

Year 4 PSHE Assessment: Staying Safe and Making Healthy Choices

Learning objective: To demonstrate an understanding of personal safety, identifying hazards, and knowing how to seek support in various social and digital environments.

Read each question carefully. Answer in full sentences where required. Ensure your responses are clear and thoughtful.

Max the monkey is exploring the local park. He notices a stranger offering a gift to a younger animal, and Kit the fox is trying to decide whether to share a private photo online. Meanwhile, Pip the caterpillar is learning about how to identify who is a 'trusted adult' when he is out and about in the community.

Word bank: Trusted adult · Emergency services · Privacy settings · Consent · Boundaries · Digital footprint · Peer pressure · Hazard

1. Define what is meant by a 'trusted adult'. Provide two examples of people who might fit this role in your own life. (2 marks)

2. Max sees an unattended bag left on a park bench. Explain why he should not touch it and describe the correct action he should take. (2 marks)

3. Why is it important to check privacy settings before sharing information or images on a digital device? Justify your answer. (3 marks)

4. Compare and contrast 'healthy' and 'unhealthy' peer pressure. Give one example of each. (4 marks)

5. If you are online and see something that makes you feel uncomfortable, confused, or upset, explain the steps you should take immediately. (3 marks)

6. What does the term 'personal boundaries' mean? How can you communicate your boundaries to others in a polite but firm way? (3 marks)

7. Extended Response: Imagine you are helping a friend who is being pressured to do something that makes them feel unsafe. Write a short script or advice guide explaining how they can say 'no' and where they can go for help. Consider the importance of courage and kindness in your response. (5 marks)

Draw: In the space below, draw a 'Safety Map' of your home or school. Label three areas where you feel safe and one area where you would need to ask for help or permission before entering.



Extension challenge: Total: /25. Challenge: What might happen if people did not have or respect personal boundaries? Write a paragraph explaining the impact this would have on a community's sense of safety.