

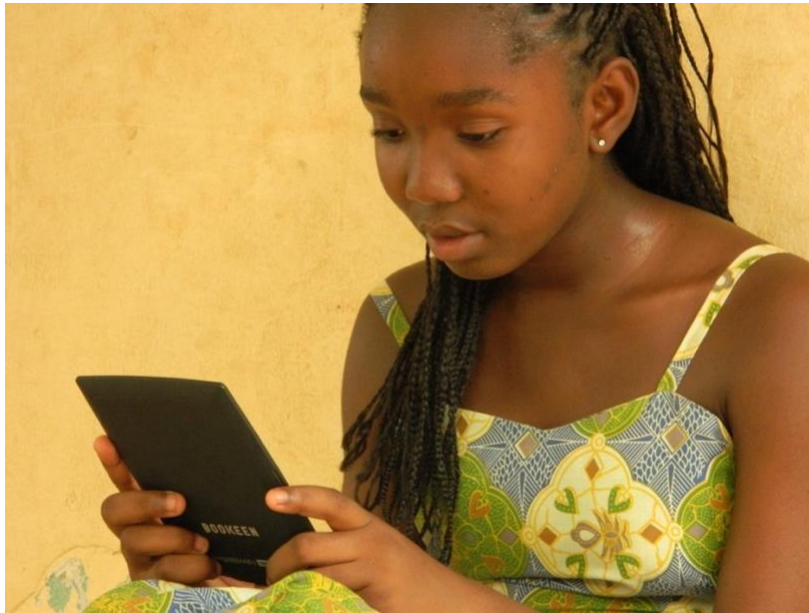
I can know about safe connections with people.



People can connect with people in person, such as at school, at home and in groups we go to. We often get to know those people because we see them in person regularly. We see them, we can see their age and behaviour and usually, other people are around who also know them. This can help us decide if they are a safe person to know or not. This is good and keeps us safe.



Being safe with a person is when they are respectful and kind to us. A good friend is someone we know will try to look after us and let us say no to things we don't like. If I don't have any good friends, I might feel lonely sometimes.



People can connect with people online. People chat with people on social media or through gaming chats. This can be good, but people need to be more careful and decide if that is a safe person or not. We only know the person through what the person says, because we can't see them. We don't know if what they are saying is truthful or accurate. It is good to be careful.



If someone asks us to do anything uncomfortable, sexual, illegal or dangerous, it is not a safe friendship. This could be taking or delivering drugs, stealing, telling lies or telling us not to tell our trusted adults about something. They might be pretending to be younger or older. They might try to get you to take pictures of your nude body or do a sexual activity.

This is wrong because it is trying to get you to do something that would harm you. It is called **grooming** and it is abuse.

It might happen in person or online. It is still wrong.



Knowing if someone is safe or unsafe can be a tricky thing to decide. If someone tries to make us feel special and tells us how much they care for us it can feel brilliant. But if they then ask us to do something uncomfortable, illegal, sexual or dangerous it could be an unsafe friendship.



People can be safer when they talk to people they know in person. It is safer when parents or guardians know who their friends are. Having friends that my parents and

guardians know, helps me to stay safe. My parents and guardians can know who my online friends are so they can make sure I am safe. This is good.



If I feel unsafe, I can ask someone I trust for help. It is good for me to tell someone when I feel scared or uncomfortable.

There are lots of ways you can tell. It is okay if you are worried and if you're not sure how to tell. It is a good idea just to try. It's the adult's job to listen and figure out what you're trying to tell them.

I could:

- Say, "I have something to tell you but I don't know how to say it".
- Draw a picture.
- Write a note that says, "I need to talk" or "I need help".
- Write a note that tells the whole story.
- Close your eyes or turn your back and tell.
- Just tell what happened.
- Use a puppet or stuffed animal to do the telling.
- Start by just talking about the feelings you are having.

Most people want to have friends and feel safe. This is good. I have every right to be respected and to feel safe with all the people I make connections with. I can know and understand how to make safe connections with people.