

Health

Staying Safe And Asking For Help



For Upper Primary

Contents

Sun-Smart 1	Page 3
Sun-Smart 2	Page 4
Safe Cycling	Page 5
First Aid 1	Page 6
First Aid 2	Page 7
Dialling For Help 1	Page 8
Dialling For Help 2	Page 9
People Who Can Help Me	Page 10
Kids Helpline	Page 11
Online Safety	Page 12
Answers	Page 13

Preview

Title: **Staying Safe And Asking For Help** For Upper Primary
Published by **Ready-Ed Publications** © 2019
Taken from: Health Years 5-6 (Part 2)
Author: Miranda Cooke Illustrator: Alison Mutton

Copyright Notice

The purchasing educational institution and its staff have the right to make copies of the whole or part of this book, beyond their rights under the Australian Copyright Act 1968 (the Act), provided that:

1. *The number of copies does not exceed the number reasonably required by the educational institution to satisfy its teaching purposes;*
2. *Copies are made only by reprographic means (photocopying), not by electronic/digital means, and not stored or transmitted;*
3. *Copies are not sold or lent;*
4. *Every copy made clearly shows the footnote, 'Ready-Ed Publications.'*

Any copying of this book by an educational institution or its staff outside of this blackline master licence may fall within the educational statutory licence under the Act.

The Act allows a maximum of one chapter or 10% of the pages of this book, whichever is the greater, to be reproduced and/or communicated by any educational institution for its educational purposes provided that educational institution (or the body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL) under Act.

For details of the CAL licence for educational institutions contact:

Copyright Agency Limited
Level 19, 157 Liverpool Street
Sydney NSW 2000
Telephone: (02) 9394 7600
Facsimile: (02) 9394 7601
E-mail: info@copyright.com.au

Reproduction and Communication by others

Except as otherwise permitted by this blackline master licence or under the Act (for example, any fair dealing for the purposes of study, research, criticism or review) no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission. All inquiries should be made to the publisher.

Ready-Ed Publications:
info@readyed.com.au
www.readyed.net

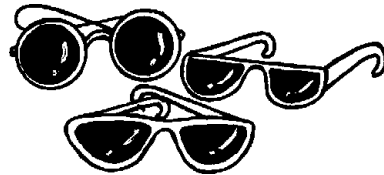
- To participate safely in physical activities at school we must be sun-smart. Getting enough sunlight is important for good health. However, too much sun can be harmful to our health. What do you already know about spending time in the sun?

**Health benefits
from the sun...**

**Possible harm
from the sun...**

Preview

- Go to the following website ► www.sunsmart.com.au/about/faqs to find the answers to the questions below.



- How can I protect myself from the sun's UV rays when playing outside?

- How can I get my skin checked for skin cancer?

- Doesn't a tan help to protect me from the harm of the sun?

- Can I get sunburnt on cloudy or cool days?

- Am I getting enough vitamin D?

- If I use too much sun protection, will I become vitamin D deficient?

Activity

Sun-Smart 2

It is great playing with your friends outside in the sun. Spending time in the sun can help to maintain good health.

- In the space below, brainstorm some physical activities that you and your class members enjoy doing in the sun.

BRAINSTORM!



However, too much time spent in the sun without protection, can cause problems for your health. It is recommended that we slip, slop, slap, seek and slide to protect us from harm while in the sun.

- In the space below, draw or write what each of these mean.

slip

slop

slap

seek

slide

Cycling is a great and fun activity and helps you to stay fit and healthy. It is an activity that you can do with your friends and it is a good form of transport that doesn't require you to depend on your parents all the time, so it gives you independence.

But before you cycle anywhere, you need to know the road rules and show that you can ride safely. Let's see what you know!

1. Tick the safest ways to cross the road on a bike: (only tick one)

- do a visual check and cross the road if the road is clear;
- give a hand signal to let drivers know that you intend to cross the road;
- get off your bike and walk across the road when it is clear of traffic and safe to do so;
- just ride across. Bikes have right of way and cars must stop for you.



2. Identify whether the following statements are true or false by writing T (true) or F (false).

Statement	T/F
1. By law, you must wear an approved bicycle helmet when riding on a bike.	
2. If you are under the age of 12, you can ride your bike on footpaths.	
3. It is safer to ride a bike on a bicycle path than on the road, even for adults.	
4. Bike riders don't have to obey the same road rules as drivers of cars.	
5. It is a good idea to wear brightly coloured clothes while bike riding, as this increases your visibility to other drivers.	
6. Bikes are fairly simple machines, so don't require checks or maintenance.	
7. It is OK for cyclists to sneak across a red traffic light if they think it is safe to do so.	

