**Keeping Safe**

May 2020

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|  | This pack is from the North Yorkshire Learning Disability Partnership Board.  |
|  | It has some useful information and some fun activities all about **Keeping Safe**. |
| Self defence 3 | We think everybody has a right to a good life and be safe from abuse. This pack will help you to understand what abuse is and how to stay safe.  |
|  | It includes three books. They were written by the Safeguarding Adults Board with help from self-advocates with a learning disability.  |
|   | * Book 1 is about different types of abuse that can happen.
* Book 2 is about telling someone about abuse that is happening
* Book 3 is about making a report to the North Yorkshire Safeguarding Adults Board
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| Check Easy Read 2 | You can read them on your own or with someone to support you. |
| Questionnaire 1 | After you have read the books there are some easy questions to help you think about being safe. Talk about your ideas with other people and write them down.  |
| Puzzle | There are also some puzzles to remind you of some of the words in the books.  |
| Website Link | If you need more copies of the books or the puzzles you can visit this website: [safeguardingadults.co.uk/keeping-safe/easy-read-guides/](https://safeguardingadults.co.uk/keeping-safe/easy-read-guides/)  |
| Check Easy Read 1 | We hope that you find this Keeping Safe pack interesting. Take care and stay safe! |

