Personal Safety – Trust

Trust is an important part in forming relationships. You will have many trusted adults in your life with whom you can share any worries or ask them for help if you need it.

With people you do not know or do not see regularly, you must decide whether you can trust them or not. Sometimes people may ask you to do something that you are not sure about. If this happens, asking the following questions may help you decide whether you should do what they want you to do. Use the questions below to think about the scenarios and give advice to each child.

Questions:

• Does whatever this person wants me to do give me a ‘no’ or ‘I’m not sure’ feeling? (An uncomfortable feeling)

• Would I break my safety rules if I did this?

• Is this situation really what it appears to be?

• Have I thought through the consequences for my actions if I do or do not complete the action?

Scenarios:

1. John’s neighbour unexpectedly meets him from football practice. She says to John that his carer asked him to collect him. What should he do?

2. Anwar’s mum has popped next door to see their neighbour. A man in a blue uniform knocks at the door. He says he is from the Water Company and needs to take water samples from all the taps in the house. What should he do?

3. On Trisha’s way to school, a car stops and a friendly looking woman in the back seat opens the door, pats the seat next to her and asks her for directions to the church. Trisha knows where the church is as she has walked past it on her way to school that morning. What should she do?

4. A strange dog comes up to Angela to sniff her. He looks friendly and Angela loves dogs so would like to pat him. What should she do?

5. On bonfire night, a boy gives Tomasz a firework to hold. He offers to light it for him. Tomasz cannot see his parents anywhere as they went to get hot dogs. What should he do?

6. Whilst playing a game online with her friends, Emma gets a request for a private chat from someone whose username she doesn’t recognise. She ignores it but they keep sending her messages. What should she do?

If you would like to send us your responses to these scenarios, we would love to hear what advice you would give. If not, then please discuss them with a trusted adult at home or an older sibling.