

## Year 5 PSHE: Personal Safety and Wellbeing Assessment

*Learning objective: To demonstrate an understanding of personal safety, including digital footprints, recognising risk, and identifying trusted support networks.*

Read each question carefully. Use the word bank to support your answers where appropriate. Ensure your responses reflect a clear understanding of how to stay safe in both physical and digital environments.

Kit the fox is learning how to navigate the digital world safely. He knows that everything he posts online creates a digital footprint that stays there for a long time. Meanwhile, Max the monkey is planning a group adventure to the local park. He is busy making a list of potential hazards to ensure everyone stays safe while they play. Together, they are considering how to balance their freedom with sensible safety choices.

*Word bank: Digital footprint · Trusted adult · Privacy settings · Consent · Risk assessment · Cyberbullying · Peer pressure · Support network*

**1. Define the term 'digital footprint' and explain why it is important to be cautious about what you share online. (2 marks) (2 marks)**

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**2. Identify two characteristics of a 'trusted adult'. Why might it be difficult to speak to someone when you feel unsafe, and how can you overcome this barrier? (3 marks) (3 marks)**

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**3. Max is planning a trip to the park. List two potential physical risks he might encounter and describe a 'risk assessment' strategy to mitigate each one. (4 marks) (4 marks)**

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**4. Explain the concept of 'consent' in the context of personal boundaries. Why is it important to respect someone else's decision if they say 'no' to a request? (3 marks) (3 marks)**

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**5. Compare and contrast the risks found in an online environment versus a physical environment. Which do you believe presents a greater challenge for children your age and why? (4 marks) (4 marks)**

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**6. You notice a friend is being treated unkindly online. Justify your answer: what are the three most effective steps you should take to support your friend and address the situation? (4 marks) (4 marks)**

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**7. Extended Writing: Imagine you are writing a guide for younger children on how to stay safe. Write a short paragraph explaining the importance of privacy settings and why we should never share personal information (such as our home address or school name) with strangers online. (5 marks) (5 marks)**

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**Draw:** Create a diagram of your own personal 'Safety Shield'. In the centre, draw yourself, and in the surrounding layers, label the trusted adults, organisations, or rules that help keep you safe.



*Extension challenge: Total: /25. Imagine a scenario where a peer pressures you to do something you know is unsafe. Write a script of a conversation where you successfully use assertive communication to decline the request while maintaining your personal boundaries.*