

Do Now

Personal safety and risk on the streets



Josh and his mates snuck into a beer festival. Despite being underage, the three managed to acquire alcohol. It's now time to go home and Josh won't get up off the floor. His mates are late.

'He knows the way home; he'll sober up soon and make his own way back.' Says one friend. They decide to leave him there and head home.

Discuss: Why is leaving Josh such a terrible idea? Why should you never do this?



In what ways is Josh's personal safety now at risk?

Josh is at risk in a number of ways, for example...

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Learning outcomes:

Describe the best ways to avoid and manage a variety of risky situations that could endanger our personal safety.

Explain how criminals look for opportunities when we're distracted and how we can prevent crime and accidents.

Analyse the risky situations the wider world presents for us and how we can best equip ourselves .

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

Risk – a situation involving the possibility of negative consequences.

Real friends would never leave a mate at risk and exposed like this.

You may have written down that Josh is at risk of; **robbery, physical abuse, a road accident or even murder or rape** (yes, it happens to males too). You would be right. He is also at risk of **choking on his own vomit, getting lost and sunstroke too**. When people have had a drink, sometimes they make terrible decisions. Of course, people make terrible decisions when they're sober too. We'll examine many instances of risk today, but there is one point we can all take from this starter – **you never desert a friend and leave them at risk like this.**



Did you know?

Worldwide, over 176000 homicides occur amongst youths aged 15–29 years of every year, which is 37% of the total number globally each year.

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Why are we focusing on personal safety on the streets today anyway?

Well, there are many good reasons for this. Read the statements below and vote to see if you think they are true or false as a class. **We'll reveal the answers on the next slide.**



Last year there were 1766 road deaths in the UK and 28,941 serious injuries from car accidents and road incidents.

Last year there were 9717 deaths by 'misadventure' in the UK.

Last year 35,640 rapes were reported in the UK.

The rate of assault incidents per 100 young people was at one point at 383.6 last year - in just three months- (July to September 2023). Many people were involved numerous times.

According to the most recent data, around two-fifths (38%) of English 11–15-year-olds have tried alcohol. We know this vastly increases risk of injury amongst young people; on roads, on the streets, at festivals and parties.

Our personal safety out on the streets



Let's see how many we were right about.
All of the statements were true this time.
Well done if you made that assumption.

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Personal Safety Essentials:
Watch the clips about personal safety on the streets carefully and complete your table. We'll go through the answers together as a class afterwards.



<https://www.youtube.com/watch?v=4myMBdBNxwQ>

TOP TIPS:	Why is this so important?

Personal Safety Essentials:

These are a few selected important pieces of advice from the clip. Did you manage to write down any others?



TOP TIPS:	Why is this so important?
Carry your keys in your hand so you don't have to spend time by your car (or home) searching for them.	There is less opportunity for anyone to mug you or take anything from you whilst you rifle through your bag.
Check your car before you get into it, to ensure no one is inside and when you are in, lock your doors.	This sounds crazy but some people are genuinely carjacked, kidnapped or worse each year this way. Once locked, no one can jump in or open the door and grab your bag.
If you think someone is following you on foot, swap directions. If they follow, go to a well-lit, public area asap.	You are less likely to be mugged or attacked in a public, busy and well-lit area.
If a situation doesn't feel safe, trust your judgment and leave. Never confront suspicious people.	This is far more important than offending people. You can make note of worries and report it to the police.
Be mindful when walking in headphones.	You otherwise have no idea about your surroundings (especially with the noise-cancelling ones).

Personal safety and risk on the streets



Useful helplines and charities:

<https://www.met.police.uk/cp/crime-prevention/personal-safety-how-to-stay-safe/>

A really useful site full of tips on how to stay safe from the police (UK)

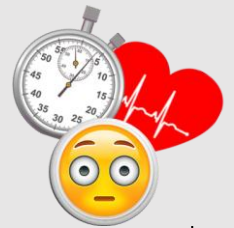
[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject.

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 who is struggling.

<https://www.nhs.uk/> The National Health Service website

111 / 999 - None health emergency and real health emergency phone numbers



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

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/>