

Safety 2

Y11 RHSE [PD] Extraction 2026+

Exemplify Task

Fold your piece of paper into four.

In each box add one of the following five character qualities.

This means you will need to leave one behind. You might choose the four you feel best at, or the ones you are most interested in.

Self-Awareness

Self-Management

Social Awareness

Responsible Decision-Making

Relationship Skills

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Exemplify Task

As we look at each slide see if you can add how your chosen qualities might help keep you and / or others safe

Managing Risk: Roads

Crossing without looking properly.
Being distracted by a phone.
Running across a busy road.
Cycling without a helmet.



Common road hazards include:

Fast-moving traffic.

Parked vehicles blocking your view.

Junctions and roundabouts.

Poor weather (rain, fog, ice, snow).

Cyclists, e-scooters, and motorcycles.

Distracted drivers or pedestrians.

The Green Cross Code

When crossing a road:

1. Stop at the kerb.
2. Look both ways.
3. Listen for traffic.
4. If traffic is coming, let it pass.
5. When safe, cross carefully.
6. Keep looking and listening while crossing.

Safe Places to Cross

Use:

Zebra crossings.

Pelican or puffin crossings.

Traffic light crossings.

Footbridges or underpasses where available.

Avoid crossing:

Between parked cars.

Near bends or blind corners.

On busy roads without a safe crossing point.

Managing Risk: Roads

Crossing without looking properly.
Being distracted by a phone.
Running across a busy road.
Cycling without a helmet.



Avoid:

Looking at your phone while walking.

Wearing headphones so loud that you cannot hear traffic.

Messaging or gaming while crossing roads.

Remember:

Heads up, phones down.

Personal Safety When Walking

Stay aware of your surroundings.

Walk with friends where possible.

Stick to well-lit routes at night.

Tell someone where you are going if travelling alone.

Trust your instincts if a situation feels unsafe.

Staying Safe as a Cyclist

Wear a properly fitted helmet.

Wear bright or reflective clothing.

Use lights when it is dark.

Follow road signs and traffic signals.

Be predictable and signal your intentions.

Staying Safe as a Passenger

Always wear a seatbelt.

Avoid distracting the driver.

Enter and leave vehicles safely from the pavement side when possible.

Managing Risk: Railways

Railways can be very dangerous because trains are large, heavy, fast, and cannot stop quickly.

Railways are not places to play, take shortcuts, or take risks.

Trains can:

Travel at very high speeds.

Take a long distance to stop.

Be quieter than you expect.

Approach from either direction.



Common railway hazards include:

Moving trains.

Live electrical equipment and overhead power lines.

Platform edges.

Gaps between trains and platforms.

Level crossings.

Slippery surfaces in wet or icy weather.

Distractions such as mobile phones or headphones.



Managing Risk: Railways

Railways can be very dangerous because trains are large, heavy, fast, and cannot stop quickly.



Trespassing on Railways

Trespassing means entering railway property without permission.

Never:

Walk on railway tracks.

Climb railway fences.

Take shortcuts across tracks.

Enter railway tunnels or maintenance areas.

Trespassing is illegal and extremely dangerous.

Staying Safe on Platforms

Always:

Stay behind the yellow safety line where provided.

Stand back while trains are arriving or leaving.

Walk, don't run.

Allow passengers to get off before boarding.

Keep bags and belongings close to you.

Never:

Push, play games, or mess around near the edge.

Sit with your legs hanging over the platform edge.

Attempt to retrieve items that fall onto the tracks.

Managing Risk: Railways

Railways can be very dangerous because trains are large, heavy, fast, and cannot stop quickly.

Many railway lines carry high-voltage electricity.

Never:

Touch overhead wires.

Climb on trains or railway structures.

Throw objects onto tracks or power lines.

Electricity can cause serious injury without direct contact.



Safe Behaviour at Level Crossings

Level crossings are places where roads, footpaths, or cycle routes cross railway tracks.

Always:

Stop, look, and listen.

Obey warning lights, barriers, and signs.

Wait until barriers are fully raised before crossing.

Cross quickly and safely once it is clear.

Never:

Try to beat a train.

Go around barriers.

Stop on the tracks.

Your mate's in trouble. Instinct says: jump in.

