

Personal Safety Guardians: Staying Safe and Sound

Learning objective: To identify key concepts of personal safety, including online boundaries, trusted adults, and personal space.

Read the front of the flashcard and try to answer it yourself before checking the answer on the other side. Use these to test your knowledge about staying safe at home, school, and online.

Who is a 'Trusted Adult'?

A person you know, like a parent, teacher, or relative, who you can talk to about anything that makes you feel worried, unsafe, or uncomfortable.

What is 'Personal Space'?

The physical area around you that belongs to you. It is important to respect other people's space and for them to respect yours.

What does 'Consent' mean?

Asking for permission before touching someone, hugging them, or borrowing their things, and respecting their answer if they say no.

What should you do if someone online asks for your private information?

Never share your address, school name, or passwords. Tell a trusted adult immediately and block the user.

Why is it important to keep your passwords private?

Your passwords are the keys to your digital identity. Keeping them secret prevents others from pretending to be you or accessing your personal accounts.

What is a 'Boundary'?

A limit you set to help you feel safe and comfortable. For example, telling someone you do not want to play a certain game or be tickled.

If you are in an emergency, what is the number to call in the UK?

999. This connects you to the police, fire, or ambulance services.

What should you do if an online friend asks to meet in real life?

Say no, disconnect, and tell a trusted adult. You should never meet someone you only know from the internet.

What is 'Cyberbullying'?

Using technology to hurt, upset, or embarrass someone else on purpose. If this happens, take a screenshot and tell an adult.

How can Nova the Owl help you feel safe?

By reminding you that it is okay to ask questions and seek help if something does not feel right—asking for help is a sign of being brave!