

Personal Safety and Trusted Networks

Learning objective: To identify trusted adults, understand boundaries in physical and digital spaces, and evaluate the importance of personal safety strategies.

Read each scenario carefully. Use your understanding of personal safety, boundaries, and communication to answer the questions. Refer to your 'Trusted Network' whenever necessary.

Max the monkey is planning an adventure to the local park, while Kit the fox is working on a new coding project. Both characters must navigate different types of safety challenges today. Using your knowledge of PSHE, help them make safe and informed decisions.

Word bank: Trusted adult · Consent · Boundaries · Digital footprint · Privacy settings · Emergency services · Self-regulation · Confidentiality

1. Max is approached by someone he does not know at the park who offers him a gift if he goes to a different area of the woods. Explain why Max should refuse and describe the specific action he should take according to the 'Run, Tell, Check' rule. (3 marks)

2. Kit is building a website and wants to share photos of his project. Justify why it is vital for Kit to check his privacy settings and avoid sharing his full name or home address online. (2 marks)

3. Define the term 'personal boundaries'. Give two examples of how you can express these boundaries verbally if you feel uncomfortable in a social situation. (3 marks)

4. Compare and contrast the safety risks found in a physical park versus an online gaming environment. How do the 'trusted adults' in your life differ in these two settings? (4 marks)

5. What might happen if someone chooses not to tell a trusted adult about a situation that makes them feel worried or unsafe? Explain the importance of seeking help early. (3 marks)

6. Imagine a scenario where a friend asks you to keep a secret that makes you feel unsafe. Use the concept of 'trusted adults' to explain why you should not keep this specific type of secret. (2 marks)

Draw: Draw a 'Safety Shield' in the centre of your page. Inside the shield, draw or write the names of the people in your 'Trusted Network' whom you could talk to if you ever felt unsafe. Around the outside of the shield, draw icons representing three safe habits for digital and physical life.



Extension challenge: Design a 'Personal Safety Poster' for your classroom that uses persuasive language to encourage your peers to speak up if they feel uncomfortable. Include a checklist of three questions a student should ask themselves before sharing information with a stranger or on an unknown website.