

Cheshire West & Chester Council

My workbook

Name



West Cheshire
Children's Trust



Cheshire West & Chester
Community
Safety
Partnership



Cheshire West
and Chester

Activity 1: All About Me

I am years old.

I live with in

My friends are:

I like to watch:

My favourite:

Food

Colour

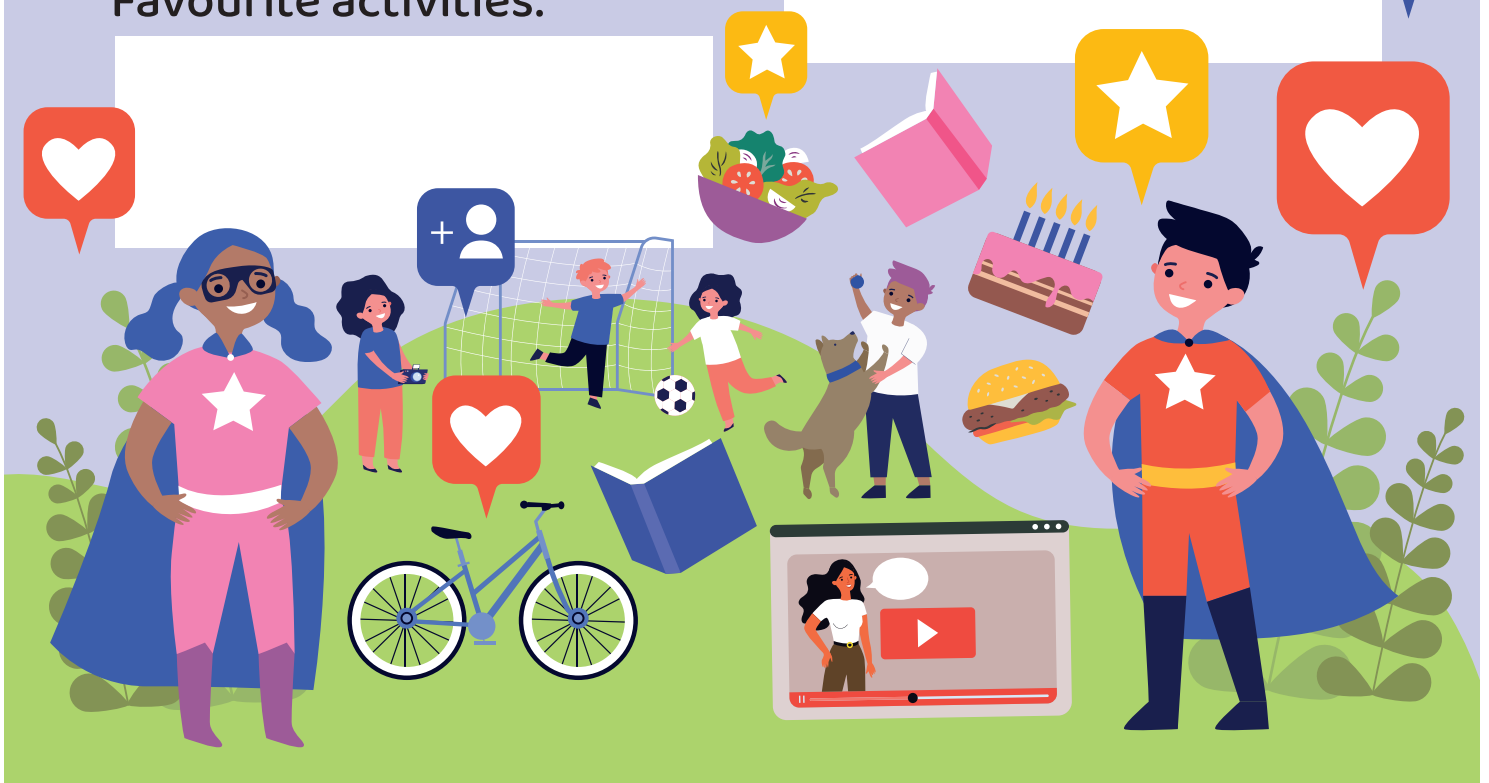
Animal

Books

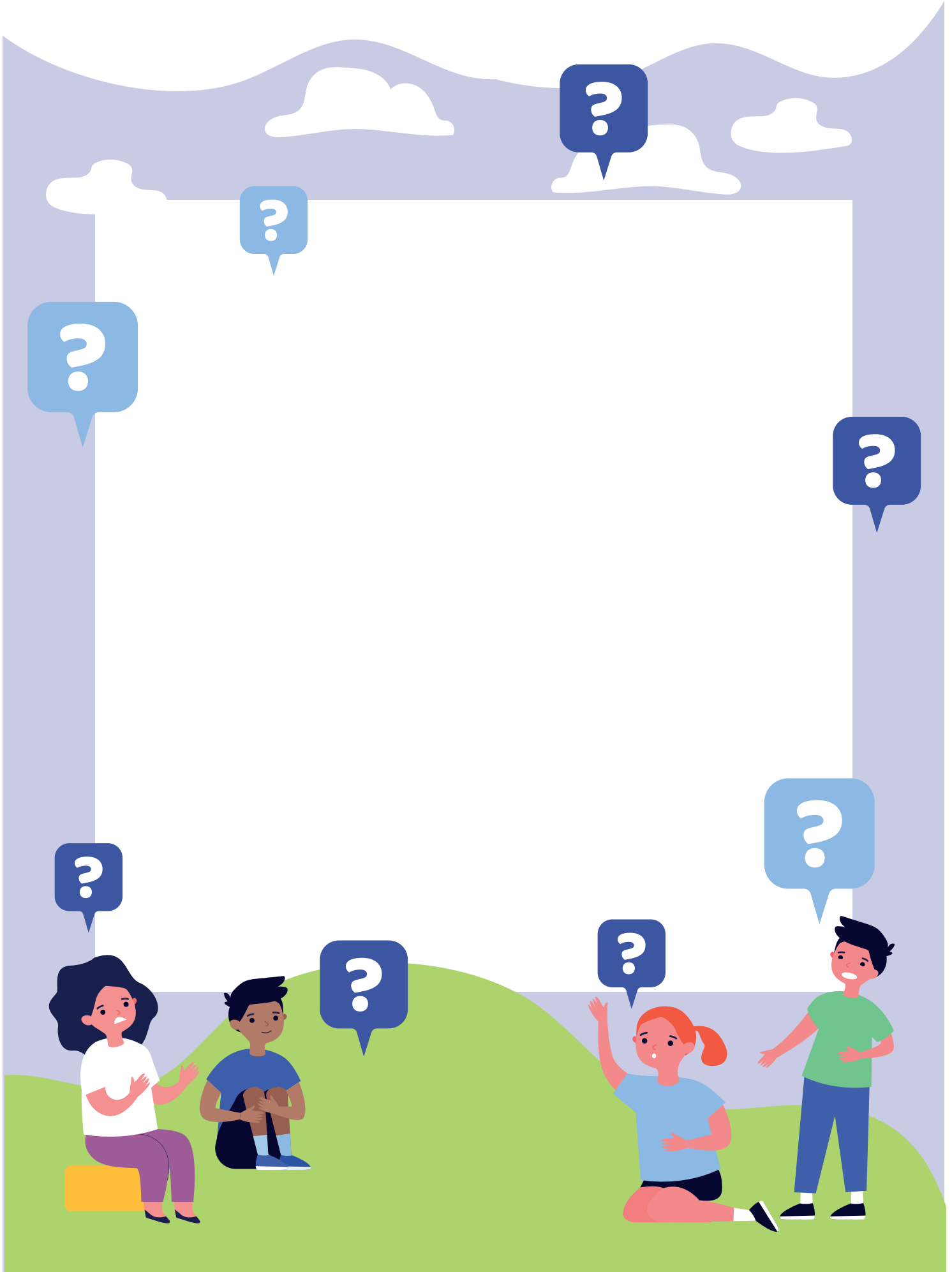
I am good at:

When I grow up I want to be:

Favourite activities:



Activity 2: What is Domestic Abuse?



