

My Safety Network: Who Keeps Me Safe?

Learning objective: To identify trusted adults and strategies for maintaining personal safety in different environments.

In the space below, draw your personal 'Safety Network'. Think about the adults you trust at home, at school, and in your local community. Use the word bank to help you label your drawing.

Draw: Draw a large circle in the centre of the page. Inside the circle, draw yourself. Outside the circle, draw the people you trust who help keep you safe. Include details such as where they work or where you usually see them (e.g., a teacher in a classroom, a parent in the kitchen). Use speech bubbles to write one thing you could say to a trusted adult if you were worried about something.



Label words: Trusted Adult · Emergency Contact · Safe Space · Guardian · Communication · Support Network

Steps:

1. Identify three characteristics that make an adult a 'trusted' person to go to for help. Explain why these traits are important.
2. What might happen if you feel unsafe but do not know who to tell? Suggest two positive actions you could take.

3. Compare and contrast how your safety needs might change when you are at home versus when you are walking to a local park.
4. Justify why it is important to have more than one person in your 'Safety Network'.
5. Explain why it is important to use clear language when asking for help from a trusted adult.
6. Create a scenario where you feel uncomfortable in a public place. Describe the steps you would take to remove yourself from the situation safely.