

JUNIOR EYES



Me and My Community

BE AWARE - BE SAFE!

Information and advice on community and safety issues in one little booklet.

An ideal guide for the young.
Recommended age: 7-11 years.

PART 1

Junior Eyes takes Pride in supporting Youngsters in the Community

My work with the Grantham and District Neighbourhood Watch Association and as a Police Volunteer has given me a real flavour and understanding of the importance in creating and maintaining a community that cares.

Fostering a community spirit goes far in achieving a safe, secure and pleasant place in which we all want to live. What better place to start than our young people of today. And so JUNIOR EYES was born. A booklet with a dual purpose. To advise youngsters on specific topics, encouraging them to feel safe, secure and confident in their environment. To inspire and encourage them to be caring, respectful members of the community.

This booklet is primarily for your youngster but I hope they will share it with you too, using it as a useful vehicle to open up on a topic that may otherwise be difficult to discuss. I hope it proves to be a useful read.

The team that have worked with me are widespread. From professionals in their own field to school pupils; each have been amazing in their support for this project. I'm indebted to you all. Special thanks to Neighbourhood Watch,

at District and County level for their monetary contribution, to Lincolnshire Police personnel who have given me much encouragement and support with particular thanks to Lincolnshire's Police and Crime Commissioner for securing the first publication in 2014 by providing grant support.

Helen Bill

Chair - Grantham and District Neighbourhood Watch Association

Endorsement

Our children are overwhelmed with information from so many sources, particularly social media and friends, and so often it is wrong or misleading. I applaud Helen and the Junior Eyes project in developing an informative easy to read book, that informs and signposts our young people, reducing the risk and helping them make informed decisions. Our young people are our future, let's ensure they are safeguarded and able to take advantage of every opportunity.

Superintendent Mark Housley

*Assistant Director Safer Communities
Lincolnshire County Council and
Lincolnshire Police*



WELCOME!

Welcome to your very own
information booklet.

We hope you enjoy the read.

Use it as a starting point to look at
the things around you.

The first part is all about
community safety, awareness and
advice for youngsters just like you.

THEN



to discover more...

WHAT IS BULLYING?

Bullying is when someone hurts, upsets or frightens you again and again on purpose.



Bullying can be:

- When someone kicks, hits and punches you or when someone hides or takes your things.
- When you have been teased or when people say nasty things about you.
- When you feel sad because you are left out of groups of friends or no-one will talk to you.
- When you have nasty text messages or when people say nasty things about you on the internet.

Bullying is NOT when two people have a disagreement or fall out over something. It is usually... **Several Times On Purpose**

What can I do

Start Telling Other People

Bullying is really difficult to deal with on your own. There is always someone who can help.

Who can I tell?

Staff Teachers Or Parents

Friends can be really helpful but it's best to tell an adult. There are plenty of adults who want to help so don't worry about telling them.

What can I do?

- Don't let the bully see you are upset or crying.
- Don't get angry with the bully and shout or hit them.
- Look the bully in the eyes and tell them to go away and leave you alone OR don't speak to the bully and walk away.
- Try not to be alone, groups are harder to bully.

INTERNET SAFETY

Going online is great fun but we must always remember to follow these top tips to stay safe:

- Remember that people we meet on the internet are strangers. They may be really friendly but we don't know who they are.
- Never share personal information on the Internet, always keep your secrets safe - that includes your name, pictures and passwords.
- Always be nice to people you meet on the internet, just like you would in the playground.
- If you are ever worried or scared online, or if someone is being mean or trying to trick you - **always** tell an adult you trust - parents or carers, aunts or uncles, teachers or the police.



Learn more by going to the Lincolnshire Safeguarding Children Board website and click on the children and young people's section at www.lincolnshirelscb.org.uk

Watch videos and play games about internet safety by going to www.thinkuknow.co.uk



FIRST AID

What does it mean?

Well, it's simple really. It just means first help.

Helping sometimes means we need to call **999** for an ambulance.
See how much you know about first aid by answering our quiz questions.

