

Keeping Myself Safe (Y1)

What you have already learnt in EYFS:

You will have formed strong, warm and supportive relationships with adults which have enabled you to learn how to understand your own feelings and those of others. You will have begun to learn about different strategies to manage emotions. You will have learnt how to look after your bodies, including how to eat healthily and manage some of your needs independently. You will have begun to get an understanding of your own feelings and of those around you and you will be able to regulate your behaviour according to this. You will understand some reasons for simple rules and explain the difference between right and wrong. You will have learnt about basic hygiene and personal needs including getting dressed, going to the toilet and understand the importance of healthy food choices. You will be able to play cooperatively and take turns as well as showing some sensitivity to their own and other's needs.

Key Skills

Personal Effectiveness

- Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)
- Strategies for identifying and accessing appropriate help and support

Interpersonal and social effectiveness

- Recognising, evaluating and utilising strategies for managing influence
- Valuing and respecting diversity
- Using these skills and attributes to build and maintain healthy relationships

Managing risk and decision making

- Making decisions
- Identification, assessment and management of positive and negative risk to self and others
- Formulating questions (as part of an enquiring approach to learning and to assess the value of information).

What you will have learnt by the end of Key Stage 1:

You will be able to use simple skills to help keep you safe online or offline. You will understand that all drugs and medicines can be harmful if not used correctly. You will also learn some simple rules about other substances in the home such as solvents and cleaning products. You will be able to ask for help when you need it and know who to go to for help. You will know the differences between secrets and surprises as well as good and bad secrets. You will understand that although the internet has its benefits, you need to be able to

Skills and knowledge I may use from other subjects:

English

- Taking turns when talking and listening to what other people are saying.
Practise writing sentences with capital letters, full stops and finger spaces.

Computing

- Staying safe online and offline and appropriate use of the internet.

What you will have learnt by the end of this unit.

- I know the role of medicines in promoting health, the reasons why people use them and the rules on safe use of medicines
- I know that some substances can help or harm the body including household substances like dishwasher tablets
- I recognise the need for safety rules –road, fire, water, rail, farm, school environment, playground, online and home and I can follow the rules
- I can name an adult in school who can help me and I know there are people and services who can help us including how to call 999 in an emergency
- I know I have a responsibility to keep myself and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets both on and offline
- I know the internet has many benefits but I know I need to balance my time spent on and offline
- I know that people you don't know are strangers and this applies online as well as well as off line
- I know that when people I don't know ask me for private information I don't share it online or in person
- I understand that some website games and social media sites have age restrictions and I know where to get help if I see something I am unhappy with online.

Opportunities for teaching diversity, equality and expanding cultural capital

- Schools could run an online safety day
- School visit from a professional to talk about different drugs and medicines
- School visit from a police officer to talk about online safety and relationships online

Key Vocabulary

Emergency – an urgent need for help.

Environment – the surroundings around us.

Health - the overall condition of the body.

Medicines – a substance or preparation used to treat disease or infection.

Responsibility – the quality of being dependable and responsible.

Rules – a guide for conduct or action.

Secrets – when someone tells us not to tell something.

Services – the work or action of someone who serves such as the police or ambulance staff

Substances – a physical material from which something is made.

Health

Healthy Living

There are several things that we can do to live a healthy lifestyle:

- Eat healthy meals
- Do not eat too much or too little
- Exercise every day
- Be hygienic (e.g. wash hands before eating meals)
- Clean your teeth
- Wash your body and hair

Illness

Even if we live a healthy lifestyle, we all sometimes get ill (we are likely to get ill much more when we don't live a healthy lifestyle).

Illnesses can be mild (like a cold or a sickness bug) or more severe.

Medicines can be used to make us feel better when we are sick.

However, too much medicine can be very dangerous, and can make us very ill. Therefore, only adults should handle medicines.



There are many ways that we can live a healthy lifestyle, e.g. exercise and diet.

When we have a bad feeling about something, trusted adults can help us. It is important for our health and wellbeing that we get enough sleep.

There are good and bad ways that people can touch one another. We should learn the difference between good and bad touches.



Relationships

Good and Bad Touches

There are nice ways that we can touch other people (e.g. a hug with our brother/sister) and bad ways (e.g. hitting someone). Some parts of our body are private and should not be touched by others.

Follow the PANTS rule

P = Privates are private

A = Always remember, your body is yours

N = No means no

T = Talk about secrets

S = Speak up, someone can help



Loss

It can be very upsetting to lose things.

When we lose something, we may feel scared, anxious, nervous or worried.

We should retrace our steps to see if we can find what we have lost. If still cannot find something, we should speak to a trusted adult.

Wellbeing

Who Can Help?

We can experience lots of different feelings. Often, we can tell how someone is feeling from things like their facial expression and body language.

Sometimes, we can feel anxious, scared, worried or nervous about something. Things that can happen to our bodies at this time include: feeling hot, feeling sweaty, butterflies in the tummy, feeling sick, needing the toilet, hands shaking, going red in the face, or shaking.

Trusted adults can help us when we are not feeling good (e.g. parents, carers, teachers, etc.) If they are busy, find a good time when they are not busy, ask when a good time would be, or find another safe person. Whatever you do, don't give up!



Sleep

Sleep is important – it helps our bodies to rest and grow.

Everybody needs different amounts of sleep, but an average a five-year-old should get around 11 hours sleep per night.

Adults need less sleep (adults need about 8 hours).

Babies and children need much more sleep because they are still growing.

We know when we are sleepy: we have little energy, we yawn and we may be grumpy

Recall and Remember

1. Draw a picture of medicines and write a sentence about why they are used and how to use them safely.

2. List three safety rules and explain why we have them. You could draw a picture to go with them if you want to.

3. Why is sleep important?

4. What is the PANTS rule?

P = _____

A = _____

N = _____

T = _____

S = _____