

'I can get help' Summary Max's Safety Scenario

Instructions: Teachers are encouraged to read through the scenario and provide students with the opportunity to respond to questions. The desirable answers should be covered prior to continuing. The 'Remember..' section on p.2 provides a summary of the key points.

Max is learning how to keep safe and is developing a Safety Hand of adults he trusts who are available, will listen, believe him and help him if he needs help. He knows that by talking with people he trusts when he's feeling sad, angry, scared, or confused he will be able to get some advice, help and support. He will probably feel better that someone else knows how he's feeling too.

Max thinks Mum, Grandad, his teacher, Miss Phillips, his best friend's Mum, Mrs Richards, and the school PE teacher, Mr Clark, would all be good Safety Hand Members. (*Note: You may wish to draw Max's Safety Hand on the board with each Safety Hand Members' face.*)

Do you think Max should invite these people to be part of his Network? Why? How could Max do this?

By being invited, trusted adults have a chance to choose whether or not they would like to be part of our Safety Hand. They will know what their job as a Safety Hand Member is, they will be ready to help us and they will probably do a better job of helping us.

Max could invite them using the 'Safety Hand Member Invitation' (Worksheet 4.3), or by asking them in person, over the telephone or even via email or SMS. Max may ask for an adult's help to approach people he would like to be on his Safety Hand.

All of the people Max invited have agreed to be on his Safety Hand. This makes Max feel good to know he has people he can talk with if he's not feeling safe or if he has a problem.

A few older boys at school have been picking on Max in the playground for a few days. They are calling him names and keep hiding his school hat. Max is feeling some early warning signs. His heart starts to beat faster and he feels like running away when he sees the older boys in the playground.

What could Max do?

He could talk with a Safety Hand Member at school including his teacher, Miss Phillips or the PE teacher, Mr Clark.

Max sees Miss Phillips who is on Playground duty.

What could Max say to Miss Phillips?

Max could tell Miss Phillips that he needs to talk with her as she is on his Safety Hand. He should then tell her exactly what the problem is.

Let's say Miss Phillips received a phone call on her mobile just as he was about to talk with her and that she had to leave the playground.

What could Max do?

Max might decide to wait until the end of lunch time when he knows he will see Miss Phillips again, OR, Max might decide to see if Mr Clark is around.

Max decides he will try to find Mr Clark.

What could Max say when he finds Mr Clark?

Max could tell Mr Clark that he needs to talk with him as he is on Max's Safety Hand. He should then tell Mr Clark exactly what his problem is.

What could Max do if he couldn't find Mr Clark, or if Mr Clark didn't really listen to him or help him solve his problem?

Max could approach other members of his Safety Hand, including his teacher Miss Phillips. Max may want to wait until he goes home and talk with his Mum. He may choose to contact another member of his Safety Hand.

When should Max stop approaching his Safety Hand Members for help?

When he feels safe again and his problem is solved.

Max waits until the end of lunch and goes to the classroom to see Miss Phillips again before class starts. Max tells Miss Phillips that he needs to talk with her as she is on his Safety Hand and tells her all about what has been happening in the Playground.

Together Max and Miss Phillips work out how they could solve Max's problem. Max feels a lot better after talking with Miss Phillips. He doesn't feel unsafe anymore and he knows that Miss Phillips will be able to help him sort out this problem.

Remember:

- By talking with people we trust when we're feeling sad, angry, scared or confused, we can get the help we need.
- We can develop a Safety Hand of at least five adults we trust who are available, will listen, believe us and help us if we need their help.
- We should invite people to be on our Safety Hand, so they know all about their important job.
- We can approach our Safety Hand Members in person, by telephone, or even email.
- We need to make sure our Safety Hand Members know we are approaching them as a Safety Hand Member and we need to tell them exactly what the problem is.
- If Safety Hand Members aren't available, or if they don't listen, believe us, or take action to help us, we need to keep approaching other Safety Hand Members.
- We should only stop approaching Safety Hand Members for help when we're feeling safe again and our problem is solved.
- We need to make sure our Safety Hand Members are all able to do their important job. If someone isn't as good at helping us as we thought they might be, we need to find a new Safety Hand Member to replace them. We need to remember to invite our new Safety Hand Member to be on our Safety Hand too!