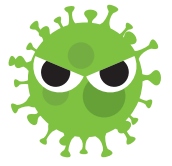


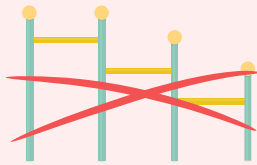
Staying Safe At Home

Hi Kids!

COVID-19 has changed how we live our lives. You may have already noticed some of these changes.



You can't go to the playgrounds and parks or hang out with your friends.



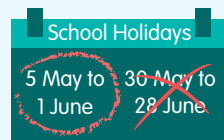
You can only buy takeaway food to eat at home.



Many shops are closed, including some of your favourite eateries.



You are also spending a lot more time at home now.



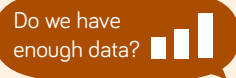
First, there was Home-Based Learning. Now, the school holidays will start even earlier!



Maybe your parents are now working from home. Some of our parents may be feeling worried because they have lost their jobs, or are earning less than before.



Your parents may be feeling stressed because they have to juggle many things – their work, managing the household, and ensuring that you stay healthy.



For some of us, our homes may not be the most ideal place to spend a lot of time in.

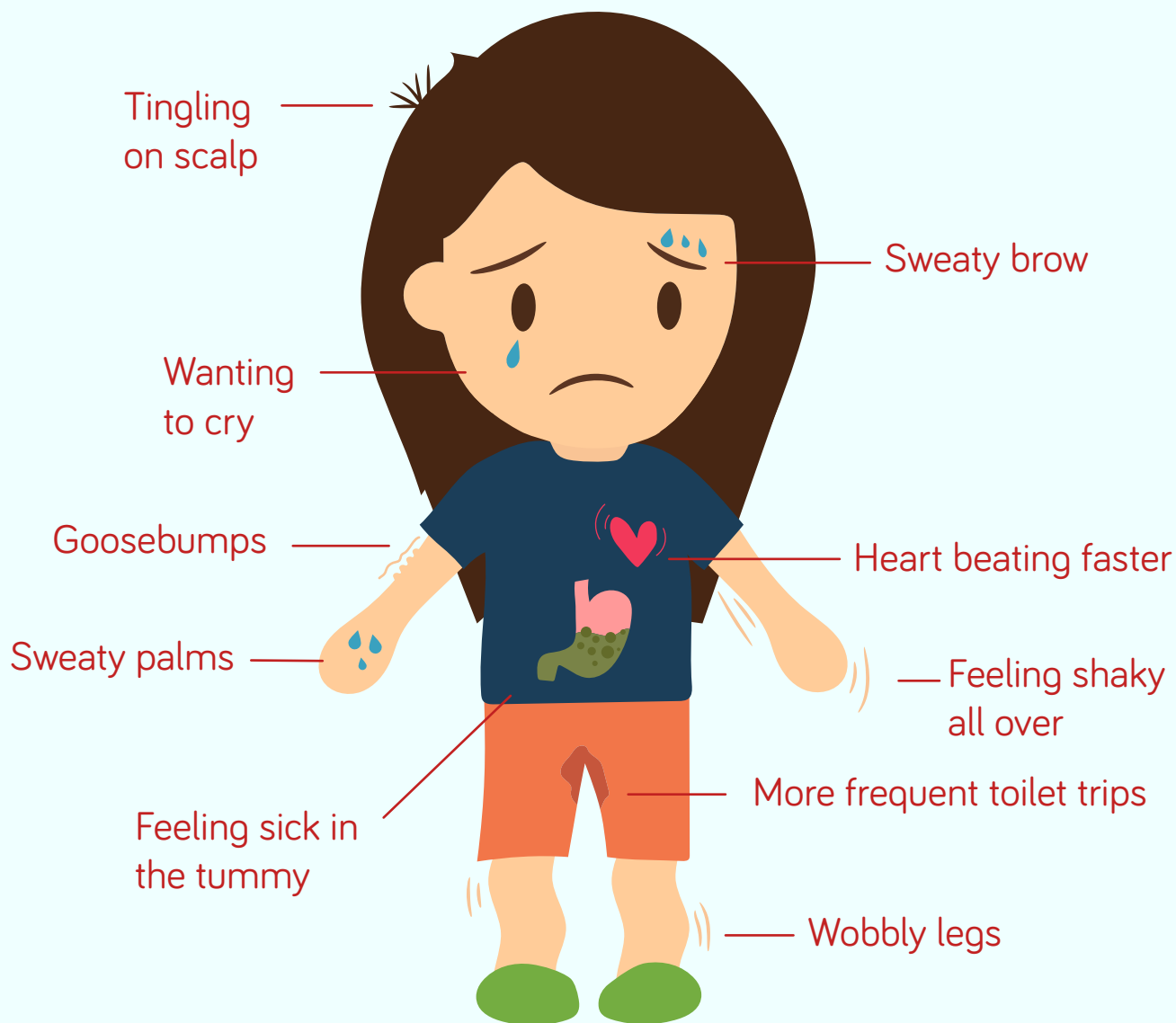


When people are stressed and stuck at home most of the time, it can be hard to be patient and kind. Sometimes, our home may not be the safest place too.



Body Warning Signs

When you feel unsafe, your body may give you warning signs by reacting in these ways:



Listen to your body's warning signs. Ask a trusted adult for help. They are people who:

- Listen to you
- Believe you
- Are available for you
- Can take action if needed

They can be adults like family members, relatives, teachers or neighbours.



What Can You Do?

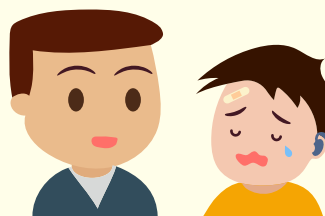


It is not easy to start telling someone about your problem, but you can try saying:

I feel unsafe because...



I am hurt. Teacher, can you help me?



They may ask you some questions so that they can help you better. Keep telling until help comes and your body warning signs go away.



Everyone has the right to feel safe at all times.

Being safe means you are free from harm or hurt, whether physically or emotionally.

During this period, you may also be concerned about the financial situation that your family is in.

The government has announced various budgets to support families with extra money.



There are also places called the **Social Service Offices** and nearby **Community Centres** where your parents can seek financial help.

If you can't find any trusted adult for help, here are some helplines that you can try:



- **Tinkle Friend** (for primary school students)
Toll-Free helpline: 1800 2744 788
Online chat: www.tinklefriend.sg
- **Child Protection Specialist Centre**
Big Love **Heart@Fei Yue**
6445 0400 6819 9170
- **PAVE Integrated Services for Individual and Family Protection Specialist Centre**
6555 0390
- **Ministry of Social and Family Development**
Child Protective Service
1800 777 0000
- **National Care Hotline**
1800 202 6868 (24-hour hotline)
- **ComCare Call** (for the nearest Family Service Centre)
1800 222 0000



If someone is in danger of being hurt, call the **Police** at 999.

Operating hours apply for most helplines.

This is a difficult time for everyone, but we are hopeful that things will get better soon. Stay safe, stay well, and ask for help when you need it!