3. In the space below, rewrite any false statements, so that they are correct.

If an injury does occur when you are participating in any physical activity, first aid should be administered.

Sometimes further medical attention may be needed after first aid has been given.

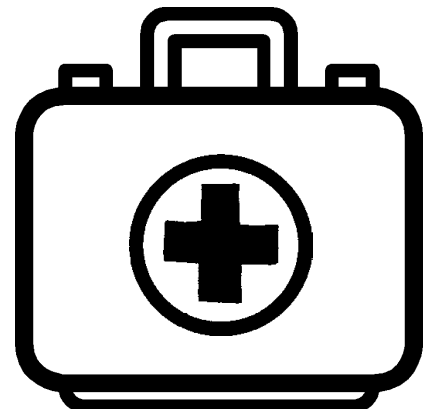


Tick to show what first aid you have administered in the past.

Examples Of First Aid

1. Helping someone put on a Band-aid or a bandage.	
2. Calling "000" (emergency services).	
3. Helping an asthmatic to find and use their medication (Ventolin).	
4. Performing CPR.	
5. Staying with an injured person until medical help arrives.	
6. Assisting someone with an allergic reaction to find their medication (Epi-pen).	
7. Calling an adult for help for a friend who has an injury or is feeling unwell.	
8. Applying antiseptic cream to a wound.	
9. Putting someone in the recovery position.	
10. Applying wet cloths to a swollen area.	
11. Supplying water to someone who is dehydrated.	
12. Applying pressure to a wound (cold compressors).	
13. Applying running water to a burn.	

Write down another way that you have administered first aid to another person, or have received first aid.



- What type of first aid would you provide for the following scenarios? Place the numbers from the first aid examples on the previous page, into the scenario boxes.

Scenario 1: You know that your friend is allergic to nuts and he has started to have a reaction to eating a peanut butter cookie. He is struggling to breathe, his face and lips are swelling and he is getting red welts on his skin.	
Scenario 2: You are at home and find a family member is unconscious on the floor. You cannot wake her up and no-one else is at home with you.	
Scenario 3: You and a friend are playing in the park, your friend falls and grazes his knees.	
Scenario 4: You are at a school sports carnival and your friend starts to have breathing problems. You know that she suffers from asthma.	
Scenario 5: Your friend has spilled hot water on her arm.	
Scenario 6: A boy has collapsed in the yard from heat exhaustion.	
Scenario 7: Your friend has a nose bleed while you are playing soccer with him.	
Scenario 8: Your brother has a reaction to a bee sting.	

- Create two of your own scenarios here and ask your friend to say what first aid should be given.

1

Scenario: _____

First aid given:

2

Scenario: _____

First aid given:

Extended Activity: Consider some first aid situations and role play them in small groups.

The emergency phone number in Australia is "000"
 If you see someone who is seriously injured or in need of urgent medical help, or if you witness an accident, then you should call triple "0".

Call 000

Answer these questions.

1. What emergency services can you reach by dialling "000"?

2. How much does a call to "000" cost?

3. Do you need credit on your mobile phone to call an emergency number?



Should I call "000"? (Tick the box if the situation requires a call to "000" and state what emergency service you should request for these situations.)

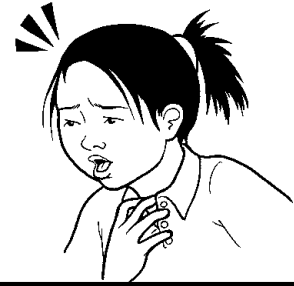
SITUATION	CALL 000	EMERGENCY SERVICE
1. You have been playing catch and your ball has accidentally got stuck up a tree.		
2. Your friend has climbed a tree to get your ball down, and now she is stuck. It's getting dark.		
3. You are playing cricket and the ball accidentally rolls onto the road. Your friend runs to retrieve it and a car knocks your friend over. The car drives off.		
4. You are kicking the footy on a local field and notice a fire burning in some bush land nearby, there is no-one tending to the fire and it seems to be getting bigger.		
5. You are swimming at the beach and notice that a boy has swam too far out and is getting dumped by the waves. There are no life-guards around.		
6. Your mum has not turned up to pick you up from sports training and you can't reach her by phone.		

Extended activity: Role play calling "000". State what service you want (police/fire/ ambulance), talk calmly and speak quietly (don't yell). Provide details of the emergency, your location and what has happened.

Activity

Dialling For Help 2

Imagine that you are playing tag with a group of friends and one of your friends has an asthma attack. What if you cannot find an adult to help you deal with this emergency situation? Would you know how to get help if you couldn't ask an adult?



- Brainstorm some ideas below.

BRAINSTORM!

