

Staying Safe

What I should already know

I know to say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone).

I know how to give examples of how I keep myself healthy.

I know to say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)

What I will learn (Sticky knowledge)

I can give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong..

I can give other examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something.

I can explain that they can be helpful or harmful, and say some examples of how they can be used safely.

What I will learn next

In Year 3:

I will be able to say what I could do to make a situation less risky or not risky at all. I

I will be able to say why medicines can be helpful or harmful. I can tell you a few things about keeping my personal details safe online.

I will be able to explain why information I see online might not always be true.

Key questions

Safe and Unsafe Secrets

Are secrets safe?

Do all secrets need to be kept secret?

Who is a safe person to talk to?

Appropriate Touch

Are all touches ok?

If something feels wrong, what can someone do to stay safe?

How can you help someone who has been asked to keep an unsafe secret?

Who is a safe person to talk to?

Medicine Safety

Are medicines always helpful?

What can people do to help themselves get better?

Why can a medicine be harmful?

How can someone stay safe with medicines?

Key Vocabulary

Feelings	an emotion. Love, anger, joy, and fear are human feelings.
Medicines	a drug or other substance used to treat a disease, injury, pain, or other symptoms.
Private	Personal and not to be shared.
Safe	Free from harm.
Secret	Something private that should not be shared.
Surprise	To catch off guard.
Tell	To express in spoke or written words.
Touch	To use your hands or fingers to make contact with someone or something.
Trust	To believe in someone.
Uncomfortable	To feel worried, unsafe or discomfort.
Unsafe	To be at risk of harm.
Worried	To feel anxious or troubled.

Trusted Adults

What is a trusted adult?
Trusted adults are adults you know well, who care for you and help you to feel safe.

You can go to them with your worries. They will listen to you and give you the help you need.

Who could be a trusted adult?

- An adult who looks after you
- Other adults in your family
- Your teacher
- Other adults in school

Who are your trusted adults?



How Do You Feel Today?

