

**SAFE
TOPLAY**

Say Something if you See Something

British 
Equestrian

Safe to Play Intermediate Workbook

Name:



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Notes for Parents and Carers

This workbook has been designed to help your child understand what it means to feel safe and unsafe, how to recognise early warning signs in their body and identify trusted adults they can go to for help if they need it.

Throughout the workbook, they'll explore important topics such as recognising unsafe situations, understanding their feelings, learning the difference between safe and unsafe secrets, setting certain boundaries and practicing ways to say "no".

Please support your child by working through the activities together where needed, encouraging honest conversations, and helping them feel confident in knowing who they can talk to if they ever feel unsure or uncomfortable.

This resource has been created by **British Equestrian** as part of their **Safe to Play** campaign to help educate and empower young people across the equestrian community.



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Part 1

**We all have the
right to feel safe
at all times.**



What is safe and unsafe?

Every day, we make choices that help keep us safe. Knowing what's safe and unsafe is really important because it helps us stay out of danger and make good decisions.



Safe means something is okay to do and doesn't hurt you or anyone else.

Safe things make you feel happy and comfortable, like when you wear your seatbelt in the car or listen to your coach's instructions to stay safe.

Unsafe means something could hurt you or make you scared, uncomfortable or in danger.

Unsafe things don't feel right. If something feels unsafe, you shouldn't do it. It's always good to talk to a trusted adult if you feel unsafe.



Remember, you always have the power to make good choices! If you're ever unsure whether something is safe or unsafe, it's always okay to ask for help from someone you trust, like a parent or coach.


Can you think of some safe and unsafe examples at your yard or riding centre?

What is safe and unsafe?

It's really important that you are able to notice and deal with all the feelings you might have in your body when you are happy, sad, scared, worried or feel unsafe.



Activity: Draw a picture of something that makes you feel safe, happy or comfortable.

A large, empty rectangular box with a light blue background and a dashed border, intended for drawing something that makes one feel safe, happy, or comfortable.

Activity: Draw a picture of something that makes you feel unsafe, worried or scared.

A large, empty rectangular box with a light orange background and a dashed border, intended for drawing something that makes one feel unsafe, worried, or scared.

Understanding feelings

When you are feeling unsafe, you might feel...



Activity: Draw a picture or write words showing how you might feel when you feel unsafe.

A large, light blue rectangular box with a dashed border, intended for drawing or writing.A large, light purple rectangular box with a dashed border, intended for drawing or writing.A large, light green rectangular box with a dashed border, intended for drawing or writing.A large, light pink rectangular box with a dashed border, intended for drawing or writing.

Q What should you do when you feel like this?

A
.....

Early warning signs

Just like how road signs help drivers stay safe on the roads, your body has signs to tell you when something doesn't feel right. These are called **early warning signs**!

When you feel **excited**, **scared**, **nervous** or **unsafe**, your body might give you clues. These clues help you know when to pay attention and ask for help if you need it. What are some **early warning signs**?

A fast or racing heartbeat

Hair on your neck standing up

Racing thoughts

Butterflies in your tummy

Needing to go to the toilet

Sweaty underarms

Crying or wanting to cry



Sweaty or clammy hands

Feeling dizzy

Breathing faster than normal

Wobbly or shaky legs

Having a headache

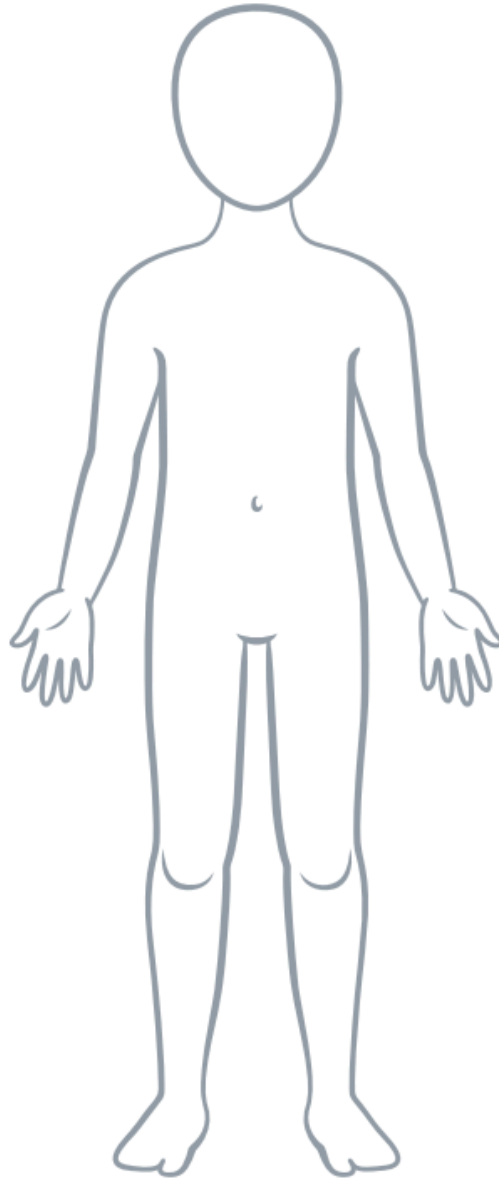
Goosebumps on your body

Sweaty forehead

Early warning signs



Activity: Draw your early warning signs on the diagram, or use words to describe the feelings that show up in your body when you feel unsafe.



