

Class 5 PSHE Assessment: Staying Safe and Making Smart Choices

Learning objective: To demonstrate an understanding of personal safety, identifying risks, and knowing how to seek help in different situations.

Read each question carefully. Use your best handwriting and provide clear, detailed explanations where required. You have 30 minutes to complete this assessment.

Max the monkey is planning a day out to the local park. He knows that being safe means making good decisions before he even leaves the house. Meanwhile, Kit the fox is researching how to stay safe while using his tablet to play online games. Both Max and Kit know that if they ever feel uncomfortable, worried, or unsafe, they have a network of people they can talk to for help and advice.

Word bank: Trusted adult · Privacy settings · Emergency services · Peer pressure · Digital footprint · Boundaries · Consequences

1. Max is planning to meet a friend at the park. List two examples of a 'trusted adult' he could tell about his plans before he leaves home. (2 marks)

2. Kit is gaming online and someone he doesn't know asks for his home address. Explain why this is dangerous and what Kit should do immediately. (3 marks)

3. Define what is meant by 'personal boundaries' and give one example of how you can express these boundaries to someone else. (3 marks)

4. If you are in an emergency situation where you are in immediate danger, which number should you call in the UK and what information should you be ready to provide? (4 marks)

5. You are at a shop with a friend who suggests taking a small item without paying for it. Explain the potential consequences of this action and describe how you would use 'assertiveness' to say no to your friend. (4 marks)

6. Extended Writing Task: Imagine you are writing a guide for a younger student about staying safe online. Write a paragraph explaining the importance of privacy settings, the dangers of sharing personal information, and why you should always report unkind behaviour to an adult. (5 marks) (5 marks)

7. Why is it important to consider the 'digital footprint' we create when we post photos or comments on the internet? (4 marks)

Draw: Draw a 'Safety Map' of your school or home. Label three specific places or people that make you feel safe and explain why.



Extension challenge: Total: /25