

Secondary school & College assembly pack

[Assembly duration: 20-30 minutes approx.]

Slide 1: Good morning/ afternoon everyone. You are about to take part in a Personal Safety assembly designed by RESOLVEit. The first thing we are going to do is watch a short video.

Slide 2:

Video – RESOLVEit infographic (1 minute)

Slide 3:

What does personal safety mean to you? (discussion encouraged)

Answer: Keeping yourself safe.

NB: Personal safety *is not* about being aggressive. As shown in the video, the following four principles can help to keep you safe: AWARENESS, AVOIDANCE, DIALOGUE, ACTION.

Slide 4:

Who is responsible for your safety?

Yourself. Yes, teachers, friends, family members etc; but ultimately it is yourself. The older you get, the more independence you will have so it is important you know how to keep yourself safe.

Who knows a phone number of a parent, guardian or trusted adult off by heart?

It is good to know their number off by heart, just in-case your mobile breaks, runs out of battery or is lost and you have an emergency. You have that number to contact someone on.

Who listens to music with both headphones in?

Thinking of everything you have learned so far, is this safe; would you hear someone coming up behind you? Answer: No, you cannot hear what is going on around you, so you are not aware and unable to avoid a dangerous situation. It is better to have no headphones on, or if you must use them, have one ear free.

What is meant by personal space?

A space around you and it is there to help keep you safe.

Who would you invite into your personal space?

Those you want in your space rather than just those you know or trust, sometimes those people want to hurt you.

How do you keep someone out of your personal space, without being aggressive?

The shield. Choose a volunteer, someone who does not mind you going into their personal space. Ask them to face you and put both arms out in front of them with open hands, feet apart to give better balance. Open hands display nonaggressive body language. Demonstrate how the shield works, have the volunteer walk towards you into your personal space as they get closer put up your shield. Remind pupils that they are running away to safety to get help.

Slide 5:

Personal space, safe / normal space and stranger space. Discuss.

Volunteer: Choose a volunteer to come up and ask them to stand with both their arms out to the side. Whilst keeping their arms up ask them to carefully spin round in one full circle. This is the measurement for personal space, an arm's length each side roughly a metre in total. This space is there to keep you safe. (volunteer can sit back down)

Slide 6:

Video – Personal Space

Slide 7:

The Shield

If you have time, get the students to practice the shield and see what an effective, non-aggressive way it is of keeping unwanted people out of their personal space.

Slide 8:

Video – Stance and The Shield.

Slides 9 - 11: Wrist grabs

Single hand wrist release:

We have covered personal space and how to protect it, but what if someone grabs hold of your wrist; how could you free yourself from the grip to get to safety and get help?

Take answers, reminding pupils that it is non-aggressive. Give reasons why that person could have taken hold of their wrist.

- They have no other way to communicate and need your help/attention
- Moving you out of danger
- Wanting to cause you harm

Whatever the reason you want to remove yourself from the situation quickly in a non-aggressive manner to get to safety and get help. If you hurt the person who has grabbed hold of you, they may not let go and you could also get into trouble.

Volunteer: (someone who does not mind having their wrist grabbed). Volunteer to face you, have the volunteer take hold of your wrist (the one in front of them). Ask pupils to give ideas of how you could get away. Then explain how to release your wrist from the grasp whilst demonstrating the move.

- Have an open hand, quickly bend your elbow like you are throwing a glass of water over your shoulder. This will swiftly break the grab. Once released return to your shield.
- Its' important to bend the elbow quickly as it breaks the grab quicker and is more effective as the person grabbing does not have time to try and regrip.

Slide 12:

Video – Single hand wrist grab.

Slides 13 – 15:

Double hand wrist release:

What would you do if someone grabs your wrist with two hands, how would you get out being non-aggressive?

Use your double wrist release. You have seen how to get out with single wrist release, this is a double wrist release.

Volunteer: (someone who does not mind having their wrist grabbed) Volunteer to face you, have the volunteer take hold of your wrist with two hands. Then explain how to release your wrist from the grasp whilst demonstrating.

- Put your spare hand over the top of your hand, clasp your hands, bend both elbows and bring both hands towards your face (try not to hit yourself).
- Remember to come back to your shield.

Space allowing, have pupils pair up to try the wrist releases. Remind them to spread out to have enough space.

Slide 16:

Video – Double hand wrist grab

Slides 17 - 20

Top Personal Safety Tips

Go through the safety tips with the pupils, if time allows you can ask them if they have any sensible safety tips to share in the assembly.

Have all pupils stand up and demonstrate the shield and ask what they should go away and learn if they do not already know it – phone number of someone they could get hold of in case of an emergency.

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