



Identifying Personal Emergencies

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*.

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.

In a *personal emergency*, we may need to break a rule to get to a safe place, such as: running away; asking someone we don't know for help; punching or kicking; screaming or shouting; telling a secret; being rude to someone; telling a lie; or disobeying an adult.

Instructions: In small groups, decide whether or not the children in the below scenarios are having a personal emergency by circling "yes" or "no". If they are, suggest what rule they might need to break to get to a safe place.

1. Billie was riding his skateboard down a really steep hill. His hair was standing on end and his palms were sweaty. Billie is a good skateboarder and he has ridden down this hill before.

Yes No If yes, what should Billie do:

.....

2. Monica was playing in the park with her friend when a car pulled up and the driver, who Monica didn't know, asked her to come to the car to give directions. Monica's heart began to pound quickly.

Yes No If yes, what should Monica do:

.....

3. Jay was shopping with his older brother in a big shopping centre and got lost. His throat became tight and he felt like he wanted to cry.

Yes No If yes, what should Jay do:

.....



4. Amanda has been preparing to deliver a talk in front of her class. As she got up to do the presentation she had butterflies in her tummy and her knees went wobbly.

Yes No *If yes, what should Amanda do:*

.....

5. Some older kids were teasing Luke at school and stole his lunch. They told Luke to bring more lunch for them tomorrow and not to tell anyone. Luke got goosebumps over his body and his hair stood on end.

Yes No *If yes, what should Luke do:*

.....

6. Fran and her best friend were watching a scary movie at her house. Fran's heart was pounding fast and she felt like she needed to go to the toilet.

Yes No *If yes, what should Fran do:*

.....

7. Peter was playing by himself on the playground before school when he fell off the monkey bars. His leg was badly hurt and he wasn't able to walk on it. Peter started feeling dizzy and his skin felt cold. He was worried that no one would see him.

Yes No *If yes, what should Peter do:*

.....

Note: Please change names if any students share the names of children in the scenarios.

Answers:

Scenarios 2, 3, 5, 7 are personal emergencies.

Rules to break include:

- 2: running away; being rude; telling a lie.
- 3: asking for help from someone we don't know.
- 5: tell a secret; tell a lie; be rude to someone.
- 7: screaming and shouting for attention; asking for help from someone we don't know.