Healthy Relationship Wordsearch

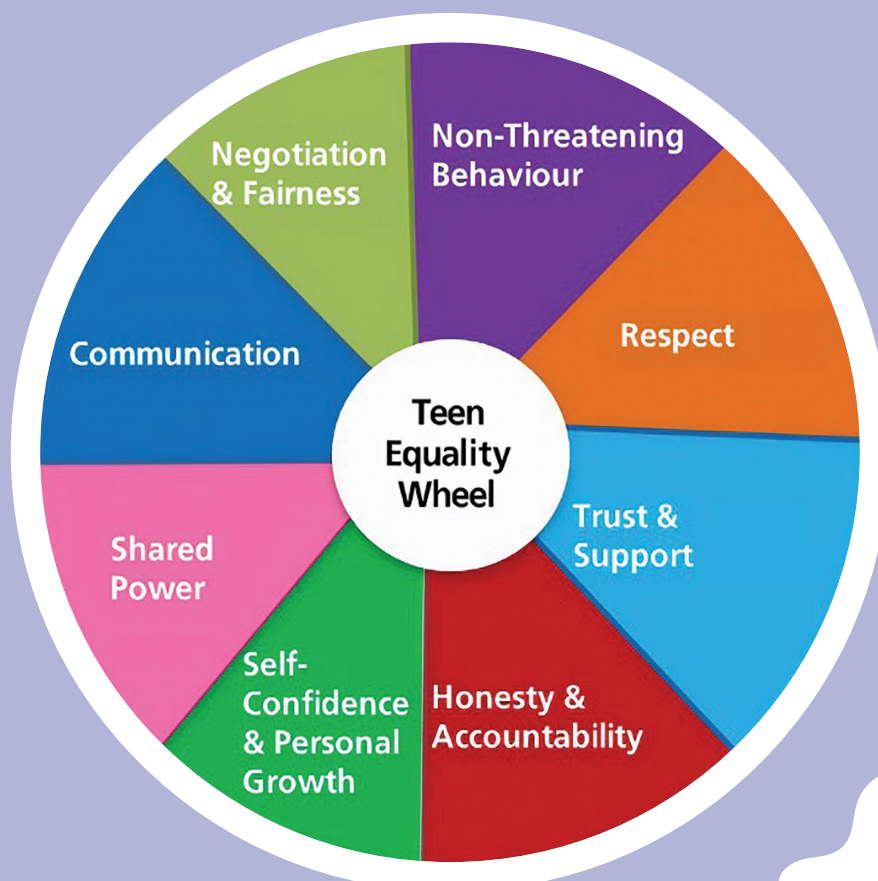


D	H	T	Q	E	H	H	U
P	N	C	Z	O	B	C	Q
R	Q	E	S	Y	R	D	C
S	U	P	P	O	R	T	A
D	D	S	G	B	R	N	R
N	G	E	F	U	U	D	I
I	U	R	S	F	L	Q	N
K	Z	T	E	V	O	L	G

