

**Subject** PSHE**Theme** Keeping Safe**Term** Spring 1**What should I already know?**

- I know that medicines can make people feel better.
- I know about safety and responsibility around medicines.
- I know how to deal with unsafe situations.
- I know who to talk to if I feel uncomfortable in a situation.
- I know that some touches are not fun.
- I know the difference between safe and unsafe secrets.

What should I be able to do by the end of the unit?

- I can identify risk factors in different situations, and can use strategies to reduce or manage those risks.
- I can get help if I feel unsafe online.

What should I know by the end of the unit?

- I know a range of situations which are safe or unsafe.
- I know who can help if a situation is unsafe.
- I know strategies to help stay safe.
- I know the difference between danger and risk.
- I know how to deal with a risky situation.
- I know that my body can give me a sign when something doesn't feel right, and who to talk to if this happens.
- I know what appropriate online and offline behaviour looks like.
- I know what personal information is, and when it is not appropriate or safe to share it.

Key Vocabulary

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| trust | Belief in the reliability or truth of someone. |
| danger | The possibility of suffering harm. |
| risk | A situation exposing someone to danger. |
| consequence | A result or effect of certain actions. |
| strategy | A plan of action designed to achieve a particular result. |