- Create a card with emergency phone numbers that you can take home and put into your family's first aid box, or pin on the fridge.

EMERGENCY CONTACT NUMBERS

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

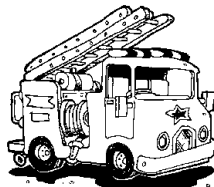
Number: _____

Name: _____

Number: _____

Name: _____

Number: _____



Wouldn't it be great if life was always fun and everything ran nice and smoothly all of the time! Unfortunately, this is not reality. Life has ups and downs and everyone experiences hardships, difficulties or sad times. It is important to understand that difficult times do not last forever and that we often need help and support from other people to get through such tough times.

Depending on the situation, you may need a helping hand from someone to protect you from a bully, or advice about how to deal with a difficult situation. Sometimes, just talking to someone can be a big support and help you to feel better. It is important to know who you can go to for support.

Create a Helping Hand

- Draw an outline of your hand. Write the name of a person on each finger (including the thumb), who you trust and would feel comfortable going to if you needed help with a problem.

Preview

While friends your age can be great company, it is often best to seek support from an adult that you are comfortable with if you are going through some difficulty or need advice. This is because adults have more life experience and are more likely to be able to give you the right type of practical support or advice.

Kids Helpline

- There are other services that you can access for help if you are having a difficult time. The Kids Helpline offers online resources and a phone counselling service.

Take a tour of the Kids Helpline website ▶ www.kidshelp.com.au and then answer the following questions.



Preview

1. What are some of the things that you can do on the Kids Helpline site?

2. What is the phone number for the Kids Helpline?

3. Provide reasons why a person may choose to phone the Kids Helpline number.

4. Is the Kids Helpline only for Kids? How do you know this?

5. What is the slogan for the Kids Helpline?

The Internet is a great tool. It helps us to find out new information, keep us up-to-date with new events and provides us with a fast way of communication with people all over the world. We can use it for gaming, to watch videos and more.

However, some people choose not to use the Internet in a caring or appropriate manner. Sometimes people use the Internet without consideration of other people's wellbeing. This means that you may find material that makes you feel uncomfortable or upset, or maybe someone is being mean or bullying you; or someone you haven't actually met in person, is trying to find out information about you. It is important that you know that none of these things are OK and seek the right support if something on the Internet upsets you.

Some rules to keep you safe:

- Tell your parents or a reliable adult if you feel uncomfortable or scared when you are using the Internet.
- Don't respond to nasty messages, save them and report them to an adult;
- Use a nickname for online games and keep your real identity to yourself.
- Only reveal details about yourself to people who you know in real life, not to people who you have only met on the Internet.
- With social media sites like facebook, only accept friend requests from people who you actually know in real life, even if they are friends with one of your other friends.



Fact Sheets

- Go to ► www.cybersmart.gov.au/kids. In pairs or small groups, research one of the "get the facts" topics and create a fact sheet in your own words.

What is cyber-bullying? _____

Who should you go to for help if you experience cyber-bullying?

Page 3

Health benefits from the sun :

- reduces the risk of depression- so being in the sun helps us to feel happy and positive;
- helps us to acquire vitamin D – necessary for our bodies to be able to absorb calcium, which is needed for bone growth and bone strength. This is equally important for adults and children.

Possible harm from the sun (typically from prolonged and repeated, unprotected exposure to the sun):

- sunburn and skin damage (this can cause long term skin problems);
- premature aging of the skin and wrinkles;
- skin cancer.

NB: If you do not wish to run this as an Internet activity, it is possible to print out the fact sheets/ answers from www.sunsmart.com.au/about/faqs, maybe as a class set.

1) Slip on sun protective clothing that covers as much of your body as possible. Slap on SPF 30+ broad spectrum, water resistant sunscreen liberally at least 20 minutes before sun exposure. Re-apply every two hours when outdoors. Slap on a broad-brimmed hat that shades your face, neck and ears. Seek shade. Slide on sunglasses that meet Australian Standards www.sunsmart.com.au/about/faqs#q1

2) Your family doctor can check your skin. If he/she has concerns, you will be referred to a specialist for further assessment.

3) A tan does not offer any protection from the sun. In fact, a tan is the first sign that your skin is being damaged.

4) Sunburn is caused by U.V. rays, not by temperature, so if it is a cool day, you can still get sunburned. Also, it is possible for U.V. rays to penetrate through clouds, so it is possible to get sunburned on a cloudy day.

