

Keeping Safe: My Personal Safety Network

Learning objective: To identify trusted adults and strategies for staying safe in different environments.

Use this sheet to map out your personal safety network and identify safe behaviours. Follow the drawing prompt to create your diagram, then complete the labels and questions below.

Draw: Draw a large 'Safety Shield' in the centre of your page. Inside the shield, draw yourself standing tall and confident. Surrounding the shield, draw five small circles connected by lines. Inside each circle, draw a symbol representing a person in your trusted network (e.g., a book for a teacher, a heart for a parent). In the background, draw a scene showing a safe public space, like a park or a library, using warm colours. Use clear, bold lines and ensure your labels from the word bank are neatly written near the relevant parts of your drawing.



Label words: Trusted Adult · Safety Network · Confidence · Emergency Contact · Boundaries · Support · Digital Safety · Public Space

Steps:

1. Identify three characteristics that make someone a 'trusted adult' in your network. Explain why these traits are important.
2. Compare and contrast how you might keep yourself safe in a busy town centre versus when you are using

the internet at home. Justify your strategies.

3. What might happen if you felt pressured by someone to keep a secret that made you feel worried or unsafe? Explain your next steps.

4. Label the five people you would include in your physical 'Safety Network' circle.

5. Justify why it is important to have more than one person in your safety network.

6. If a situation in a public space feels 'wrong' but you aren't in immediate danger, what is the best way to exit that environment?