



Identifying Personal Emergencies

We might experience 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 experiencing a personal emergency by circling "yes" or "no". If they are, suggest what they could do, in terms of:

- a) what rule/s they might need to break to get to a safe place
- b) where a safe place might be
- c) who they should talk with

1. Alex was rollerblading down a steep hill. Her hair was standing on end and her palms were sweaty. Alex loves rollerblading and she's pretty good at it.

Yes No If yes, what should Alex do:

.....

.....

2. Phil was playing in the park when a man he didn't know asked for Phil's help to find his lost dog. There was no one else in the park. Phil's heart began to pound quickly.

Yes No If yes, what should Phil do:

.....

.....



3. Michaela was waiting for her mum to pick her up from school. After a while Michaela was the only person left waiting at the school gates. Her throat started to feel tight and she felt like she wanted to cry.

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

.....
.....

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

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

.....
.....

5. Some older kids were teasing Brigit at school and calling her some horrible names. Brigit has been teased by these kids for over a week and is worried that it's not going to stop. When she sees the kids or even thinks about them, Brigit gets goosebumps over her body and she feels really upset.

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

.....
.....

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

Answers:

Scenarios 2, 3 and 5 are personal emergencies.

Rules to break may include:

- 2: running away; being rude; telling a lie; punching or kicking; screaming or shouting; disobeying an adult.
- 3: Michaela may leave the designated collection point to go to the school office to ask for help.
- 5: tell a secret (to tell a trusted adult about the teasing); running away (from the teasing to a safe place).