If your friend had a nose bleed would you tell them to:

- a) Pinch their nose for at least 10 minutes
 - b) Pinch their nose for at least 10 minutes and put their head back
 - c) Pinch their nose for at least 10 minutes and put their head forward
-

If you saw someone choking, would you:

- a) Squeeze their tummy
 - b) Ask them to cough
 - c) Ask them to cough and hit them firmly in the middle of their back up to 5 times
-

If your friend cut their leg on broken glass, would you stop the bleed by:

- a) Pressing hard on their leg either side of the glass to stop bleeding, and get help
- b) Pulling the glass out and leaving it to bleed
- c) Pulling the glass out and pressing on the wound to stop it bleeding

Answers at bottom of page.

First aid information provided by:



Answers: C, C, A

WANT TO KEEP SAFE ON THE ROAD?

USE YOUR BRAIN AND THINK AGAIN

When do you think to stop, look and listen?

- When out with your parents?
- When out with your friends?
- When out by yourself?

USE YOUR BRAIN AND THINK AGAIN

- Do it all the time!

What do you think about taking to school?

- Your lunch, reading bag, sports kit/hairband, football, recorder/violin, tablet computer?

USE YOUR BRAIN AND THINK AGAIN

- Think about taking your senses.

Seeing, hearing, touching, smelling, tasting **AND** your common sense when you go near a road!



REMEMBER, when you are near the road:

- **DON'T** get distracted
- **STOP, LOOK, LISTEN** and **THINK** before you cross
- **HELP DRIVERS TO SEE YOU** - wear something bright and reflective
- **WEAR A SEATBELT** at all times in a vehicle
- **WEAR A HELMET** when cycling

and **USE YOUR BRAIN AND THINK AGAIN**



**Lincolnshire
Road
Safety
Partnership**

For more information visit
www.roadlincs.com

WATER AND BEACH SAFETY WITH THE RNLI

It's great to visit the seaside or countryside but remember the **SAFE** code around water.

- **SPOT the dangers**

Sometimes dangers are obvious but think about what you might not be able to see - underwater currents or sharp objects lying under the water.

- **ALWAYS go with a friend**

If you (or your friend) get into trouble, there is someone there already to go for help. Never try to rescue someone yourself.

- **FIND and follow the safety signs and flags**

They are there to keep you safe. If you are at the beach, make sure you know what the different flags mean.

- **EMERGENCY? Put up your hand and shout or ring 999/112**

If you are in trouble in the water put up your hand and shout. If you see someone else in trouble tell a lifeguard; if there isn't one, call 999/112.



The Royal National Lifeboat Institution (RNLI) is the charity that saves lives at sea. For lots more on the RNLI and games/activities, check out www.RNLI.org/shorething





Freddy and Filbert's ESCAPE PLAN



Plan A - How to get to safety



1. Get under the smoke, then you won't choke. Stay low at all times.



2. Get the door felt, so you don't melt. Use the back of your hand.



3. If the door feels cold it is safe to go through. Go through and close the door for 20 minutes more to stop the smoke spreading.



4. On the way out shout 'FIRE' to wake everyone up. Don't stop for anything or anyone.



5. Get out, stay out and call the Fire Service out. Their number is 999.



6. Don't return or you will burn!

Plan B - What to do if fire is blocking your escape



a) If the door is hot you shouldn't go through it as the fire might be on the other side.



b) Place something soft and thick at the bottom of the door to stop the smoke getting in.



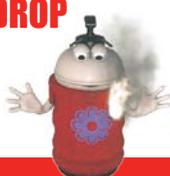
c) Go to the window and open it. Then shout 'FIRE' to raise the alarm. The Fire Service will come and rescue you.

What if your clothes catch fire?

STOP



DROP



ROLL



And remember to cover your face with your hands!



WHEN SHOULD I CALL THE POLICE?

The Police service has two numbers that you can call:

999 for emergencies

Emergencies include the following examples:

- If a person is being hurt by someone else or has had an accident.
- If you think a person is committing a crime, like taking items without permission of the owner.
- If a crime has already taken place and the person responsible is still at the scene or nearby area.

