

Staying Safe and Smart: My Personal Safety Plan

Learning objective: To identify strategies for keeping oneself safe in different environments and to recognize when to seek help from trusted adults.

Use this template to help Kit the fox map out your safety plan. Think about the places you visit and the people you trust. Be honest and thoughtful about how you can stay safe both online and in the real world.

Word bank: Trusted adult · Boundaries · Privacy · Cyber-safety · Emergency · Support network · Consent · Intuition

1. Identify three 'trusted adults' in your life. Explain why it is important to have a support network of more than one person. (3 marks)

2. Imagine you are using the internet. Justify why it is vital to keep your personal information private and what you should do if you feel uncomfortable. (3 marks)

3. Compare and contrast how you might keep yourself safe at the local park versus how you keep yourself safe when using a tablet or computer. (4 marks)

4. What might happen if someone asks you to keep a 'secret' that makes you feel worried or unsafe? Explain what steps you would take. (3 marks)

5. Explain why 'personal boundaries' are important when interacting with friends and peers. How do you show respect for others' boundaries? (3 marks)

6. If you were teaching a younger child about personal safety, which three 'golden rules' would you insist they follow? Justify your choices. (4 marks)

Extension challenge: Design a 'Safety Shield' poster for your bedroom wall. Include your three golden rules from the final question and illustrate the faces or names of your trusted adults. Write a short paragraph at the bottom explaining why your chosen symbols represent safety to you.