CARING
SUPPORT
RESPECT
FUN

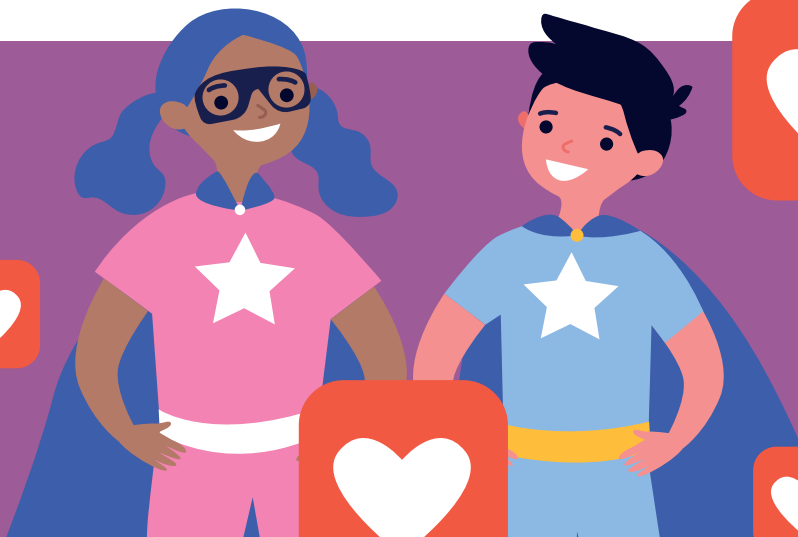
LOVE
TRUST
KIND





Your Relationship Rights

- You have the right to feel safe and respected
- You have the right to decide who you want to date or not date
- You have the right to choose when/if you have sex and who you have sex with
- You have the right to say no at any time (to sex, to drugs or alcohol, to a relationship), even if you've said yes before
- You have the right to hang out with your friends and family and do things you enjoy, without your partner getting jealous or controlling
- You have the right to end a relationship that isn't right or healthy for you
- You have the right to live free from violence and abuse



