

Staying Safe with Nova the Owl

Learning objective: To understand personal safety, how to identify risks, and the importance of seeking help from trusted adults.

Read the passage carefully, then answer the questions below. Ensure your answers are written in full sentences.

Nova the Owl spends her nights stargazing, but she knows that being safe is more important than spotting constellations. Nova teaches her woodland friends that personal safety is about knowing how to make smart choices. A key part of staying safe is identifying a 'trusted adult'—someone you can talk to if you feel worried, unsafe, or unsure about a situation. This could be a teacher, a parent, or a relative.

Nova explains that safety also involves personal boundaries. You have the right to decide who can give you a hug or sit close to you. If someone makes you feel uncomfortable, it is okay to say 'no' and walk away. Sometimes, you might face a tricky situation, like being offered something by a stranger or seeing something online that makes you feel uneasy. In these moments, your gut feeling is a powerful tool. If your stomach feels like it has butterflies or you feel anxious, listen to that feeling. Always tell a trusted adult immediately. By communicating your worries, you are taking control of your safety and helping others to stay safe too.

Word bank: trusted adult · emergency · boundaries · risk · communication · safety

1. According to the text, what is one example of a 'trusted adult'? (1 mark)

2. What does Nova suggest you do if someone makes you feel uncomfortable? (1 mark)

3. Why does the author suggest that your 'gut feeling' is a powerful tool? (2 marks)

4. Based on the text, why is it important to tell an adult even if you feel worried about a small situation? (2 marks)

5. Do you agree that having personal boundaries is important for children? Explain your reasoning. (3 marks)

Draw: Draw a poster showing Nova the Owl pointing to a list of three people who you consider to be your 'trusted adults'.



Extension challenge: Write a short list of three different scenarios (such as being online or at the park) and explain one safety rule for each.