

# Staying Safe and Smart: Your Guide to Personal Safety

Be Bold, Be Bright, Be Safe Every Night!

- A trusted adult is someone you know who listens to you, keeps you safe, and is always there to help when you have a worry.
- Personal boundaries are your invisible 'safety bubble'. You have the right to say 'no' if someone makes you feel uncomfortable or unsafe.
- Online safety means never sharing private information like your home address, school name, or passwords with people you don't know in real life.
- If you are in an emergency situation, you can call 999 to reach the police, ambulance, or fire service for urgent help.
- Remember the rule of 'Tell, Tell, Tell': If something worries you, keep telling a trusted adult until you get the help you need.

*Did you know? Did you know? Your brain has an amazing built-in alarm system called the 'amygdala'. If you ever feel a 'gut feeling' that something isn't right, that is your brain's clever way of telling you to stop and seek help from a trusted adult immediately!*

**Key vocabulary: Trusted Adult · Privacy · Consent · Boundaries · Digital Footprint · Emergency**