Cold water shock hits fast though.
They panic.
They could climb on you to stay afloat.
Now it's two of you in trouble.

What actually saves lives:

Call 999.

Tell them to float on their back.

Throw something that floats.

Phone, Float, Throw.
Be a mate.



Last May, 26 people were recorded as having died in water-related accidents, slightly lower than the same month in 2024, according to the charity [National Water Safety](#). The number of water-related fatalities increases over the summer months, as more people enter the water, with a total of 202 accidental deaths in 2025 – down from a high of 315 in 2021.

Managing Risk: Water

Identifying and Managing Risk on Holidays Without Family

When travelling, staying away from home, or spending time without family supervision, it is important to recognise risks and make safe choices.

Good decisions help you:

Stay safe.

Enjoy your holiday.

Avoid accidents and emergencies.

Protect your belongings and personal information.



Common holiday hazards include:

- Getting lost in unfamiliar places.
- Unsafe swimming areas.
- Extreme weather and sun exposure.
- Strangers with bad intentions.
- Theft or pickpocketing.
- Peer pressure to take risks.
- Unsafe transport or activities.



Staying Safe in Unfamiliar Places

Always:

- Know where you are staying.
- Keep important contact numbers with you.
- Learn how to get help in an emergency.
- Stay aware of your surroundings.
- Travel with friends where possible.

Avoid:

- Wandering off alone without telling anyone.
- Entering unfamiliar areas at night.
- Following strangers.

Identifying and Managing Risk on Holidays Without Family

When travelling, staying away from home, or spending time without family supervision, it is important to recognise risks and make safe choices.

Water Safety

Swim in supervised areas.

Follow safety signs and lifeguard instructions.

Know your limits.

Stay with friends.

Never:

Dive into water if you do not know its depth.

Swim alone.

Ignore warning flags or signs.



Looking After Personal Belongings

Keep:

- Phones charged.
- Money and valuables secure.
- Important documents in a safe place.

Never:

- Leave belongings unattended.
- Share personal information with strangers.
- Show large amounts of cash in public.

Emergency Planning

Before going out:

Know who to contact.

Have a meeting point arranged.

Make sure someone knows your plans.

Keep emergency numbers saved in your phone.

If something goes wrong:

Stay calm.

Contact a trusted adult or responsible leader.

Call emergency services if needed.

Identifying and Managing Risk on Holidays Without Family

When travelling, staying away from home, or spending time without family supervision, it is important to recognise risks and make safe choices.

Online Safety While Travelling

Be careful about:

Sharing your location publicly.

Posting personal information online.

Meeting online contacts without trusted adults knowing.

Think before you post:

Could this information put me at risk?

Would I be comfortable with anyone seeing it?



Sun and Weather Safety

Protect yourself by:

Wearing sunscreen.

Drinking plenty of water.

Wearing suitable clothing.

Seeking shade during the hottest part of the day.

Watch for signs of:

Sunburn.

Dehydration.

Heat exhaustion.

Identifying and Managing Risk in the Workplace

Every workplace has risks, but most accidents can be prevented by recognising hazards and following safety procedures.



Common workplace hazards:

- Slips, trips, and falls.
- Wet floors.
- Heavy lifting.
- Faulty equipment.
- Hot surfaces.
- Chemicals and cleaning products.
- Poorly stored items.
- Stress and fatigue.

Good workplace safety:

Prevents injuries and accidents.

Protects people's health and wellbeing.

Creates a safer working environment.

Helps people feel confident and supported

Identifying Risks

When assessing a workplace, ask:

What could cause harm?

Who could be harmed?

How likely is it to happen?

What can be done to reduce the risk?

Always be aware of your surroundings and report hazards as soon as possible.



Identifying and Managing Risk in the Workplace

Every workplace has risks, but most accidents can be prevented by recognising hazards and following safety procedures.

Slips, Trips, and Falls

To reduce risk:

Keep walkways clear.

Clean up spills immediately.

Wear appropriate footwear.

Avoid running indoors.

Report damaged flooring or loose cables.



Manual Handling (Lifting and Carrying)

Incorrect lifting can cause injuries.

Before lifting:

Check the weight of the object.

