

My Personal Safety Action Plan: A Guide with Kit the Fox

Learning objective: To identify potential risks, recognise personal boundaries, and develop robust strategies for staying safe in various environments.

Kit the Fox needs your help to build a safety toolkit. Use this template to think critically about how you keep yourself safe both online and in the real world. Read each section carefully, consider the 'Greater Depth' questions, and provide thoughtful, detailed responses.

Word bank: boundaries · trusted adult · digital footprint · consent · privacy · emergency · support network · resilience · online grooming · cyberbullying

1. Identify three characteristics of a 'trusted adult' you could approach if you felt unsafe. Explain why these specific traits make them a reliable person to speak with. (3 marks)

2. Compare and contrast safety rules for a public physical space (like a park) versus a digital space (like an online game or chat room). Why do the rules differ? (4 marks)

3. Justify your answer: Why is it important to understand 'personal boundaries' and 'consent' when interacting with peers at school? (3 marks)

4. What might happen if you shared personal information, such as your home address or school name, with someone you only knew online? Explain the potential consequences. (3 marks)

5. If you were in a situation where you felt uncomfortable, describe the step-by-step actions you would take to extract yourself safely. (4 marks)

6. Explain why resilience is a useful skill when dealing with online peer pressure or unkind comments. (2 marks)

Extension challenge: Design a 'Safety Infographic' for younger children in Year 1. Your infographic must translate complex safety concepts into simple, clear advice. Once finished, write a paragraph justifying why you chose the specific symbols and colours for your design to ensure it is effective and easy to understand.