

Keeping Safe with Kit and Nova: A PSHE Challenge

Learning objective: To understand personal safety, recognise risks, and identify strategies for staying safe in physical and online environments.

Read each question carefully. Choose the best answer or write your response clearly. Remember, Kit and Nova want you to be a safety expert!

Answer Key: 1.C, 2.True, 3.Trusted adult, 4.B, 5.False, 6.Privacy, 7.A, 8.False, 9.Consent, 10.B. Guidance: A 'trusted adult' is someone who listens, helps, and acts to keep you safe. Always report unsafe feelings immediately.

Word bank: privacy · trusted adult · consent · boundaries · cyber-bullying · emergency · stranger · digital footprint

1. Kit the fox says you should never share your personal information online. Which of these is safe to share? A) Your home address B) Your school name C) Your favourite hobby D) Your private passwords *C (1 mark)

2. True or False: If something online makes you feel uncomfortable, worried, or sad, you should keep it to yourself to avoid getting in trouble. (1 mark)

3. Nova the owl suggests that if you are ever unsure about a situation, you should speak to a _____ (two words). (1 mark)

4. What is the primary purpose of setting personal boundaries? A) To ignore others B) To protect your physical and emotional wellbeing C) To make people jealous D) To keep secrets *B (1 mark)

5. True or False: Your 'digital footprint' is temporary and disappears as soon as you turn off your tablet or computer. (1 mark)

6. If you are using a social gaming platform, what should you keep at the highest setting to protect your identity? (1 word) (1 mark)

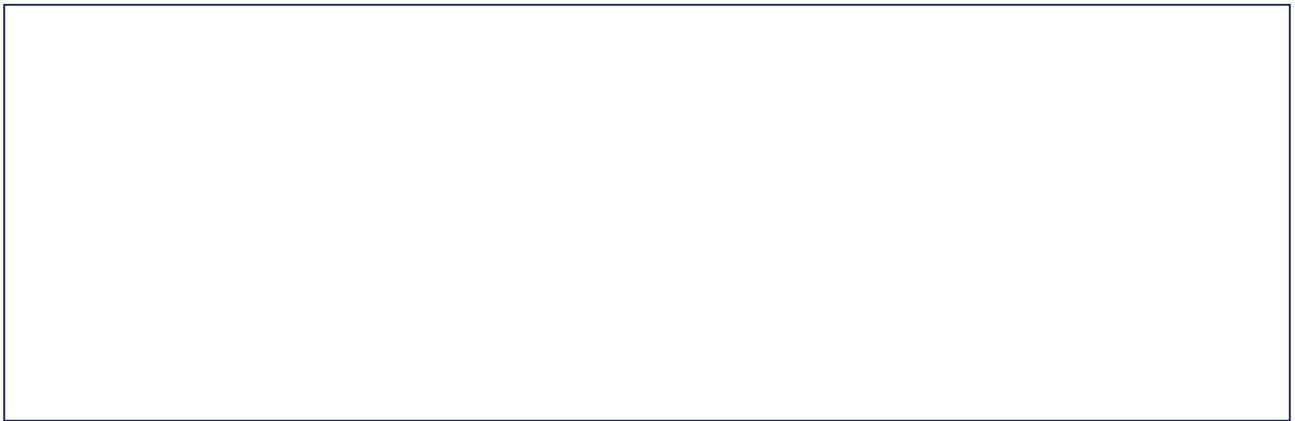
7. If a stranger in a park asks you for directions, what is the safest action? A) Walk away immediately and find a trusted adult B) Give them directions C) Ask them who they are looking for D) Walk with them to show them the way *A (1 mark)

8. True or False: Cyber-bullying is only serious if the person says mean things to your face. (1 mark)

9. Before sharing a photo of a friend on a school project or group chat, what must you always obtain from them? (1 word) (1 mark)

10. Which of these is a sign that a website or person might not be safe to interact with? A) They are kind B) They ask you to keep secrets from your parents or guardians C) They use proper spelling D) They tell you their age *B (1 mark)

Draw: Draw a 'Safety Shield' that includes symbols representing four things that help you stay safe (e.g., a hand for asking for help, a lock for privacy, a book for knowledge, and a heart for kindness).



Extension challenge: 1. Explain why it is important to have more than one 'trusted adult' in your life. 2. Compare and contrast the safety rules for a public playground versus a virtual gaming world. 3. Justify your answer: Why might someone feel tempted to share personal information online, and what are the potential consequences? 4. What might happen if everyone in the world decided that online privacy was not important? 5. Create a short 'Safety Pledge' poem for your class. 6. Analyse a scenario where a friend asks you to share a password; write a polite but firm script on how you would refuse.