Plan where you are taking it.

Bend your knees, not your back.

Keep the load close to your body.

Ask for help if needed.

Never try to lift something that is too heavy.



Identifying and Managing Risk in the Workplace

Every workplace has risks, but most accidents can be prevented by recognising hazards and following safety procedures.



Fire Safety

Know:

Where fire exits are located.

The fire alarm signal.

Your workplace evacuation procedure.

The assembly point outside the building.

If you discover a fire:

Raise the alarm immediately.

Leave the building safely.

Do not stop to collect belongings.

Using Equipment Safely

Always:

Follow instructions and training.

Use equipment only for its intended purpose.

Check equipment for damage before use.

Report faults immediately.

Never:

Use damaged equipment.

Remove safety guards.

Use equipment you have not been trained to use.

Identifying and Managing Risk in the Workplace

Every workplace has risks, but most accidents can be prevented by recognising hazards and following safety procedures.

Personal Protective Equipment (PPE)

Examples include:

- Safety helmets.
- Gloves.
- High-visibility clothing.
- Safety goggles.
- Protective footwear.

Always wear PPE when required and use it correctly.

Following Instructions

Workplace rules and procedures exist to protect people.

Listen to supervisors.

Follow safety signs.

Attend training sessions.

Ask questions if you are unsure.

Never guess if you do not know how to do something safely.

Report:

Hazards.

Accidents.

Near misses (events that could have caused injury).

Unsafe behaviour.

Workplace Behaviour and Wellbeing

Everyone should:

Treat others with respect.

Report bullying or harassment.

Take breaks when required.

Speak to a supervisor if they feel unsafe or unwell.



Identifying and Managing Risk: Peer Influence



Understanding peer influence helps you:

Make your own choices.

Stay safe.

Build confidence.

Develop healthy friendships.

Identifying Negative Peer Influence

Warning signs include:

Feeling pressured to do something you do not want to do.

Being encouraged to break rules.

Being mocked for saying no.

Feeling uncomfortable around certain people.

Taking risks just to fit in.

Positive friends:

Respect your decisions.

Encourage you to do your best.

Support your goals.

Help you stay safe.

Treat others kindly and fairly.

Positive influence can improve confidence, wellbeing, and success.



Identifying and Managing Risk: Grooming and Exploitation

Grooming is when someone builds trust with a young person in order to manipulate, control, exploit, or abuse them.

Grooming can happen:
Online.

In person.

Through social media, gaming platforms, messaging apps, or face-to-face contact.

By someone the young person knows or by a stranger.

Exploitation is when someone takes advantage of another person for their own benefit.

This may involve:
Manipulation.

Threats or intimidation.

Pressure to do things that feel wrong or unsafe.

Taking advantage of someone's trust, vulnerability, or desire to fit in.



Grooming often starts online.

To stay safer:

- Keep accounts private where possible.
- Do not share personal information with strangers.
- Be cautious about people who seem “too good to be true.”
- Never feel pressured to send photos, videos, or personal details.
- Tell a trusted adult if someone makes you uncomfortable

Identifying and Managing Risk: Grooming and Exploitation

People who groom others often:

Appear friendly and trustworthy.

Offer gifts, money, attention, or opportunities.

Pretend to care deeply about someone.

Gradually try to gain control over a person's decisions and behaviour.

The responsibility always lies with the person doing the grooming or exploitation.

Possible warning signs:

- Someone giving excessive gifts or money.
- Being encouraged to keep secrets from family or friends.
- Someone wanting constant contact online or by phone.
- Pressure to spend time alone with someone.
- Being made to feel special in a way that creates dependence.
- Someone becoming controlling, jealous, or possessive.
- Requests for personal information, photos, or videos.

One sign alone does not always mean grooming is happening, but several signs together should be taken seriously



Someone may be trying to exploit a young person if they:

- Pressure them into activities they do not want to do.
- Use gifts, money, or favours to gain control.
- Threaten them if they refuse.
- Encourage illegal or risky behaviour.
- Isolate them from friends, family, or trusted adults.

Healthy relationships are based on respect, not control.

Character Qualities That Help Manage Risk



Self-Awareness

Understanding your emotions, values, strengths, weaknesses, and personal boundaries.

