



# SafetyFirst Video Questionnaire KS4

## Teacher Guidance to Answers

### 1. Define Personal Safety

- 'The ability to choose actions that keep you safe'

### 2. Personal safety is a life skill. What is meant by this?

- A life skill is a key/essential skill.
- Personal safety understanding, awareness and practical skills are foundational for young people in 2 areas:
  1. They can be employed to keep the young person safe from harm
  2. It enhances a child's skill base which will support self-esteem and self-confidence.

### 3. If 2 people agree to fight, can 1 of the people involved claim their actions are in self defence?

- No, if a person willingly enters into a fight they cannot claim their actions are in self defence





#### 4. Who is coming to help you in a confrontation?

- The likelihood is that no one is coming to help you.
- You may be lucky to have a good friend or a courageous by-stander coming to your aid.
- The police are likely to be 5 to 10 minutes away (if you are able to contact them in a high stress situation).
- Evidence shows us that you are the one who is responsible for your own personal safety.

#### 5. On average how long does a physical confrontation last for?

- 15 to 20 seconds.

#### 6. Some people claim that they do not need personal safety skills....they never look for trouble and they live in a safe neighbourhood....so what's the problem? What would you say to these people?

- Sadly, aggression and confrontation can enter one's life at any time. Walking through the park, waiting for a bus or even watching TV in your house.
- There is no such thing as a totally safe place.

#### 7. A good sized town in England has about 100,000 people. Out of these 100,000 people, how many have 'Bad Guy' intentions?

- 3000.....the 3% rule states that 3% of the population has Bad Guy intentions.

#### 8. What does the 'Bad Guy' look like?

- The Bad Guy can be well dressed, well-spoken and believable (charming). This challenges the stereotyped view that the Bad Guy is unshaven and wears a hoody.





### 9. What is the first part of the process in relation to your personal safety?

- The ability to scan and detect danger in your surrounding environment, to detect it before it is upon us.

### 10. Name an activity that will hinder you from noticing danger as it approaches?

- Texting on a mobile phone.
- Listening to music through earphones.

### 11. There are 2 common questions that a Bad Guy will ask to get close to you.... what are they?

- 'Have you got the time please?'
- 'Could you tell me the way to the train station please.'

### 12. When you are scared what is the drug that gets released into your body?

- Adrenaline.

### 13. When you are scared you will do 1 of 3 things. They are called the 3 'Fs'. What are they?

1. Fight.
2. Flight.
3. Freeze.





#### 14. There are 4 attitudes to personal safety.....what are they?

1. Paranoid – these people worry all the time about their personal safety.
2. Denial – these people believe ‘bad things’ will never happen to them.
3. Ego – this group thinks it is streetwise but lacks the experience and expertise.
4. Prepared – this is the group that detects danger in their environment, can defuse a difficult situation and can physically defend themselves appropriately & effectively.

#### 15. How many incidents of violence happened to young people (aged 10 to 15 years) last year?

- The crime survey of England and Wales states that there were 400,000 incidents of violence against young people last year.

#### 16. In 2014/15 how many attempted abductions were there against children in the UK?

- T• Abduction against Children stated that they were 882 child abductions in 2014/15.

#### 17. How may good manners and politeness compromise your personal safety?

- There will be a time when a direct and forceful ‘No’ is needed to deal with an escalating problem. This may mean a child saying ‘No’ to an adult which is not the done thing in our culture.





### 18. Body language is what % of communication?

- 60%

### 19. The fear of crime is a major barrier to happiness in young people. How many children in the UK do you think it effects?

- The 'Good Childhood Report' states that it effects 2.2 million children in the UK

### 20. In law you are allowed to protect 3 things...what are they?

1. Yourself.
2. Property.
3. Other under attack.

