

Keeping Safe: Personal Safety Assessment

Learning objective: To understand how to keep safe in different environments, identify trusted adults, and recognise how to seek help when feeling unsafe.

Read each question carefully before writing your answer. Use the word bank if you need help with spelling.

Kit the fox is planning an adventure to the local park. To stay safe, Kit always makes sure a trusted adult knows where he is going. He also remembers that his personal body parts are private and he has the right to say 'no' if someone makes him feel uncomfortable. If Kit ever feels unsafe or worried, he knows he can talk to someone he trusts, like a teacher, a parent, or a coach.

Word bank: Trusted adult · Emergency · Boundaries · Privacy · Support · Confident · Helpful

1. Identify two people who could be considered a 'trusted adult' for a child. (2 marks)

2. What does 'personal boundaries' mean in the context of your own body? (2 marks)

3. If you are playing in a park and a stranger asks you to help them find a lost pet, what is the safest thing to do? Explain your reasoning. (4 marks)

4. Why is it important to tell a trusted adult if someone makes you feel uncomfortable, even if you are worried about 'telling tales'? (4 marks)

5. List three ways you can keep yourself safe when using the internet or playing online games. (3 marks)

6. Rosa the parrot says, 'It is okay to say no to a hug or a high-five if you don't want to.' Explain why this is an important part of personal safety. (5 marks)

7. Imagine a friend tells you a secret that makes them feel unsafe or scared. Write a short paragraph explaining what you would do to help them. (5 marks)

Draw: Draw a 'Safety Map' of your home or school, marking three spots where you know you can go if you ever feel worried or need to ask for help.



Extension challenge: Total: /25