

Staying Safe: My Personal Safety Guide

Learning objective: To identify strategies for staying safe in different environments and know who to turn to for help.

Use this writing frame to create your own guide on personal safety. Think about how Max the monkey might use his logical thinking to solve safety puzzles, or how Leo the lion stays brave by knowing exactly who to ask for help.

Personal safety is about making smart choices to look after ourselves and others in the world around us.

Word bank: trusted adult · boundaries · emergency · alert · cautious · support network · consequences · decision-making · communication · consequently · furthermore · nevertheless

1. Defining Personal Boundaries: What does having 'personal space' mean to you, and why is it important to communicate your boundaries clearly? Start by writing: Respecting personal space is vital because... (2 marks)

2. Identifying Trusted Adults: Who are the people in your life you can go to if you feel unsafe or worried? Explain why it is important to have more than one person in your support network. Start by writing: My trusted adults are... (3 marks)

3. Online Safety Decisions: Imagine you are using the internet. What steps should you take to ensure your personal information remains private? Start by writing: When I am using technology, I stay safe by... (2 marks)

4. Assessing Risk: Compare and contrast a situation that is 'exciting' versus one that is 'dangerous'. How can you tell the difference? Start by writing: I can distinguish between excitement and danger by considering... (3 marks)

5. Justifying Choices: Explain why it is sometimes necessary to say 'no' to a peer or an adult if you feel uncomfortable. Start by writing: It is important to trust my instincts because... (3 marks)

6. What might happen if someone ignores their own safety rules? Justify your answer using examples of positive decision-making. Start by writing: If safety rules are ignored, the consequences could be... (3 marks)

Extension challenge: Create a 'Safety Map' for your school or local park. Label the areas where you feel most confident and identify at least three 'safety check-points' where you would go if you needed assistance.