

Keeping Safe: My Personal Safety Guide

Learning objective: To identify ways to stay safe in different environments and understand how to seek help when needed.

Use this writing frame to create your own guide on staying safe. Think about the advice Kit the Fox might give about staying safe online, and how Leo the Lion would suggest staying safe in your local community.

Staying safe is an important skill that helps us grow in confidence and independence as we get older.

Word bank: Furthermore · Trust your instincts · Reliable adult · In addition · Emergency services · Digital footprint · Boundaries · Consequently · Helpful strategies

1. Introduction: What does personal safety mean to you? Start by writing: Personal safety is important because... (2 marks)

2. Safety in the community: How can you stay safe when you are out and about? Think about safe places to go and who to talk to if you feel uncomfortable. Start by writing: When I am out in my local area, I can stay safe by... (3 marks)

3. Online safety: What are the golden rules for using the internet? Start by writing: When using the internet, I know it is vital to... (3 marks)

4. Seeking help: Who are the people you can trust if you feel unsafe or worried? Start by writing: If I ever feel unsafe or need advice, the people I can speak to are... (2 marks)

5. Conclusion: How does knowing these rules make you feel more empowered? Start by writing: Learning about personal safety makes me feel... (2 marks)

Extension challenge: Imagine you are designing a safety poster for the school noticeboard. Create a slogan and three bullet-point rules that would help younger pupils understand how to keep themselves safe at playtime.