

Identifying Personal Emergencies

PART A: Safe places and trusted adults

Remember:

We might have early warning signs when it's fun and exciting, but we still know we're safe, like if we watch a scary movie or if we go on a fast ride.

We might have early warning signs if we're *not* having fun, but we still know we're safe, like doing a test at school or visiting the dentist.

We might have early warning signs when it is not fun and we believe we are, or we may be, in danger. These situations are called *personal emergencies*.

Q: Which of the following situations when we feel early warning signs are personal emergencies:

- riding my bike down a steep hill
- being lost in a shopping centre*
- getting a needle from the doctor
- doing a talk in front of the whole class
- being hurt by an older child in the school playground*
- being chased by a barking dog*

* *personal emergencies*

If we have a *personal emergency* we need to do something to feel safe again, like going to a safe place and telling an adult we trust.

Q: Where might a safe place be and who might be an adult we trust at:

- home?
- school?
- on the way to or from school?
- a shopping centre?
- the beach?
- the park?

PART B: Calling Triple Zero

Sometimes if there is a very serious emergency we may need the police, an ambulance or a fire engine for help.

Discuss the types of emergencies that may require police, ambulance or fire service to attend.

Q: What telephone number would we call in a serious emergency?

Note: Be sure to instruct students to call triple zero, as opposed to triple O which can be confused with '6' which is the number to press for the letter 'O'.

Q: What sort of information might we need to give the telephone operator?

Encourage students to recite their first and last name, their address and their telephone number. One creative way for young children to learn their address is to the tune of 'London Bridge', e.g. 'I live at 16, 16, 16; I live at 16 May Street, Graceville'.

Role play calling triple zero using a toy telephone or one that has been disconnected. A teacher or another student should pretend to be the operator and gather the required information.