

St. Cecilia's Public School
PERSONAL SAFETY PROGRAMME
"Awareness is protection."



As part of St. Cecilia's Public School's continued commitment to student safety and well-being, a Personal Safety Awareness Programme titled "Be Aware • Be Alert • Be Safe" was conducted for students of Grades 1 to 5.

In view of the growing concerns regarding children's safety in public spaces, the session was thoughtfully planned and conducted by the School Counsellor in an age-appropriate and reassuring manner, with a focus on awareness, preparedness, and responsible decision-making.

Students were guided to understand the concept of personal safety and the importance of being alert in everyday situations. They learned how to identify safe and unsafe circumstances, recognise who a stranger is, and understand why it is essential to remain with trusted adults, especially in public places. Emphasis was also placed on protecting personal information and not sharing details such as address or contact numbers with unknown individuals. Students were encouraged to say "No" confidently when they felt uncomfortable or unsafe and were reassured that seeking immediate help from trusted adults is always the right and responsible action.

Common real-life situations such as travelling, visiting markets, school dispersal, picnics, public outings, and online interactions were discussed to help students relate safety concepts to their everyday experiences.

A central takeaway from the programme was the powerful safety strategy of "STOP – THINK – ACT." Students were guided to first stop and remain calm without panicking, then think by carefully observing their surroundings to identify safe adults and safe places, and finally act by

asking for help clearly and confidently. This simple yet effective approach equips children with a practical method to respond wisely in unfamiliar or unsafe situations.

Students participated in a Safety Command Drill to practise these steps, reinforcing confidence and readiness. The session included the screening of relevant videos and discussion of real-life scenarios to facilitate better understanding. The presence and interaction of the Madam Principal with the young learners on personal safety added valuable insight to the session.

The programme empowered students to remain alert in a variety of environments and to make smart, safe choices in everyday situations. The session concluded with the message: “Speak Up. Stay Alert. Stay Safe.”