

Staying Safe: Personal Safety and Choices

Learning objective: To identify ways to stay safe in different environments and understand how to make informed decisions about personal wellbeing.

Read each question carefully and use your knowledge of personal safety, including online, physical, and emotional safety, to provide thoughtful answers.

Personal safety is about looking after yourself and knowing when to ask for help. Whether you are at school, at the park, or using technology, you have the right to feel safe and comfortable. Making good choices, setting boundaries, and knowing who to talk to are the most important tools you have.

Word bank: boundaries · trusted adult · private information · consent · digital footprint · emergency · communication

1. Max the monkey is playing an online game and someone he doesn't know asks for his home address and school name. Explain why this is unsafe and what Max should do. (2 marks)

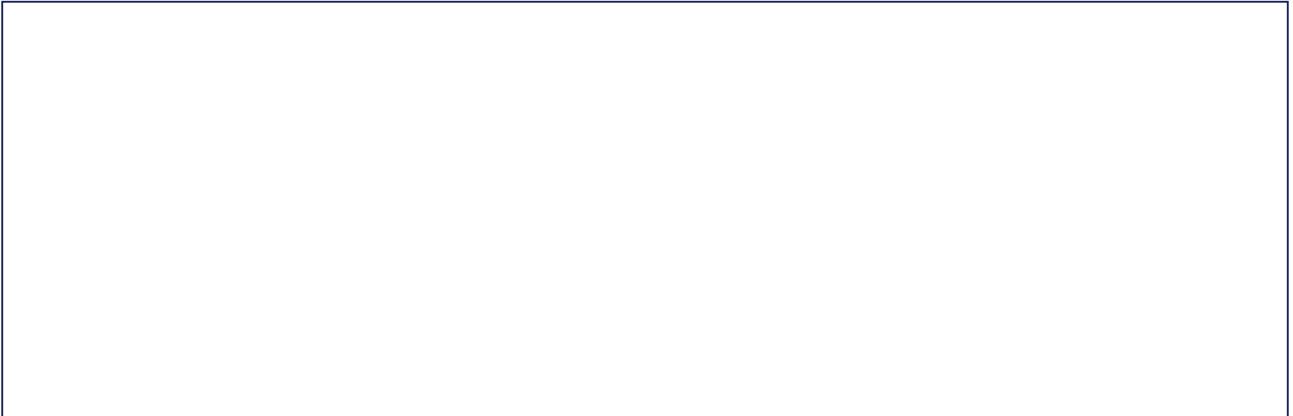
2. Define what a 'trusted adult' is. List three people you could talk to if you ever felt worried or unsafe at school. (3 marks)

3. Zara is at the park and feels uncomfortable because a group of older children are being unkind and will not let her leave the play area. Describe the steps she should take to handle this situation safely. (2 marks)

4. Why is it important to ask for consent before touching someone's belongings or invading their personal space? Give an example of how you can show respect for someone else's boundaries. (2 marks)

5. If you saw something online that made you feel sad, confused, or worried, why is it better to tell an adult immediately rather than trying to fix the problem by yourself? (2 marks)

Draw: Draw a 'Safety Map' of your school or local park. Label the areas where you feel most confident and draw a star on the places where you would go if you needed to find a trusted adult in an emergency.



Extension challenge: Write a short 'Safety Pledge' that you could share with your class. Include three rules you think everyone should follow to keep the classroom and the playground a safe and happy place for everyone.