**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](https://www.photosymbols.com/collections/people-adults/products/self-defence-3?_pos=61&_sid=57b61146c&_ss=r) | 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 |
| [Check Easy Read 2](https://www.photosymbols.com/collections/information/products/checklists-and-easyread2) | You can read them on your own or with someone to support you. |
| [Questionnaire 1](https://www.photosymbols.com/collections/research/products/questionnaire-1?_pos=43&_sid=e8abc2301&_ss=r) | 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](https://www.photosymbols.com/collections/leisure/products/puzzle?_pos=1&_sid=09aa6c1fd&_ss=r) | There are also some puzzles to remind you of some of the words in the books. |
| [Website Link](https://www.photosymbols.com/collections/technology/products/website-link?_pos=3&_sid=eff12c965&_ss=r) | 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](https://www.photosymbols.com/collections/information/products/checklists-and-easyread1?_pos=21&_sid=fbe7156a3&_ss=r) | We hope that you find this Keeping Safe pack interesting. Take care and stay safe! |