Activity 3: Emotions



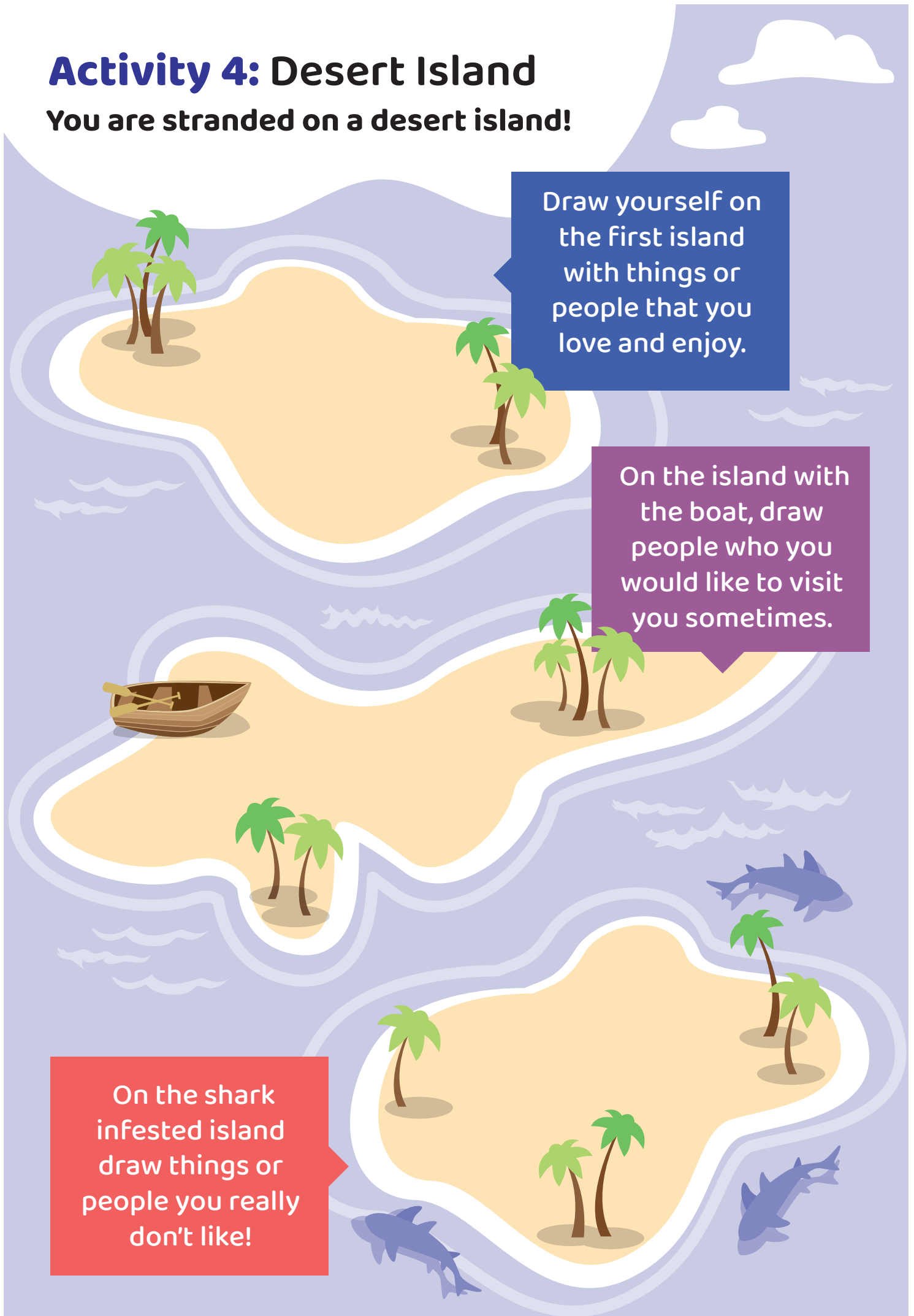
Activity 4: Desert Island

You are stranded on a desert island!

Draw yourself on the first island with things or people that you love and enjoy.

On the island with the boat, draw people who you would like to visit you sometimes.

On the shark infested island draw things or people you really don't like!




Any Thoughts?

