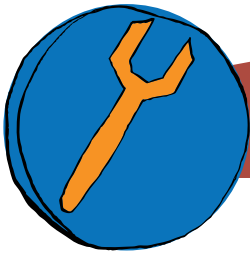


# KEEP ME SAFE



## TOOL 1F: HELPING HANDS

### LINKED TO:

- Sections 1.4, 1.5, 1.6, 6.1, 6.2, 6.3, 6.4, 6.5 and 6.6



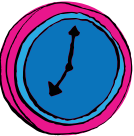
### WHY?

- To find out who children can trust in their networks
- To see how small or large a child's safety network is
- Helps with making safety plans, to fill in safety cards for each family member



### WHO WITH?

- Individuals, groups or families
- Children aged 4 – 14 years



### TIME?

- 15-25 minutes depending on how many people [if there is a group/family]

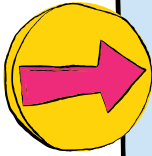


### YOU'LL NEED?

- A range of coloured paper or cardboard, pens or crayons



# KEEP ME SAFE



## WHAT TO DO:

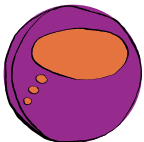
- Trace around each child's hand onto the paper or cardboard. This can be done in pairs if there is more than 1 child or with parents helping children
- Ask the children to:
  - write your name or draw yourself in the palm/middle of the hand
  - think of people you feel safe with and write their name or draw their picture in each finger and the thumb. (If children can't write their names, offer to write underneath each drawing)
  - If they have trouble thinking of people, ask 'Who could you go to if you were feeling unsafe or needed help?' or 'Who would you ask if you had a question?'

Some common suggestions are: family members, neighbours, friends' parents, workers, principals, teachers



## SOMETHING DIFFERENT?

- For older kids maybe cut out little circles / squares in different colours and ask children to write the names of special people in their lives. Once completed, ask them to put them out on the floor and to then identify people after asking particular questions like "who I'd go to if I needed a hug" or "if I was worried about my Mum" or "if I was feeling sick".



## TO THINK ABOUT:

- Some children may prefer to trace around their own hands as it does involve a bit of touching and they may feel uncomfortable about that.



## HAZARD ZONES:

- Some children may not have many people they can trust or perhaps none at all. In this case, use the activity to talk about people, like the police, teachers, school principals and workers whose job it is to keep kids safe – maybe one of them can become one of their safety network. They may also wish to add a pet.