If you make a call to Emergency Services, you will be asked to give your name, address and location, so we can record the details of the caller and know where to send help to you.

Don't be frightened to call Emergency Services; your phone call may save a life.

You can visit our website to find out more information:

www.lincs.police.uk

101 for non emergencies

Non emergencies include the following examples:

- Your house has been burgled, the burglar has left and you want to report it.
- Your property has been damaged by someone and you want to report it, like a scratch on the family car.
- You have lost your mobile phone, you want to report it as maybe someone has handed it to a Police Officer.



CALL YOUR LOCAL POLICE  **101** **IN AN EMERGENCY ALWAYS CALL 999**

 **LINCOLNSHIRE POLICE** 

DRUG AND ALCOHOL AWARENESS

Drugs are chemicals that affect your body or your mind and can change how you think, feel and behave.



All medicines are drugs, but not all drugs are medicines.



When you are ill the doctor will give you medicine to take and will tell you when you should take it and how much. These will make you feel better.

There are many more drugs which aren't medicines and using them can be very dangerous.

Both tobacco and alcohol are drugs and can be just as dangerous because of what they do to your body. You may have heard of other drugs such as Cannabis and Heroin.

Drugs affect people in different ways. Sometimes people become addicted to them. That means they cannot get through the day without them and will do anything to get more and they find it very hard to stop taking them. This can get them into serious trouble with the police as they may steal to get money to buy more. It can also make them very ill and sometimes kill them.

For further information visit:
www.talktofrank.com



CHECK THEM OUT

Remember, explore these websites to learn more and have fun too.

ALWAYS ask a parent or an adult **BEFORE** you go on any website unfamiliar to you. Better still, explore together!

GO TO:

- **www.thinkyouknow.co.uk**
and click on your age group.
- **www.lincs.police.uk**
and click on **Youth Lincs** then click on **Kids Lincs**.
- **www.lincolnshirelscb.org.uk**
and click on children and young people.
- **www.redcross.org.uk/teachchildrenfirstaid**
good to do this one at school. **ASK A TEACHER!**
- **www.rnli.org/shorething**
- **www.childline.org.uk**

***How about other family members?
Ask the adults in your family to
check out these two great websites.***



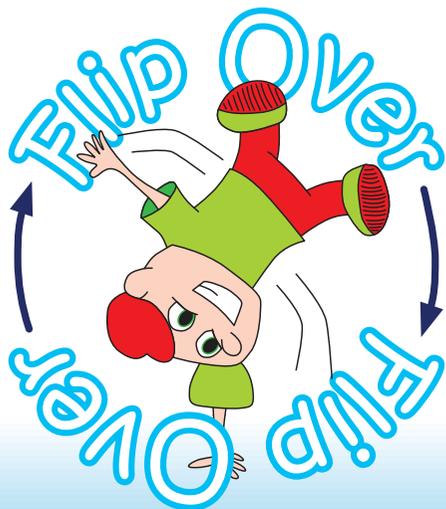
- **www.lincsalert.co.uk**
- **www.lincolnshireneighbourhoodwatch.co.uk**

You have learnt to keep
yourself safe and secure.

REMEMBER

***If in doubt,
shout it out!***

***Tell a trusted adult,
ask for help***



***Ready
to flip?***

Neighbours

Respect

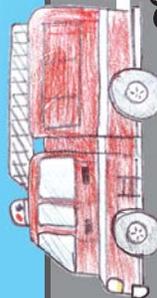
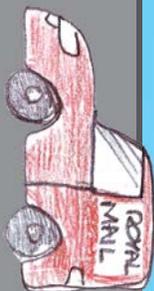
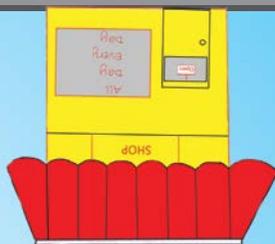
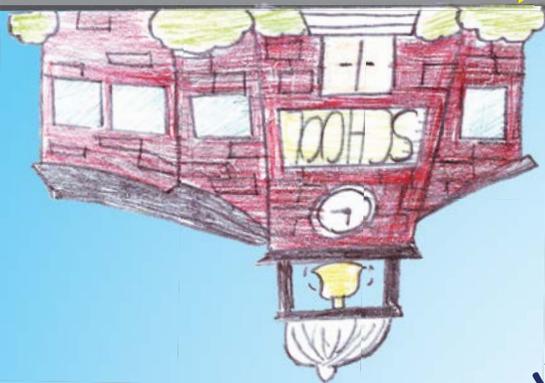
Sharing

