Personal Safety Flashcards with Max and Nova

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

Read the front of the card. Think of the answer. Then, look at the back of the card to check if you are right. You can use the word bank to help you.

Who is a 'Trusted Adult'?	What is a 'Stranger'?
A trusted adult is someone you know who looks after you, like a parent, teacher, or family member.	A stranger is someone you do not know well.
What should you do if a stranger speaks to you?	**True or False: It is okay to keep secrets that make you feel worried.**
Walk away quickly to a safe place and tell a trusted adult.	False. You should always tell a trusted adult about secrets that make you feel sad or scared.
What are 'Personal Boundaries'?	**What should you do before sharing photos online?**
These are the rules about your own body and space that others must respect.	Always ask a trusted adult for permission first.
How do you know if a place is safe?	**What is an emergency number to call for help in the UK?**
A safe place is somewhere you feel comfortable and have a trusted adult nearby.	You can dial 999 to ask for help from the police, fire, or ambulance services.
What does it mean to be 'Private'?	**What should you do if you see something online that makes you feel scared?**
Private means things that are just for you, like your body parts that are covered by swimwear.	Close the screen and tell a trusted adult straight away.