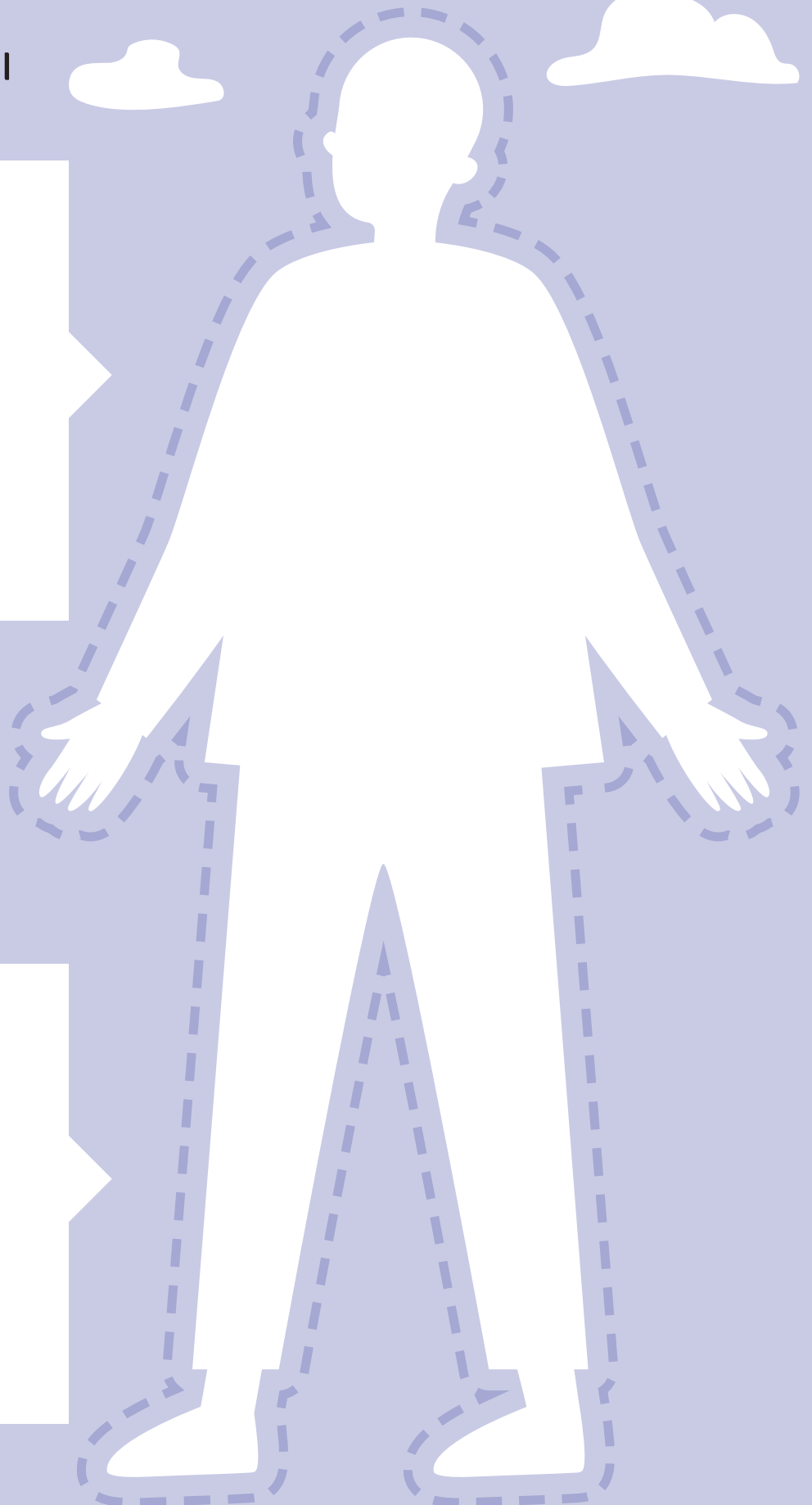


Activity 5: Help Wanted....

Where do you feel
your emotions?



What happens to
your body?



The following things might help:

Some ideas from other young people are:

Meditation

Fidget toy

Exercise

Stress ball

Music

Cuddly toy

Breathing exercises

Colouring

Someone to talk to

Can you think of anything else that might help?



Activity 6: Safety is:



- Knowing that someone will take care of you.
- You know what is expected of you.
- You have an idea about what will probably happen next.
- You are not worried that you or someone else will get hurt.
- You don't feel scared.
- You feel ok

What else makes you feel safe?



My Safety Plan.

I need to be safe, it's not my fault that the grown-ups in my house are or have been fighting/arguing.

Name

Age



Something I like about me is...



Something I am good at is...

If there is any shouting, loud noises or arguing in my house I will...



Go to a safe place:
Draw a picture of places you could go to...



Something that will make me feel better is...



My Safety Plan.

If someone is hurt or in danger, I will call for help...



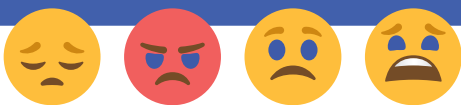
Talk to your trusted adult about who you can call/go to for help.

We can always call the police on 999, they are always here to help.



1. Tell them my name.
2. Describe what is happening.
3. Tell them my address – Do you know your address?
4. Tell my phone number – Do you know your phone number?

Sometimes I may want to talk to someone about my feelings (sad, angry, scared, worried)



People I can talk to are...

5 people I feel safe with are...



- 1.
- 2.
- 3.
- 4.
- 5.



Activity 7: Let it go!

Sometimes, we get upset over things we can't change or control. It can help if we tell ourselves to let go of those things. What can you let go of?

Draw or write it in the balloons and let them go!



Activity 8: Poem

If you ever feel sad and blue,
And need someone to talk to,
You need someone to lend an ear,
Who'd let you talk – who'd want to hear.

Even if it was really hard to say,
They'd never turn you away.
No matter what you'd had to tell,
They'd stay calm – they wouldn't yell.

They'd be there to help you out,
They'd stand by you – without a doubt.
It's their job to keep your body safe and sound,
So if you ever need a help in hand to come around.

Who would you tell? Who would it be? Who is in your circle, of body safety?

