

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Reception	What's safe to go onto my body?	What's safe to go into my body? (including medicines)	Safe Indoors and Outdoors	Listening to My Feelings	Keeping Safe Online	People who help to keep me safe
	<p>Name things that keep their bodies safe.</p> <p>Name things that keep their bodies clean and protected.</p> <p>Think about how to recognise things that might not be safe.</p>	<p>Make safe decisions about items they don't recognise.</p> <p>Talk about what our bodies need to stay well.</p> <p>Name the safe ways to store medicine and who can give it to children (adults).</p>	<p>Name some hazards and ways to stay safe inside.</p> <p>Name some hazards and ways to stay safe outside.</p> <p>Show how to care for the safety of others.</p>	<p>Name the adults who they can ask for help from, and will keep them safe.</p> <p>Recognise the feelings they have when they are unsafe.</p> <p>Talk about keeping themselves safe, safe touches and consent.</p>	<p>Share ideas about activities that are safe to do on electronic devices.</p> <p>What to do and who to talk to if they feel unsafe online.</p>	<p>Name the people in their lives who help to keep them safe.</p> <p>Name people in their community who help to keep them safe.</p> <p>Talk about ways to keep themselves safe in their environment.</p>
Year 1	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Super Sleep	Who can Help?	Good or Bad Touches?	Sharing Pictures	What could Harold Do?	Harold loses Geoffrey
	<p>Recognise the importance of sleep in maintaining a healthy, balanced lifestyle;</p> <p>Identify simple bedtime routines that promote healthy sleep.</p>	<p>Recognise emotions and physical feelings associated with feeling unsafe;</p> <p>Identify people who can help them when they feel unsafe.</p>	<p>Understand and learn the PANTS rules;</p> <p>Name and know which parts should be private;</p> <p>Explain the difference between appropriate and inappropriate touch;</p> <p>Understand that they have the right to say "no" to unwanted touch;</p> <p>Start thinking about who they trust and who they can ask for help.</p>	<p>Understand the benefits of using the internet</p> <p>Understand that there can be risks when using the internet</p> <p>What to do and who to talk to if they feel unsafe online.</p>	<p>Understand that medicines can sometimes make people feel better when they're ill;</p> <p>Explain simple issues of safety and responsibility about medicines and their use.</p>	<p>Recognise the range of feelings that are associated with loss.</p>

Year 2	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Harold's Picnic	How Safe Would You Feel?	What Should Harold Say?	I don't like That!	Fun, or Not?	Should I tell?
	<p>Understand that medicines can sometimes make people feel better when they're ill;</p> <p>Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell;</p> <p>Explain simple issues of safety and responsibility about medicines and their use.</p>	<p>Identify situations in which they would feel safe or unsafe;</p> <p>Suggest actions for dealing with unsafe situations including who they could ask for help.</p>	<p>Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.</p>	<p>Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation;</p> <p>Identify the types of touch they like and do not like;</p> <p>Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.</p>	<p>Recognise that some touches are not fun and can hurt or be upsetting;</p> <p>Know that they can ask someone to stop touching them;</p> <p>Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.</p>	<p>Identify safe secrets (including surprises) and unsafe secrets;</p> <p>Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable.</p>
Year 3	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Safe or Unsafe?	Danger Or Risk?	The Risk Robot	Super Searcher	Help or Harm?	Alcohol and Cigarettes: the Facts
	<p>Identify situations which are safe or unsafe;</p> <p>Identify people who can help if a situation is unsafe;</p> <p>Suggest strategies for keeping safe.</p>	<p>Define the words danger and risk and explain the difference between the two;</p> <p>Demonstrate strategies for dealing with a risky situation.</p>	<p>Identify risk factors in given situations;</p> <p>Suggest ways of reducing or managing those risks.</p>	<p>Evaluate the validity of statements relating to online safety;</p> <p>Recognise potential risks associated with browsing online;</p> <p>Give examples of strategies for safe browsing online.</p>	<p>Understand that medicines are drugs and suggest ways that they can be helpful or harmful.</p>	<p>Identify some key risks from and effects of cigarettes and alcohol;</p> <p>Know that most people choose not to smoke cigarettes; (Social Norms message)</p> <p>Define the word 'drug' and understand that nicotine and alcohol are both drugs.</p>

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Danger, Risk or Hazard?	How Dare You!	Keeping Ourselves Safe	Raisin Challenge	Picture Wise	Medicines: Check the Label
Year 4	<p>Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;</p> <p>Identify situations which are either dangerous, risky or hazardous;</p> <p>Suggest simple strategies for managing risk.</p>	<p>Define what is meant by the word 'dare';</p> <p>Identify from given scenarios which are dares and which are not;</p> <p>Suggest strategies for managing dares.</p>	<p>Describe stages of identifying and managing risk;</p> <p>Suggest people they can ask for help in managing risk.</p>	<p>Understand that we can be influenced both positively and negatively;</p> <p>Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way.</p>	<p>Identify images that are safe/unsafe to share online;</p> <p>Know and explain strategies for safe online sharing;</p> <p>Understand and explain the implications of sharing images online without consent.</p>	<p>Understand that medicines are drugs;</p> <p>Explain safety issues for medicine use;</p> <p>Suggest alternatives to taking a medicine when unwell;</p> <p>Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).</p>
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Spot Bullying	Play, Like, Share	Decision Dilemmas	Ella's Diary Dilemma	Vaping: Healthy or Unhealthy?	Would You Risk it?
Year 5	<p>Demonstrate strategies to deal with both face-to-face and online bullying;</p> <p>Demonstrate strategies and skills for supporting others who are bullied;</p> <p>Recognise and describe the difference between online and face-to-face bullying.</p>	<p>Consider what information is safe/unsafe to share offline and online; reflect on the consequences of not keeping personal information private; recognise that people aren't always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face; know how to protect personal information online;</p>	<p>Recognise which situations are risky;</p> <p>Explore and share their views about decision making when faced with a risky situation;</p> <p>Suggest what someone should do when faced with a risky situation.</p>	<p>Define what is meant by a dare;</p> <p>Explain why someone might give a dare;</p> <p>Suggest ways of standing up to someone who gives a dare.</p>	<p>Describe some of the health risks caused by vaping and understand that there are potential health risks of vaping that are not yet fully known;</p> <p>Use critical thinking skills when reading information/media;</p> <p>Understand that companies selling vaping products do so to make money;</p>	<p>Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks;</p> <p>Describe some of the possible outcomes of taking a risk;</p> <p>Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.</p>

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Think before you Click	To Share or No to Share	Rat Park	What sort of Drug is...?	Drugs: It's the Law!	Alcohol: What is normal?
Year 6	<p>Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face;</p> <p>Understand and describe the ease with which something posted online can spread.</p>	<p>Know that it is illegal to create and share sexual images of children under 18 years old;</p> <p>Explore the risks of sharing photos and films of themselves with other people directly or online;</p> <p>Know how to keep their information private online.</p>	<p>Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour;</p> <p>Understand that all humans have basic emotional needs and explain some of the ways these needs can be met.</p>	<p>Explain how drugs can be categorised into different groups depending on their medical and legal context;</p> <p>Demonstrate an understanding that drugs can have both medical and non-medical uses;</p> <p>Explain in simple terms some of the laws that control drugs in this country.</p>	<p>Understand some of the basic laws in relation to drugs;</p> <p>Explain why there are laws relating to drugs in this country.</p>	<p>Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these;</p> <p>Describe some of the effects and risks of drinking alcohol.</p>