Responsibility

Family

Friends

Me and My Community



Sharing

Family

Friends



JUNIOR EYES



Me and My Community

Caring Neighbours

Family Friends Sharing

Respect Responsibility

Community Honesty

PART 2

ACKNOWLEDGEMENTS

The King's School, Grantham, Lincolnshire Design and Technology GCSE Graphic Design Department

In recognition for their contributions to the booklet.

Thank you, Year 10 students namely:

Boddy, Cameron	Silvester, Joseph
Chaldecott, Simon	Walton, Matthew
Cooper, William	Watson, Daniel
Cowling, William	Whaler, Bobby
Graham, Nathan	Williams, Harry
Hardy, Christopher	Wright, Aidan
Mitchell, Ben	

And to their teacher Mr. Andrew Hirst.

Graphic Design Department Lincolnshire Police Headquarters, Nettleham

With special thanks to Julia Lovett and Sandra Mason.

Their guidance and graphic design expertise has been instrumental in getting this JUNIOR EYES booklet to publication. I can only imagine the amount of time they've put in and I'm so thankful for all their hard work.

Helen Bill

Chair - Grantham and District Neighbourhood Watch Association

junioreyesbooklet@gmail.com

© The content within this publication should not be copied or reprinted without consent.

OK so you've flipped!
Welcome to Part Two

Me and My Community

So let's take a look...

What is it?

What can I do?

Playsafe, puzzles
and more!



ME AND MY COMMUNITY

What is it?

Town, village, large, small, wherever you live you live in a community.

So what actually is a community?

It can mean people brought together by a religion, hobby, common interest, social event, education.

Most of us would say it's a group of people in a particular area where we live, our neighbourhood.

Here's what some Juniors said:

"My neighbours are nice people and they look after our property when we go on holiday."

"Nice people are caring, honest and respectful."

"We have good neighbours and friends we can trust."

"Being together is better than being alone."

"A good community is where everyone helps each other to keep safe."

WOW! These JUNIORS are smart!



WHAT CAN I DO?

There's LOTS you can do!



You can make a **HUGE** difference to your community.

You can make it a nicer place to live. It's simple really.

THINK RESPECT...

for yourself, others and your surroundings too.

Which has the bigger impact?

SHOWING A LITTLE RESPECT
RESPECT RESPECT RESPECT RESPECT RESPECT RESPECT RESPECT RESPECT RESPECT RESPECT
SHOWING A LOT OF RESPECT
RESPECT RESPECT RESPECT



When you're out and about

PLAYSAFE

Pick a safe place to play. Parks and greens are best. Never play near roads or railway lines, on building sites or in empty buildings.

Learn the phone number of your parents or a carer and always let them know where you are, who you are with and when you will be home.

Always wear a safety helmet when you are on your bike.

Yell if a stranger scares you, make yourself heard. Tell your parents or carer right away.

Swimming, even paddling in rivers seems like great fun, but water can be very dangerous and you could drown. Be safe - stay on dry ground.

Always find a safe place to cross the road and use the Green Cross Code.

Fire isn't fun, don't play with it.

Electricity is very dangerous. Don't play near sub-stations or any type of cable.

THINK, BE SMART, PLAY SAFE!



Anti-Social Behaviour



What is it?

Any bad behaviour that upsets other people.

It could be:

- Being a Nuisance
- Vandalism
- Excessive Noise
- Dumping Rubbish
- Verbal Abuse
- Writing Graffiti
- Bullying
- Smoking and Drinking while underage

Are there sometimes unacceptable activities happening in your community?