Q Should you tell an adult when you get your early warning signs?

A

Safe and unsafe secrets



Sometimes secrets can be fun - like planning a surprise party or keeping a gift hidden until someone's birthday. These are **safe secrets** that make you feel happy and excited.

But some secrets don't feel good. They make your tummy feel funny or make you feel worried or uncomfortable. These are **unsafe secrets**.



It is very important to know the difference and tell a trusted adult if a secret doesn't feel right. **The difference is very simple:**

A **safe secret** is a secret that doesn't have to be a secret forever.

Can you think of an secret that doesn't have to be a secret forever?

An **unsafe secret** is a secret that has to be kept secret forever.

Can you think of a secret that someone might ask you to keep forever?

Q What should you do if you have an unsafe secret?

A

Safe and unsafe secrets



Activity: Look at the secrets below and decide whether they are safe or unsafe. Colour the box in **green** for a safe secret and **red** for an unsafe secret.

You've been invited to your friend's surprise party and her mum has asked you to keep it a secret

Someone at the yard gives you a gift, but asks you not to tell your parents about it

You want to keep your jump-off plan a secret from your friends as you think it could help you get the fastest time

You see someone being unkind to their pony, but they ask you not to tell anyone about it

Someone shows you rude pictures on their phone and tells you not to tell anyone

Your mum asks you not to tell anyone where you keep your tack room key to keep your tack safe

You've made a special gift for your friend and want to keep it a secret until their birthday

Your coach shouted at you during your lesson and asked you not to tell your parents about it

Part 2

**Nothing is so awful
that you can't talk
to someone you
trust about it.**



Who can help you?

Everyone needs help sometimes, and that's okay! If you ever feel **worried**, **upset** or **unsafe**, there are people you can talk to who will listen and help you.



Trusted adults

These are grown-ups who care about you and want to keep you safe. They might be:

- ☒ Parents or carers
- ☒ Other family members
- ☒ Teachers or coaches



Friends and siblings

Sometimes, a friend, brother or sister can help you feel better or go with you to talk to a trusted adult.



Helplines

If you ever feel like you don't know who to talk to, there are special people you can call who will listen and help:

- ☒ **Childline** - call 0800 1111
- ☒ **NSPCC** - call 0808 800 5000

Can you think of who you would go to if you needed help?

Your Helping Hand



Activity: In the hand below, write the name of someone you trust and can go to for help on each finger. Keep this safe, so you will remember who's on your Helping Hand.

Helping Hand Rules:

- 1 Must be an adult
- 2 Must be someone who you trust
- 3 Must be someone who will be able to help you
- 4 Must be someone who will listen and believe you



Your personal space

Personal space is like circles around you. Sometimes you want people close, like for a hug, and sometimes you want them to stay out of your personal space. It is important to decide who can come into your personal space and when they can come into your personal space, and who needs to stay out!



Activity: Look at the different areas of your personal space below. Thinking about all the people in your life, write or draw who you would let into each circle.



This is you

Cuddle circle

Just a hug

Fist bump or handshake

Wave or nod

Strangers in an emergency

Five ways of saying "No"

If someone enters your personal space when you don't want them to, it is okay to say "No". Sometimes, we need to say "No" in different ways. Let's look at five ways you can say "No" in different situations.



Playful "No"

This is when you're joking or playing.

Example: "No way!" (while laughing)



Polite "No"

This is when you use good manners.

Example: "No, thank you."



Strong and Clear "No"

This is when you need to be firm.

Example: "No, you can't!"



Angry "No"

This is when you feel upset or frustrated.

Example: "No, I don't want to!"



Emergency "No"

This is when you need help or feel unsafe.

Example: "NO! Leave me alone"

Practice makes perfect! Try saying each "No" out loud and notice how your voice, face and body change.

Congratulations!



You've finished your workbook and learned lots of important things about what is safe and unsafe, early warning signs, personal space and knowing who can help you.

You should now know that:



You have the right to feel safe at all times.



Nothing is so awful that you can't talk to someone you trust about it.

So, remember...

Always tell an adult on your Helping Hand if you are feeling scared or worried, or if someone asks you to keep an unsafe secret.

