

Staying Safe with Kit the Fox

Learning objective: To understand personal safety, how to identify risks, and how to seek help in different environments.

Read the front of each flashcard to test your knowledge about staying safe. Flip the card or check the back to see if you are right!

Who is a 'Trusted Adult'?

A responsible person you know well, such as a parent, teacher, or family member, whom you can talk to if you feel unsafe or worried.

What should you do if you feel uncomfortable because of something you see online?

Close the screen, walk away, and tell a trusted adult immediately.

What does a 'personal boundary' mean?

Having the right to decide who can touch you, how close they can stand to you, and what personal information you share.

What is the correct phone number to call in a serious emergency in the UK?

999.

True or False: It is okay to keep a secret that makes you feel sad or scared.

False. Secrets that make you feel worried should always be shared with a trusted adult.

Why should you never share your home address or school name with strangers online?

To protect your privacy and keep your physical location safe.

If you are separated from your group in a public place, what is the best thing to do?

Stay where you are, stay calm, and look for a store assistant, security guard, or police officer for help.

What does 'risk' mean in terms of personal safety?

A risk is a situation that could potentially cause harm or danger; identifying risks helps us make better choices.

Why is it important to ask permission before going somewhere new?

So that a trusted adult knows where you are and can ensure you are safe.

What is a 'safe spot'?

A place where you feel comfortable and secure, such as your home, your classroom, or a designated meeting point when out and about.

If someone asks you to do something that feels wrong, what should you say?

You have the right to say 'No' firmly and then go and tell a trusted adult what happened.