

Staying Safe: Personal Safety Word Mat

Learning objective: To develop an understanding of personal safety, identifying risks, and knowing how to seek help in various environments.

Key Vocabulary

Use this vocabulary mat to help you discuss staying safe at home, at school, and in the community. Terms are grouped by category to help you choose the right words to describe your feelings and your surroundings.

Trusted Adult A person whom you feel safe...	Boundaries The imaginary lines that define ...	Consent Giving clear permission for someth...
Emergency A serious, unexpected, and ofte...	Risk The possibility of something unpleasant...	Hazard A potential source of danger or harm ...
Digital Footprint The trail of information you ...	Privacy Keeping your personal information, ...	Cyberbullying Using digital platforms to inte...
Help-seeking The proactive act of asking a t...	Assertive Standing up for your own rights a...	Intuition That 'gut feeling' or internal signal t...
Confidentiality The practice of keeping info...	Support Network A group of trusted people,...	Well-being The state of being comfortable, ...
Explain why it is ...	Compare and con...	What might happ...
Justify why your ...	Explain the differ...	Think of a time y...