

Staying Safe: Your Personal Power

Be Bold, Be Wise: Your Safety is Your Superpower!

- **Your Trusted Network:** Everyone should have a list of 3-5 trusted adults they can approach if they feel unsafe, worried, or unsure about a situation.
- **Defining Boundaries:** You have the right to say 'no' to physical contact or activities that make you feel uneasy, even if it is requested by someone you know.
- **Digital Safety:** Never share personal details like your full name, school name, or home address with people you meet in online gaming or chat environments.
- **The Power of Instinct:** If a situation feels 'wrong' or you feel a 'tummy-flutter' of anxiety, it is always right to move away and tell a trusted adult immediately.
- **Public Safety:** When out in public, stay within sight of your designated adult and have a pre-agreed meeting point if you ever become separated.

Did you know? Did you know? Every person has an 'invisible bubble' around them called personal space. Recognising when someone or something makes that bubble feel uncomfortable is a vital skill that helps you listen to your instincts and stay safe.

Key vocabulary: Consent · Boundaries · Trusted Network · Digital Footprint · Autonomy · Risk Assessment