

THE CHOICES WE MAKE

MY SAFE CHOICES WORKBOOK



Little choices can make a BIG difference.

For children aged 6-11

This workbook belongs to:

We will learn how to be kind, stay safe and ask for help.

1

FOUR WORDS TO REMEMBER

Use them when you are not sure what to do.



STOP

Do not rush.



THINK

What could happen?



CHOOSE

Pick the safest choice.



TELL

Get help if you need it.

I can stop, think, choose and tell.

Draw a star if you can remember all four words:

2

GOOD CHOICE OR THINK AGAIN?

Tick YES if it is a safe, kind choice.

Tell the truth when you have made a mistake.	☐ YES	☐ NO
Help someone who has fallen over.	☐ YES	☐ NO
Send a mean message because your friends are doing it.	☐ YES	☐ NO
Tell a grown-up when something worries you.	☐ YES	☐ NO
Give your password to someone you met in a game.	☐ YES	☐ NO
Invite someone to join in if they are left out.	☐ YES	☐ NO

A good choice helps you, helps someone else, or keeps people safe.

3

WHAT HAPPENS NEXT?

Every choice has a result.

A result is what happens AFTER a choice.

I help tidy up.



The job gets done faster.

I shout something mean.



Someone may feel hurt.

I tell a trusted grown-up.



I can get help.

Draw or write one good choice you can make today:

4

WHAT IF YOU COULD NOT CHOOSE?

A simple look at life in prison.

Prison is a place some adults may go when they break a serious law.

In prison, people lose many everyday choices.

Which of these choices would you miss?

☐ Seeing family when you want	☐ Going to the park
☐ Choosing where to go	☐ Being at home
☐ Going to a birthday	☐ Choosing what to do after school

A quick choice can sometimes have a BIG result.

Remember: people can learn, change and make better choices next time.

5

BULLYING: BE A HELPER

You do not have to join in.

HURTER

Joins in or says mean things.

WATCHER

Sees it happen but does nothing.

HELPER

Gets help and supports the person.

Tick the things a HELPER can do:

- ☐ Tell a teacher or grown-up.
- ☐ Ask, "Are you OK?"
- ☐ Do not join in or laugh.
- ☐ Report mean messages online.

You do not have to fight a bully. Getting help is brave.

Draw a picture of someone being a helper:

Think before you send.



THINK

Before you send a message, picture or joke, ask:

Is it KIND?

Is it TRUE?

Would I say it FACE TO FACE?

Send a kind message to cheer someone up.

☐
YES

☐
NO

Share an embarrassing picture of someone.

☐
YES

☐
NO

Tell a grown-up about mean messages.

☐
YES

☐
NO

Keep private things private.

Do NOT give these to someone you do not know online:



Your home address



Your school name



Your passwords



Your phone number



Where you are right now

If you are not sure, ask a grown-up BEFORE you share.

Write or draw one thing you like doing online:

EXTRA THINK:

Why is it a good idea to keep your address and school private?

My answer:

People online can pretend to be someone else.

"Hi! I am Sam. I am 9. I like football too!"

Do we **KNOW** Sam is really 9?

YES

I am sure.

NO

I cannot know for sure.

NOT SURE

I should ask for help.

If an online chat feels strange or worrying:



STOP: Stop the chat.



TELL: Tell a grown-up.



SHOW: Show them the message.

Notice when something does not feel right.

Tell a trusted grown-up if someone:

- ⚠ asks you to keep a worrying secret
- ⚠ asks you to get into a car
- ⚠ asks where you live or go to school
- ⚠ asks you for a private picture
- ⚠ makes you feel scared, worried or confused

SAY NO - MOVE AWAY - TELL

You are allowed to say NO when something does not feel safe.

Some surprises are fun. Worrying secrets should be told.

Circle SURPRISE or TELL A GROWN-UP.

A birthday present is hidden until Saturday.

- ☐ **SURPRISE** ☐ **TELL A GROWN-UP**

Someone says, "Never tell anyone I asked you for this picture."

- ☐ **SURPRISE** ☐ **TELL A GROWN-UP**

Your class is making a card for your teacher.

- ☐ **SURPRISE** ☐ **TELL A GROWN-UP**

Someone says you will get in trouble if you tell what happened.

- ☐ **SURPRISE** ☐ **TELL A GROWN-UP**

If a secret makes you worried, sad, scared or confused - TELL.

11

MY TRUSTED TEAM

People I can talk to when I need help.

Write or draw people you trust.

At home _____ _____ _____	At school _____ _____ _____
Family / carer _____ _____ _____	Another safe grown-up _____ _____ _____

If you are in danger now, call 999.

Childline: 0800 1111 | Free help for children and young people.

12 THE CHOICE GAME

Can you spot the safer choice?

You see someone being bullied and tell a teacher.	☐ GOOD	☐ BAD
You share your game password with someone online.	☐ GOOD	☐ BAD
You help a child who has been left out.	☐ GOOD	☐ BAD
You get into a car with someone you do not know.	☐ GOOD	☐ BAD
You show a grown-up a worrying message.	☐ GOOD	☐ BAD
You send a mean picture because others are laughing.	☐ GOOD	☐ BAD
You keep your address private online.	☐ GOOD	☐ BAD
You tell someone when a secret makes you scared.	☐ GOOD	☐ BAD

13 7-DAY BETTER CHOICES CHALLENGE

Try one small good choice each day.

1 Say something kind to someone.

☐

2 Help with a job without being asked twice.

☐

3 Include someone who is on their own.

☐

4 Keep private information private online.

☐

5 Tell the truth even when it is hard.

☐

6 Tell a trusted grown-up if something worries you.

☐

7 Make one choice you are proud of.

☐

Small good choices grow into good habits.

Show this page to someone who looks after you.

Ask each other:

- What is one choice you made today?
- Who are the grown-ups you can talk to?
- What should you keep private online?
- What can you do if you see bullying?
- What are the four words: STOP - THINK - CHOOSE - TELL?

One thing we talked about together:

It is always OK to ask for help.

THE CHOICES WE MAKE

MY CHOICE PROMISE



I will try to STOP, THINK, CHOOSE and TELL.

My name:

My signature or special mark:

YOUR NEXT CHOICE MATTERS.

Be kind. Stay safe. Ask for help.