5) Vitamin D helps to develop and maintain healthy bones, and U.V. radiation from the sun is one of the best sources of vitamin D. While too much sun can lead to skin damage, not getting enough sunlight can lead to a deficiency in vitamin D levels. During winter months in Australia, 2-3 hours of outside time a day is considered to be

relatively safe. While in summer, the U.V. levels are higher, so less time is sufficient, maybe even 5-10 minutes. The U.V. levels are higher during the middle of the day, so these times are best avoided for being outside, or be sure to cover up. Check out the free SunSmart app that allows users to find out if they are getting enough sun to help with vitamin D levels and alerts the user of their daily sun protection needs.

6) Sensible sun protection does not put people at risk of developing vitamin D deficiency.

Page 4

The following points should act as a guide:

- slip on sun protective clothing that covers as much of your body as possible. This is more effective at protecting the skin than sunblock. Rash-free shirts are a good idea for water-based activities;
- slap on SPF 30 or higher broad spectrum, water resistant sunscreen liberally at least 20 minutes before sun exposure. Re-apply every two hours when outdoors, especially when in the water;
- slap on a broad-brimmed hat that shades your face, neck and ears. Caps are not as effective in providing sun protection.
- seek shade- particularly during the high U.V. time of day (11am-3pm);
- slide on sunglasses that meet Australian Standards. These will help to protect your eyes from sun damage.

Page 5

1) The safest way to cross the road on a bike is to: Get off your bike and walk across the road when it is clear of traffic and safe to do so.

2) 1 = T; 2 = T; 3 = T; 4 = F (If you ride a bike, it is considered to be a vehicle on the road and you are required to obey all road rules.) 5 = T; 6 = F (It is important to maintain your bike to ensure it is working well. You should check that the breaks work and that the tyres have good air pressure. The chain should be regularly oiled and cleaned also.) 7 = F (Cyclists must obey the same road rules as cars and can incur the same fines as drivers of cars. This means that you can receive an infringement ticket from a police officer for going through a red light.)

Answers

Page 6

First aid is the first help given to someone with an injury or illness. Diagnosing or fixing someone is the responsibility of qualified medical staff/people; this is especially so if the injury or illness is serious. Minor ailments such as a small cut or graze may not require follow-up assessment or treatment, but more serious injuries or illnesses should always be referred to a qualified person such as a doctor.

Page 7

Scenario 1 = 6, 5, 7; scenario 2 = 2, 4, 5, 7; scenario 3 = 8, 1; scenario 4 = 3, 7; scenario 5 = 13, 10; scenario 6 = 7, 9, 11; scenario 7 = 7, 12; scenario 8 = 7, 10.

Page 8

- 1) The police, the fire brigade, an ambulance.
- 2) These calls are free from any phone service.
- 3) You do not need credit to be able to call 000.
 1. No – you do not need emergency services.
 2. No - try to get help from family and friends. If you can't, call the police but not through emergency services.
3. Yes – call 000, you will need an ambulance. The police may also attend but emergency services will organise this if required.
4. Yes – you need the fire brigade to attend to manage the fire before it gets further out of control and threatens property and lives.
5. Yes – you need an ambulance. You should also try to find an adult to help as ambulance officers will not enter the surf to take someone from the surf in such a situation.
6. No – unless you are being directly threatened. You should continue to try to contact your mum or another adult that you know and trust.

Page 9

The first question can be done individually and supplemented with class discussion. For the second task, ensure that numbers are up-to-date and relevant to the students' area. It may also be a good idea to laminate these cards for durability. You could stick a magnetic strip to the back to make them fridge friendly. Suggested numbers:

- Emergency 000
- Ambulance
- Poisons information

- Health care direct
- Fire
- Police
- Parent's numbers
- Close family/friends' numbers

Page 10

If students are struggling to think of five people for their helping hand, make some suggestions for them, consider family members, family friends, school staff, club leaders such as a sports coach or a church leader or a social worker. There may be people available to some students that they haven't considered. If children think about the people in their lives and have a plan, they are more likely to defer to someone for help if they need it. Students may wish to decorate their hands. They can draw a picture of themselves in the palm of their hands or decorate the palm with words such as "safe" or "happy", etc.

Page 11

- 1) The Kids Helpline number is 1800551800. These lines are manned by qualified councillors.
- 2) Curiosity, in case they need it later; to look for solutions to problems such as bullying; feeling lonely; feeling unsafe; not sure how to deal with pressures of school or family.
- 3) No, there is a section for parents too. If they are struggling to help their children, they can get advice on this site.
- 4) We care, we listen.

Page 12

Discuss the rules listed to keep children safe on the Internet as a class. Ask students to consider what might happen if they don't follow these rules. For example – if they accept a friend request from someone who is friends with someone they know, but they haven't met in person – it is possible that your friend hasn't met them either – this is how some deviants work their way into young people's lives.