

Personal Safety Explorers: Staying Safe with Kit and Nova

Learning objective: To understand personal safety boundaries, online awareness, and how to identify trusted adults in various situations.

Read the front of each flashcard and consider the situation. Flip the card mentally to check your safety strategy. Discuss your answers with a partner, justifying your choices with reasons.

What is a 'Trusted Adult' and why are they important?

A Trusted Adult is a responsible person, such as a parent, teacher, or guardian, who you can talk to honestly about any worries or safety concerns, and who will support you in making safe choices.

Kit asks: What counts as 'Personal Information' that you should never share online?

Personal information includes your full name, home address, school name, telephone number, passwords, or any specific details that could identify where you live or study.

Nova asks: How can you define 'Personal Boundaries'?

Personal boundaries are the invisible lines we draw around our bodies, feelings, and space. You have the right to say 'no' if someone makes you feel uncomfortable, and you must respect when others set their own boundaries.

What is 'Consent' in the context of playing with friends?

Consent means checking that everyone is happy and comfortable with an activity before it starts. It is a clear 'yes' from everyone involved, and it can be withdrawn at any time.

If you receive an unkind message on a gaming platform, what is the best first step?

Do not reply. Take a screenshot as evidence, block the sender, and tell a Trusted Adult immediately about what happened.

Why should you be careful about the photos you share online?

Photos can be copied and shared by others without your permission. Once an image is online, it can be very difficult to remove, contributing to your 'digital footprint'.

What does it mean to be 'Assertive' when someone makes you feel unsafe?

Being assertive means speaking clearly, calmly, and firmly to say 'no' or 'stop' when you are uncomfortable, without being aggressive or passive.

Why is it important to know your home phone number and address by heart?

In an emergency, you might need to provide this information clearly to emergency services or a helper to ensure you can be assisted or reunited with your family safely.

If a stranger in a public place asks you for help, how should you react?

Adults should ask other adults for help, not children. You should politely decline, move away to a safe or busy area, and find your own Trusted Adult immediately.

Explain why keeping your passwords private is a key safety rule.

Passwords act as a key to your digital life. Sharing them could allow others to access your accounts, send messages as you, or change your settings, which compromises your privacy and security.