

LESSON 5 ACTIVITY

Adults, Authorities & Digital Support

- 1** Who are some safe adults you could approach if you needed help while travelling?
- 2** What could you say to a bus driver, station staff member or shop worker if you felt unsafe or confused?
- 3** How could you clearly explain what you need if you're feeling nervous or rushed?
- 4** What apps, maps or phone features could help you if plans change unexpectedly?

LESSON 5 ACTIVITY

Environmental or Situational Risks

- 1 What signs might tell you that a place or situation is becoming less safe?
- 2 What could you do if the weather changes suddenly while you're travelling?
- 3 How might crowds, poor lighting or delays affect your choices?
- 4 What assertive action could you take if you feel uncomfortable in a public space?

