**Personal Safety Activity**

Personal safety is knowing how to prevent, identify, and avoid dangerous situations or people. As you become more independent, it is especially important for you to have a personal safety plan in place. If you feel prepared, you can feel more confident about staying as safe as possible in everyday situations. What would your personal safety plan be?

# Materials

* writing utensil
* **My Personal Safety Plan Worksheet**
* poster board
* art supplies

# Directions

1. Brainstorm a list of activities you engage in during your everyday life. Do you walk to school? Do you ride your bike on the weekends? Try to think of as many activities as you can.
2. Choose one activity from your list. Create a personal safety plan surrounding that activity.
3. Review the **PebbleGo Next** article “Personal Safety.” Complete the **My Personal Safety Plan Worksheet.** Use the information you learned from the article to help you fill out the worksheet. For example, you might write something like, “I ride my bike to school alone on Mondays, Wednesdays, and Fridays” under the first question. Continue answering the questions on the worksheet to help you develop your personal safety plan.
4. Create a poster that explains your personal safety plan. Include illustrations that show you implementing your safety plan.
5. Prepare a 1-minute presentation and show your poster to your classmates.
6. Display your safety plan in your room at home. Review it as needed.

# Critical Thinking

1. How will your safety plan keep you safer? How will you start implementing your safety plan into your routine?
2. How did your safety plan differ from others? How was your safety plan similar?
3. Is there anyone else you could share your safety plan with to help them stay safer? Explain your answer.

**My Personal Safety Plan Worksheet**

What activity did you identify for your personal safety plan?

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What are the possible dangers with this activity?

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How might I prevent these dangers from happening in the first place?

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What will I do if I encounter danger during this activity? Who will I call or contact?

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