

Staying Safe, Standing Tall: Your Personal Safety Guide

Be Smart, Be Safe, Be You: Your Safety Matters Every Day!

- **Personal boundaries** are the invisible circles we draw around ourselves to help us feel comfortable and safe; you have the right to decide who can enter your personal space.
- A **'Trusted Adult'** is someone you can talk to about anything, such as a teacher, a parent, a grandparent, or a school counsellor, who will listen and help you find a solution.
- In an emergency, such as a fire or a serious medical situation, always call 999 to reach the emergency services who are trained to help people in urgent need.
- **Digital safety** is just as important as physical safety; never share personal information like your address, school name, or passwords with anyone you do not know in real life.
- If someone asks you to keep a secret that makes you feel worried, sad, or unsafe, you do not have to keep that promise—tell a trusted adult immediately.

Did you know? Did you know? Your brain has a built-in alarm system! If a situation feels uncomfortable or makes your tummy feel fluttery, that is your inner voice telling you to stop, step back, and find a trusted adult to talk to.

Key vocabulary: Boundaries · Consent · Trusted Adult · Emergency · Privacy · Wellbeing