

My Personal Safety Plan with Kit the Fox

Learning objective: To identify risks in different situations and understand how to make safe choices for personal wellbeing.

Kit the Fox is a master of solving puzzles and staying safe! Use this fact-file to map out your own safety strategies. Think carefully about how you can look after yourself and who you can turn to for help in different environments.

Word bank: Trusted adult · Digital footprint · Consent · Emergency · Boundaries · Helpful · Decision · Awareness

1. My Trusted Adults: List three people you know you can talk to if you ever feel unsafe, worried, or unsure about something. (3 marks)

2. Digital Safety: Kit reminds us to be careful online. What are two rules you should follow to keep your personal information private when using the internet? (4 marks)

3. Recognising Risks: Imagine you are in a situation where you feel uncomfortable or pressured to do something you don't want to do. Describe how you can assertively say 'no' and step away. (4 marks)

4. Safety in Public: If you were separated from your group in a busy place, what steps would you take to find help and stay safe? (4 marks)

5. Personal Boundaries: Why is it important to respect other people's physical space and personal boundaries, and how do you show this respect? (3 marks)

Extension challenge: Create a 'Safety SOS' card that you could keep in your pocket. Include the contact numbers of your trusted adults and a short list of three 'Golden Rules' for staying safe that you will always remember.