

Keeping Safe and Feeling Secure

Learning objective: To identify how to keep ourselves safe in different situations and know who to ask for help.

Use this writing frame to help you write a guide about personal safety. Think about the advice Kit the fox might give for staying safe online, and how Leo the lion would describe being brave enough to ask for help.

Staying safe is an important part of growing up, and there are many simple ways we can look after ourselves and each other.

Word bank: trusted adult · privacy · boundaries · emergency · support · furthermore · consequently · however · in addition · safe space · responsible

1. Safety at Home and School: What are some important rules you follow to stay safe, and why are these boundaries important? Start your paragraph with: 'At home and at school, I keep myself safe by...' (2 marks)

2. Online Safety: If you were teaching a friend how to be safe on a computer, what three pieces of advice would you give them? Start your paragraph with: 'When using technology, it is essential to...' (3 marks)

3. Asking for Help: Who are the trusted adults you can talk to if you ever feel worried or unsafe? Start your paragraph with: 'If I ever feel uncomfortable or need advice, I know I can speak to...' (2 marks)

4. Recognising Feelings: How does your body tell you that a situation might not be safe? Start your paragraph with: 'Sometimes my body gives me clues, such as...' (2 marks)

5. Conclusion: How can you help others feel safe and included in your classroom? Start your paragraph with: 'Finally, I can support my friends by...' (1 mark)

Extension challenge: Imagine you are designing a safety poster for the school hallway. Write a catchy slogan and list three 'Golden Rules' for personal safety that would catch the attention of other pupils.