

Staying Safe and Making Wise Choices

Learning objective: To identify potential risks, recognize personal boundaries, and understand how to seek help in various situations.

Read each scenario carefully and use your knowledge of personal safety to answer the questions. Think about how Max, Kit, and Leo might handle these challenges.

Word bank: Trusted adult · Consent · Boundaries · Emergency · Digital footprint · Privacy · Assertiveness · Help-seeking

1. Max is playing an online game and a player he doesn't know asks for his home address and school name. Explain why Max should not share this information and what steps he should take next. (3 marks)

2. Define the term 'personal boundaries'. Give an example of how you can use your voice to communicate a boundary if someone is making you feel uncomfortable. (2 marks)

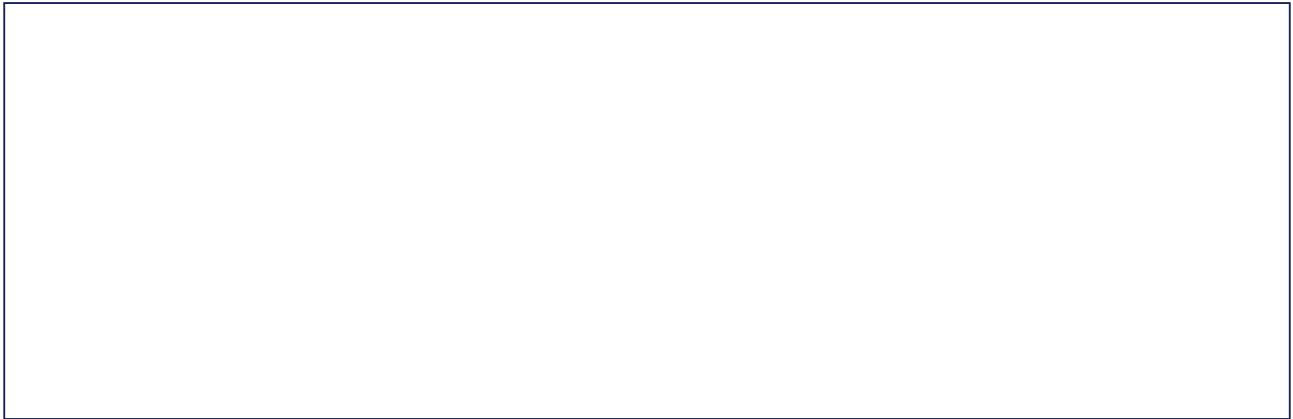
3. Kit sees someone being unkind to a classmate on the playground. Justify why it is important to report this to a teacher rather than ignoring it, even if Kit is not the one being targeted. (3 marks)

4. List three different 'trusted adults' you could speak to if you ever felt unsafe or worried about a situation. (3 marks)

5. Compare and contrast a 'safe secret' (like planning a surprise party) with an 'unsafe secret' (like someone asking you to hide something that makes you feel worried or sad). (4 marks)

6. What might happen if we do not follow rules about online safety or physical safety? Explain the potential consequences for our wellbeing. (3 marks)

Draw: Draw a 'Safety Map' of your school or home. Label three specific areas where you feel safe and identify one 'Help Spot' where you would go if you needed support from an adult.



Extension challenge: Write a short script for a mini-play featuring Leo the Lion. In the script, Leo must politely but firmly decline an invitation from a stranger to go somewhere away from his friends. Focus on using assertive body language and clear, confident communication.