

Staying Safe: My Personal Safety Strategy

Learning objective: To identify potential risks, recognise personal boundaries, and develop a robust safety plan for various environments.

Use this writing frame to create a comprehensive Personal Safety Plan. Consider how Max might use his maths skills to calculate risks, or how Kit might use his quick-thinking to solve a problem safely. Use the word bank to help develop your reasoning.

Keeping ourselves safe is a vital skill that requires us to be aware of our surroundings, understand our personal boundaries, and know exactly who we can turn to for help.

Word bank: Furthermore · Consequently · In this situation · I would justify this by... · Alternatively · Crucially · My strategy is to... · Risk assessment · Personal boundaries · Trusted adult

1. Defining Personal Boundaries: What does having a 'personal boundary' mean to you, and why is it important to communicate these clearly to others? (2 marks)

2. Risk Assessment: Describe a scenario where you might feel unsafe. How would you analyse the situation to ensure you remain in control? (3 marks)

3. Seeking Support: Explain why it is crucial to identify at least three 'trusted adults' in your life, and how you would approach them if you were worried about your safety. (3 marks)

4. Digital Safety: Compare and contrast staying safe in a physical public space versus staying safe online. What are the key differences in the precautions you should take? (4 marks)

5. Justifying Choices: If a friend pressured you to do something that made you feel uncomfortable, justify how you would decline whilst maintaining your own safety. (3 marks)

6. Future Prevention: What might happen if we did not have a personal safety plan? Explain the importance of being prepared rather than waiting for an emergency to occur. (3 marks)

Extension challenge: Create a 'Safety Map' of your local area or your digital life. Identify 'safe zones' and 'caution zones'. Write a short paragraph explaining the criteria you used to categorise each area and how your behaviour changes depending on which zone you are in.