Peer Influence

Understands personal values and beliefs.
Recognises when pressure is affecting decisions.

Road Safety

Recognises when distracted, tired, or rushing.
Understands the importance of staying focused near traffic.

Grooming and Exploitation

Identifies uncomfortable feelings and warning signs.
Recognises when boundaries are being crossed.

Workplace Safety

Understands when a task feels unsafe or beyond their training.
Knows when to ask for help.

Holidays Without Family

Identifies situations that feel unsafe or uncomfortable.
Recognises when support is needed.

Railway Safety

Recognises risky behaviour around tracks and platforms.
Understands personal limits and avoids dangerous dares.

Character Qualities That Help Manage Risk

Self- Management

Managing emotions, behaviour, and reactions effectively.

Railway Safety

Follows safety rules even when impatient
Avoids impulsive or risky behaviour.

Road Safety

Resists the urge to rush across roads.
Stays focused instead of becoming distracted.



Grooming and Exploitation

Blocks or avoids inappropriate contact.
Seeks help rather than hiding concerns.

Peer Influence

Says no to risky behaviour.
Manages the fear of missing out (FOMO).

Workplace Safety

Follows procedures carefully.
Stays calm during emergencies.

Holidays Without Family

Makes sensible decisions when unsupervised.
Manages stress and unexpected situations calmly.

Character Qualities That Help Manage Risk



Social Awareness

Understanding the feelings, needs, and perspectives of others.

Grooming and Exploitation

Notices when a friend may be vulnerable or being manipulated.
Offers support and encourages them to seek help.

Peer Influence

Recognises positive and negative influences.
Understands how actions affect friendships.

Workplace Safety

Understands the importance of keeping colleagues safe.
Identifies hazards that could affect others.

Holidays Without Family

Shows consideration for travel companions.
Recognises when someone may need help.

Railway Safety

Respects rules that protect everyone.
Recognises how risky behaviour impacts passengers and staff.

Road Safety

Considers the safety of other road users.
Understands how careless actions can affect others.

Character Qualities That Help Manage Risk

Road Safety

Chooses safe places to cross.
Considers risks before acting.

Railway Safety

Follows signs, barriers, and
instructions.
Avoids dangerous shortcuts.

Holidays Without Family

Assesses risks before activities.
Makes sensible choices in
unfamiliar environments.

Grooming and Exploitation

Recognises risky situations.
Chooses to seek help from trusted adults.

Workplace Safety

Follows safety procedures.
Reports hazards and near
misses.

Responsible Decision-Making

Making safe, thoughtful, and ethical choices.



Peer Influence

Thinks about consequences before
agreeing to something.
Makes independent decisions.

Character Qualities That Help Manage Risk

Relationship Skills

Building healthy relationships and communicating effectively.



Railway Safety

Supports friends in making safe choices.
Challenges unsafe behaviour appropriately.

Road Safety

Communicates clearly with others when travelling in groups.
Encourages friends to behave safely.

Grooming and Exploitation

Maintains strong connections with trusted adults.

Recognises the difference between healthy and unhealthy relationships

Peer Influence

Builds friendships based on trust and respect.
Avoids relationships based on pressure or control.

Workplace Safety

Works effectively as part of a team.
Reports concerns respectfully and confidently.

