create a drawing of this in Monkey Bobs tummy?



Can you write down any other feelings you get that are different?

.....

.....

.....

.....

.....

.....

Sometimes you may have the same feelings like the time Monkey Bob was scared when he was on the big rollercoaster.



# Monkey Bob's Grandad wants to help you to stay safe

No one should keep secrets when they are feeling sad or scared

It's always a good idea to talk to a grown up or draw a picture of how we can keep safe

When grown ups shout at each other it is never your fault

Anger and frustration are normal, hurting another person and violence is not okay



# Can you tick the following statements to say whether you agree or disagree?

	YES	NO
I have the right to be safe and cared for		
Violent words and actions at home are not my fault		
I cannot stop the violence.		
It is my job to look after adults		
It is not ok to break all the rules to keep myself safe		

When grown ups shout or fight, you may have felt scared. If this has happened to you, what are some of the things that you have done if you have felt scared?

**I Have Felt**

**I Have Talked Too**

**OTHER THINGS I HAVE DONE**

# Monkey Bob's wants you to know...

It is **NOT** ok for anyone to hurt or frighten you or anyone in your family

It is **ALWAYS** ok to tell someone you trust if you are feeling worried or frightened

It is **ALWAYS** ok to keep yourself safe if you are afraid.



*Scribble Your Thoughts Here*

Scribble Your Thoughts Here



Monkey Bob and friends have their own safety plan that help them to know what they can do and who they can talk to for help.

Now its time to fill in your own safety plan

Draw a picture of you in the box

My name is .....

I live at .....

# What you can do when there is shouting or fighting

1

Move out of the way of anyone shouting or fighting

Fill In  
The  
Space

2

If I can get away safely from the place where the violence is taking place, I can go to

..... or contact .....

and .....

3

Take my brothers and sisters with me if it is safe to do so

4

If it is not safe to take your brothers and sisters. It is ok for you to go and get help by yourself

# More about getting help



If there is a phone away from what is happening and it is safe to I can ring the police:

- Dial 999
- The operator will ask which service
- I will say 'police'

If I am hurt or anyone else is hurt I can ask for an ambulance:



When a person speaks to me I will say:

- My name:
- Where I am:
- What has happened:

I WILL NOT  
HANG UP THE  
TELEPHONE.

If I have gone somewhere else, I can ask that person to ring 999 for me

On this safe hand can you add  
someone you trust and can speak to,  
on each finger just like Monkey Bob has  
done on his safe hand



# Other people that know about my safety plan are::

1

my .....

2

my .....

3

my .....



Remember page 7 now lets take a look at how you got on.

1

**I have the right to be safe and cared for - Agree**

It is a basic human right that every child should be protected from any type of abuse this includes physical and mental abuse.

2

**Violent words and actions at home are not my fault - Agree.** Remember that Monkey Bob has already told us it is never a child's fault when grown ups are arguing or fighting, it is not ok for anyone to hurt other people.

3

**I cannot stop the violence - Agree.** If you try to stop people hurting each other you may get hurt. Never try to stop violence, use you safety plan in this booklet to stay safe

4

**It's my job to look after adults - Disagree.** It is a grown ups responsibility to keep themselves safe, you have a right to be safe and cared for

5

**It's not ok to break all the rules to keep myself safe - Disagree.** If you are frightened or scared you can break the rules and shout or scream to get help and to keep yourself safe

Monkey Bobs Mum say's do not worry if you did not get everything right today, this booklet is here to help you and to set up your very own keeping safe plan.

On this page you can add important telephone numbers or people who can help you

Now take a look at other myCWA self help booklets.



## Links for extra help and support

**MyCWA** ✉ [info@mycwa.org.uk](mailto:info@mycwa.org.uk) ☎ 01270 250390

**Live Well Cheshire East** 🌐 [www.cheshireeast.gov.uk](http://www.cheshireeast.gov.uk)

**Starting Well Cheshire East and Chester**

🌐 [www.cheshirewestandchester.gov.uk](http://www.cheshirewestandchester.gov.uk)

**Safety Guide and visual guide Bullying** 🌐 [www.safetyguide.co.uk](http://www.safetyguide.co.uk)

**Healthy Teen Relationships** 🌐 [www.actonitnow.co.uk](http://www.actonitnow.co.uk)

**Kooth Free safe advice for children and young people**

🌐 [www.kooth.com](http://www.kooth.com)

**Childline** ☎ 0800 1111 🌐 [www.childline.org.uk](http://www.childline.org.uk)

**Anti Bullying, includes cyber bullying information**

🌐 [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**24 hour helpline 0300 123 5101**

[www.mycwa.org.uk](http://www.mycwa.org.uk)

**#myCWAalivefree**



Lily Jones Support Centre  
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Crewe, CW2 7DE



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