

Overview:

In this sequence of learning pupils will learn how to identify potential risks and keep themselves safe when meeting people. Pupils learn how medicines can help us, but also the risks if they are not taken safely. Pupils learn respect towards their bodies and the bodies of others, especially in relation to private body parts. Pupils will explore risks relating to fire safety and how to reduce these and pupils will be encouraged to consider the potential risks associated with being online and how to navigate these risks.

What should I already know?

- Some things at home, like cleaning sprays or medicine, can be dangerous if used the wrong way.
- I should never touch or taste products that are not meant for children.
- I can make sensible choices by asking an adult before using something I'm unsure about.
- Private information includes my full name, address, school, passwords, and phone number.
- I should only share my private information with trusted adults, not with strangers or online.
- If I'm not sure whether to share something, I should ask a trusted adult first.
- Trusted adults are people who care about my safety, like parents, carers, teachers, or family members.
- I can talk to trusted adults when I need help or feel unsure.
- New places and activities can be fun, but I still need to think about safety.
- I can stay safe by looking around, noticing dangers, and making sensible choices.
- Speaking up helps adults understand when I need help or feel worried.
- Trusted adults can support me when I have to make difficult decisions.

Vocabulary:

Meetings

When a group of people come together to talk and share ideas.



Feelings

An emotion or feeling in your body or mind.

Medicine

A special liquid, tablet or cream used to make your body feel better.



Private area

The part of your body covered by your underwear.

Penis

A male part of the body covered by their underwear.

Vulva

A female part of the body covered by their underwear.

Decisions

A choice you make after thinking about your options.

What will I know by the end of the unit?

• There are different kinds of meetings, like meeting friends, teachers, or new people. • These meetings can make me feel happy, shy, excited, or nervous, and all feelings are okay. • I should always tell a trusted adult before meeting someone new. • I should stay close to adults I trust when I meet people I don't know well. • If something feels wrong or unsafe, I can walk away and tell an adult. • Medicines are special substances that help people feel better when they are ill. • I should never take medicine on my own. • I should only take medicine when a trusted adult gives it to me. • "Private" means something that belongs only to me. • My private areas are the parts of my body covered by my swimsuit or underwear. • No one should look at or touch my private parts except to keep me healthy or safe. • Fire can be dangerous, so I must stay away from matches, lighters, and hot things. • 999 is the emergency number in the UK.	999	A number to ring in an emergency
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