My Personal Safety Fact-File with Kit the Fox

Learning objective: To identify ways to stay safe and know who to ask for help when feeling worried.

Hello! Kit the Fox loves solving puzzles and staying safe. Use this fact-file to write down your safety plan. Think about the people you trust and the rules that keep you safe at home and at school. Use the word bank if you need help.

Word bank: trusted adult · safe · help · rules · emergency · worried · listen · kind

1. Who are the trusted adults I can talk to if I feel worried? (List two people) (2 marks)

2. What is one important safety rule I follow at school? (2 marks)

3. How do I know if I am in a safe place? (Think about where you feel happy and calm) (2 marks)

4. If I am in danger or need urgent help, what should I do first? (2 marks)

Extension challenge: Draw a picture of yourself with your trusted adult. Write one sentence about why you trust them at the bottom of your drawing.