

Do Now

Personal Safety – travelling and holidaying abroad



Toni and Terri are 16. Toni has family in Paris, so she and Terri have decided to travel there together, to have a weekend shopping and site-seeing.

Aside from running out of money and missing their connecting train, all was going ok, until Terri sprained her ankle. Toni had to take her to hospital.

'Where are your travel insurance docs?'

Toni asked her friend.

'My what-what?' Replied Terri.

Discuss: How prepared do you think the girls were for their trip?



Why is it important for us to learn about staying safe throughout the holidays?

I think it's important for us to learn about staying safe in the holidays because...

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Learning outcomes:

Describe how to identify risk and manage personal safety in increasingly independent situations.

Describe ways to identify risk and manage personal safety in new social settings.



Personal safety - The freedom from physical harm and threat of physical harm, and freedom from hostility, aggression and any kind of harassment.

Here are some key terms to know when travelling abroad



VISA	An endorsement on a passport indicating that the holder is allowed to enter, leave, or stay for a specified period of time in a country.
PASSPORT	An official document issued by a government, certifying the holder's identity and citizenship and entitling them to travel under its protection to and from foreign countries.
TRAVEL INSURANCE	This helps cover financial losses associated with surprise circumstances that could ruin a trip, including illness, injury, accidents, flight or other transportation delays, and other issues.
CULTURAL SENSITIVITY	The knowledge, awareness, and acceptance of other cultures and others' cultural identities.
ROAMING CHARGES	The fees you pay when you use your mobile phone outside of your normal coverage area, and they can add up quickly if you're not careful.
LOCAL ETIQUETTE	The set of norms of personal behaviour and accepted social behaviours practised by a society.



It doesn't sound like the girls were very prepared for their trip. We'll certainly delve into the nitty gritty of safe travelling abroad today, but first of all, what do we need to check BEFORE we go?

Watch the clips carefully and complete the table. We'll go through our answers together afterwards.

<https://www.youtube.com/watch?v=k97G2YC3I60&t=7s>



What do we need to check?	Why do we need to do this?

Please add any you did not get when watching the clip



What do we need to check?	Why do we need to do this?
Change your phone settings, turn off data roaming	As then you don't have huge bills upon your return.
Check which town is best to fly into BEFORE you purchase your flight tickets. Just because the airport has the name of where you want to go, it doesn't always mean it's situated there.	You will save yourself a lot of time, energy, hassle and possibly travel costs.
Check the weather for the time of year you're going.	This will help you to pack appropriately – e.g. places like Turkey sound hot, but in Autumn temperatures can be like Britain.
Check the visa and passport requirements BEFORE you go. Make sure your passport is valid, not expired.	You don't want to end up stranded at your destination's airport, not let into the country.
Check the medical requirements of where you're going and your travel insurance.	You may need vaccinations and you never know if you could get robbed.
Check your financial situation – take back up cards or even let your bank know you'll be abroad.	Just in case a card doesn't work or is cancelled.

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Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject.

Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen

<https://www.gov.uk/browse/abroad/travel-abroad> UK Gov official and always up-to-date advice site, you can check each countries individual travel requirements here

<https://thatbackpacker.com/travel-for-teenagers/>

A blog and advice site for travelling teenagers.

<https://travelaware.campaign.gov.uk/>

A safety and advice site for travelling teenagers.



Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>