

Keeping Safe with Kit and Nova: A PSHE Adventure

Learning objective: To understand personal safety, how to identify risks, and when to seek help from trusted adults.

Read each question carefully. Choose the best answer or write your response clearly. Remember, Kit the fox loves clever solutions, and Nova the owl is always observant!

Answer Key: 1.C, 2.True, 3.Trusted adult, 4.B, 5.False, 6.False, 7.C, 8.True, 9.B, 10.A. Remember, personal safety means knowing who to talk to if you feel uncomfortable. Always ask a trusted adult if you are unsure about an online message or a real-world situation.

Word bank: Trusted adult · Emergency · Privacy · Boundaries · Safety · Digital footprint · Consent

1. Kit the fox is playing a game online. Someone he does not know asks for his home address. What should he do? A) Give it to them B) Ask a friend C) Tell a trusted adult* D) Ignore it and keep playing (1 mark)

2. True or False: It is okay to say 'no' if someone asks you to do something that makes you feel uncomfortable or unsafe. (1 mark)

3. If you are in a situation where you feel scared or worried, who is the best person to speak to? (1 mark)

4. Nova the owl knows that passwords should be: A) Shared with everyone B) Kept private and strong* C) Your birthday D) Written on a post-it note (1 mark)

5. True or False: You should always keep secrets from your parents or teachers, even if the secret makes you feel worried or sad. (1 mark)

6. True or False: An emergency is any time you feel slightly bored or tired. (1 mark)

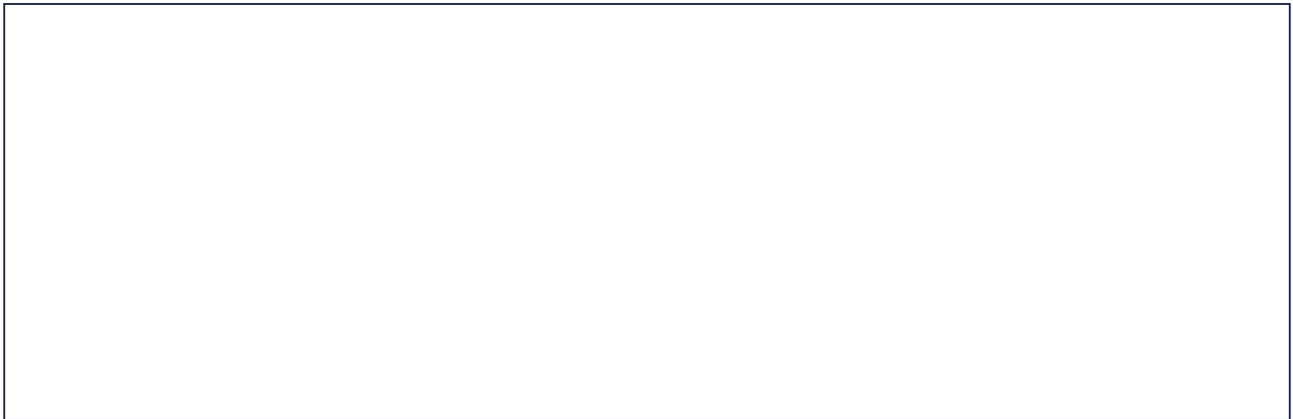
7. Which of these is a private piece of information that you should not share with strangers? A) Your favourite colour B) Your favourite book C) Your full name and school* D) Your favourite animal (1 mark)

8. True or False: You have the right to feel safe at school, at home, and online. (1 mark)

9. 9. If you see something online that upsets you, you should: A) Keep it to yourself B) Close the screen and tell a trusted adult* C) Show all your friends D) Delete your account immediately (1 mark)

10. 10. What is a 'boundary'? A) A personal limit on what you are comfortable with* B) A fence around a park C) A rule about football D) A type of computer game (1 mark)

Draw: Draw a 'Safety Map' of your home or school. Label three places where you feel completely safe and draw a star next to the people you would talk to if you needed help.



Extension challenge: Greater Depth Challenge: 1. Explain why it is vital to keep personal information private online. 2. Compare and contrast a 'good secret' (like a surprise party) and a 'worrying secret'. 3. Justify why we should always tell a trusted adult if we are unsure about a situation. 4. What might happen if people shared their passwords with everyone they met? 5. How can you demonstrate respect for other people's boundaries in the classroom? 6. Design a poster for your class that explains the 'Rule of Three' trusted adults a child can speak to.