



## Learn how to stay safe and who to speak to



Learn how to stay safe and who to speak to if you're scared or worried about something. Invite a visitor to come and speak to your group.

### Time



### Environment



### Price



### Activity Type

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**Age**  
7 - 11  
14 - 18

**Subject**  
Community  
Wellbeing

**Soft Skills**  
Independence  
Mental Health Awareness  
Research  
Responsibility  
Self motivation

