

St. Cecilia's Public School
"Safe Choices for a Safer Future" Session
Date: 13.07.2026 and 14.07.2026



A "Safe Choices for a Safer Future" session was conducted for the students to promote awareness about personal safety, school safety, cyber safety, and the importance of respecting personal boundaries. The session was interactive and activity-based, encouraging students to identify safe and unsafe behaviours through discussions, case studies, and real-life situations.

The session began with a "Thumbs Up – Safe or Unsafe" activity, where students evaluated everyday situations such as running in corridors, walking in a line on stairs, pushing friends while playing, reporting broken furniture, touching electrical switches with wet hands, and slamming doors. The activity reinforced the message that "Safety is in Your Hands" and highlighted the importance of responsible behaviour in school.

Students were reminded of essential school safety practices, including walking instead of running, holding handrails while using stairs, avoiding pushing or tripping others, and keeping school bags in their designated places to prevent accidents. Ice-breaker activities were also conducted to encourage active participation and engagement.

The session also focused on cyber safety, where students learned about creating strong passwords, protecting personal information, logging out of shared devices, seeking parental permission before downloading applications, and avoiding suspicious links or messages. They discussed why sharing passwords, posting personal information such as school details online, and interacting with unknown people on social media can be risky.

An interactive Safe or Unsafe activity helped students analyse real-life situations such as sharing streaming account passwords, posting school uniform photographs online, accepting friend requests from strangers with mutual friends, riding without a helmet, forwarding edited photographs of classmates, and clicking on prize-winning links. Students discussed the possible consequences of these actions and suggested safer alternatives.

The session further explored the concept of consent and personal boundaries. Students learned the importance of respecting personal space, confidently saying "No" when uncomfortable, accepting another person's refusal respectfully, and seeking help whenever boundaries are crossed. Discussions also covered respecting others' privacy by not reading personal messages, not sharing photographs without permission, and never forcing someone to participate in activities against their wishes.

The session concluded with case study discussions and reflections, enabling students to apply the concepts learned to real-life situations. Overall, the programme successfully enhanced students' awareness of making safe choices, practising responsible digital behaviour, respecting others' boundaries, and contributing to a safe and respectful school environment.