

My Personal Safety Plan with Kit the Fox

Learning objective: To identify trusted adults and develop strategies for staying safe in different environments.

Kit the Fox is an expert at solving tricky puzzles! Use this safety plan to think about how you can stay safe at school, at home, and when you are out and about. Read each section carefully and write down your ideas. Remember, Kit says that asking for help is the smartest move you can make.

Word bank: trusted adult · emergency · boundaries · privacy · help · safe · support · communication

1. My Trusted Adults: Who are the three adults you can talk to if you ever feel worried, unsafe, or unsure about something? List them here. (2 marks)

2. Safe Spaces: Describe two places where you feel completely safe and explain why they make you feel calm and protected. (3 marks)

3. The 'What If' Puzzle: Kit loves solving problems. If you were in a situation where you felt uncomfortable or someone was being unkind, what is the first thing you would do? (2 marks)

4. Digital Safety: Think about your time online. What are two rules you follow to keep your personal information private and stay safe while using technology? (2 marks)

5. Helping Others: If you noticed a friend looking upset or feeling unsafe, how could you be a supportive friend and help them find a trusted adult? (2 marks)

Extension challenge: Imagine you are designing a 'Safety Badge'. On the back of this sheet, draw a badge that represents your personal strengths. Write a short sentence underneath explaining why these strengths help you stay safe and confident.