

Staying Safe and Strong: Your Personal Safety Guide

Be Smart, Be Safe, Be You!

- A trusted adult is someone you feel safe with, such as a parent, carer, teacher, or family member, who you can talk to about anything that worries you.
- You have the right to set your own boundaries. This means you can decide who gives you a hug or who is allowed in your personal space.
- If you are online, never share personal information like your home address, school name, or passwords with anyone you do not know in real life.
- If you feel unsafe in a public place, look for a shop assistant, a police officer, or a security guard to ask for help.
- In an emergency where someone is hurt or in danger, you can dial 999 to speak to the emergency services and get help quickly.
- If someone makes you feel uncomfortable or scared, it is never your fault. Always tell an adult immediately, even if the person told you to keep it a secret.

Did you know? Did you know? Your brain is amazing at spotting when something doesn't feel quite right! This 'gut feeling' is your body's way of telling you to pause and find a trusted adult to talk to.

Key vocabulary: Trusted adult · Consent · Boundaries · Emergency · Privacy · Communication