**Describe appropriate response when a risk is identified**

During lockdown, we have different types of risks that we need to understand. We also need to understand what to do to stay safe. Fill in the table by coming up with ways to stay safe. The first one is done for you.

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| Scenario | How to stay safe |
| You go to the park for a walk but when you arrive it is packed. You do not think there will be enough space to be socially distant (staying away from other people).  | Get out of the park quickly. Go for a walk in a different area or else come back to the park later when it is quiet.  |
| You have stopped getting up and getting dressed in the morning. You spend all day in bed and on your phone. You are starting to feel sad and upset all the time. You might be depressed.  |  |
| A cough sneaks up on you and you catch your cough in your hands instead of your elbow.  |  |
| Your cousin is turning 18 on Saturday. Before lockdown, he wanted to have a big party in the local pub to celebrate. Pubs are closed so he is going to have a house party instead and you are invited.  |  |
| Your friend is fed up with lockdown. She thinks you should sneak out of your house when your parents are in work and go hang out with her in the park.  |  |
| You are so stressed about COVID-19 and your family getting sick that you cannot sleep. You are not really eating properly either.  |  |
| You feel lonely so you use social media to chat to your friends. One boy in your group keeps slagging you and calling you names. It has happened a few times.  |  |
| You are dropping some shopping to your Granny because she is cocooning to stay safe. You put the shopping in her porch. You miss seeing your Granny and you really want to ring the doorbell and give her a big hug.  |  |