District Councils have a Community Safety Team who work closely with the Police and other agencies. They deal with complaints of anti-social behaviour and help to make our neighbourhood a pleasant place to live.

What about you?

Maybe sometimes YOU do things that are unacceptable. Maybe what you think is a harmless prank, a bit of fun, annoys and upsets someone else. We all need to think about this and be responsible for our own actions. Treat people, property and your surroundings with respect.

Have fun but think of others too -

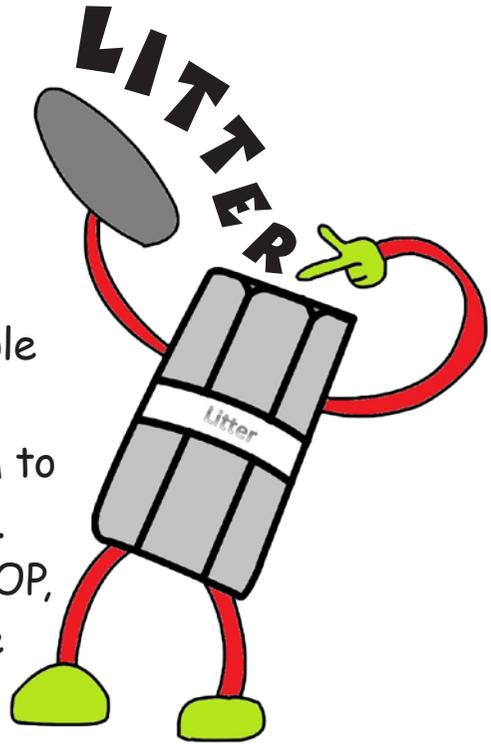
THINK RESPECT



Check out
www.thebigtidyup.org

POEM

The place where I live
used to be very clean,
that was until new people
moved in;
I mean they don't seem to
care if litter they drop.
I want to shout out STOP,
pop it in the bin or take
it home please.



BIN IT!

**TAKE PRIDE IN YOURSELF
AND YOUR SURROUNDINGS**

THINK YOU KNOW?



Sooo you think you know?

Do you?

Or do you think you know???

Are you sure
you know how to
play safe and be
safe when using a
computer, a mobile
phone or any other
electronic device?



Check out

www.thinkyounow.co.uk

and you will!

ACTIVITY PAGE

Word Search

ALCOHOL

CARE

FRIENDS

HONESTY

PHONE

POLICE

RECYCLE

RESPECT



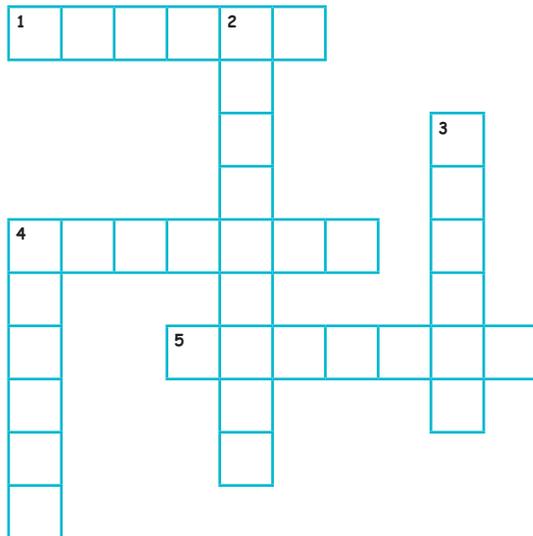
Crossword

ACROSS

1. When you tell the truth you are what?
4. The people who you spend time with at school.
5. What you should have for everyone in your community.

DOWN

2. The people you don't know.
3. The people who protect you and your community.
4. The people you live with and care for.



Well this is the end of Part 2.

Best to STOP and THINK whatever you do. Still not sure?

REMEMBER

***If in doubt,
shout it out!***

***Tell a trusted adult,
ask for help***



***Ready
to flip?***