

Keeping Safe: My Personal Safety Network

Learning objective: To identify trusted adults and strategies for staying safe in different environments.

Use this sheet to map out your own safety network. Remember, your safety is important, and there are always people you can talk to if you feel worried or unsafe.

Draw: In the centre of the page, draw yourself. Around yourself, draw five stars connected by lines to represent your 'Safety Network'. In each star, draw or write the name of a trusted adult (like a parent, teacher, or relative). In the background, draw a 'Safe Space' where you feel calm and happy. Use bright colours and clear labels to explain why each person or place makes you feel secure.



Label words: Trusted Adult · Safety Network · Safe Space · Emergency Contact · Support · Communication

Steps:

1. Identify three characteristics that make an adult a 'trusted adult' to add to your safety network.
2. If you were in a public place and felt unsafe, what are two actions you could take immediately?
3. Why is it important to have more than one person in your safety network?
4. Label your drawing to show which person you would go to if you had a problem at school versus a problem at home.
5. How can Pip the bookworm encourage others to speak up if they feel unsafe?