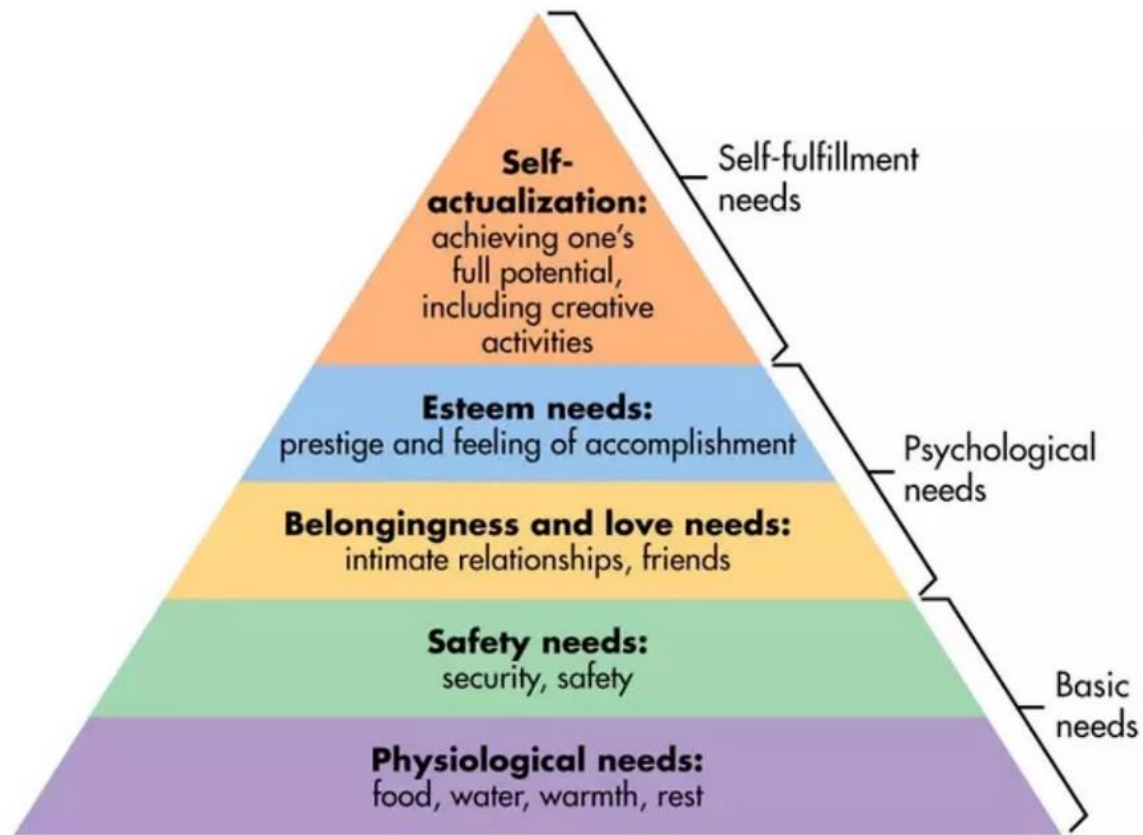
Holidays Without Family

Maintains contact with trusted adults.
Builds positive relationships with group leaders and staff.

Character Qualities That Help Manage Risk

So, how do our school values, or character qualities, help us achieve:

Self-Awareness
Self-Management
Social Awareness
Responsible Decision-Making
Relationship Skills



Faith-Based Views on These Areas

Christians believe that every person is valuable because they are created by God and should be treated with dignity and respect.

“Love your neighbour as yourself.” The Bible
“Do to others as you would have them do to you.” The Bible

Many **Hindus** follow the principle of Ahimsa (non-violence and avoiding harm).
“Ahimsa is the highest duty.” Mahabharata



Muslims believe that life is sacred and that people should act with justice, kindness, and self-control.

“Whoever saves one life, it is as if he had saved all mankind.” Qur'an

“Indeed, Allah loves those who act justly.” Qur'an

Judaism teaches the importance of protecting life and treating others fairly.

“Love your neighbour as yourself.” Torah

“Choose life.” Torah

Buddhists aim to avoid causing harm and develop compassion for all living beings.

“Hatred is never appeased by hatred.” Dhammapada

Sikhs believe in equality, honesty, courage, and serving others.

“Recognise the whole human race as one.” Guru Granth Sahib

Citizenship Views

Knife Crime (England & Wales)

There were around 205 murders involving a knife or sharp object in 2024/25.

Around 22 teenagers (aged 13–19) were killed with a knife in the year to March 2025.

Police recorded about 49,000 knife-related offences in total (2025).

Knife-related homicides have fallen by about 21% compared to the previous year.



Young People and Violence

Children and young people account for about 12% of weapon-related offences in the criminal justice system.

Around 3,700 knife or weapon offences by children led to a caution or sentence in one year.

People who carry weapons are 5 times more likely to become victims of violence.

Around 40% of young people involved in carrying weapons had previously been victims of violence.

Young people with multiple adverse childhood experiences are up to 7x more likely to experience violence.

Most knife offenders are over 18 and male (around 95%).