



HEALTH AND WELLBEING



Summer Term 5: Keeping Myself Safe

Hello and welcome to our third Life Education parent fact sheet.

Every term we will be sending out a parent fact sheet to inform you about what we are learning in Life Education within school. These fact sheets will give you an insight into what topic is being covered for the term, key questions which our children will be focusing on in their Life Education lessons and signpost some useful resources to support conversations at home.

During this Summer Term, our overarching topic for our Life Education (PSHE & RSE) curriculum is 'Health and Wellbeing'. Throughout term five, children across the school will be learning to keep themselves safe in different situations, including online safety, as well as learning how to ask for help. These topics are built on further up the school, as well as developing an awareness of the impact of substances (drugs, alcohol and cigarettes). Our curriculum is based around question stems to promote active discussion and to give children the opportunity to discuss concepts that are important to them in more detail. Our question stems for this unit are outlined below:

Early Years

Nursery: Who are the people who look after you? Is there anyone at school/Nursery who helps you? When do these people help us? What could [name] do to help their feelings/fix the problem? Is that safe for [name] to do on their own? Who could help? If we feel worried or unsafe does our tummy feel different? How might it feel? Who can we talk to when this happens? Where can we find emergency services? What's the special number to call them? What things can we spot outside which help keep us safe? Is it safe to walk on our own? Where could we place safety signs and what would they say? Who looks after the medicine? Where is the medicine safely stored? What might happen if someone has the medicine when they're not poorly? What might happen if someone has too much medicine? What can help our body if we are feeling unwell?

Reception: What things do we put onto our body? Which things feel good/unpleasant? Which things are ok/why? Which things are not so good/why? What goes into our body/who puts it there? Where do things go when we swallow them? What sort of things can make us feel better when we're not very well? Why does an adult need to look after a medicine for a child? Where would a parent/carer get the medicine from? Would it be okay for someone to eat something if they don't know what it is? Why might this be unsafe? What things might not be safe to touch/swallow? Who could you ask (school/home) if you were unsure about whether something was safe to touch, eat or drink? What makes things safe/unsafe? How do we keep safe? How do we know if something isn't safe? What can we do if we don't feel safe? If you didn't feel ok with anyone touching you, what could you do?

Key Stage One

Year 1: What sort of things do you think we can all do to stay healthy? Why are these things important? How do we know when our body is tired? How much sleep should we have? How might you feel the next day if you haven't had enough sleep? How might we feel if...? What things can happen to our body when we're feeling nervous or worried? When I am worried about something I talk to...? Who can help us? Why is it upsetting to lose something? What is a medicine? How do people take medicines? How would someone feel if they took too much/the wrong medicine? How do medicines get into your body? Where are they safely stored? Is it okay to eat something if you don't know what it is? Why is it important not to take anyone else's medicine? Who gives us medicine and how? What other things in the home should be kept in a safe place like this, or out of reach of children? What is the internet? How can it help us? Is everything we see/read on the internet true? How can we keep safe on the internet?

Year 2: If I had a...what would make me feel better? What medicines have you heard of? How do medicines get into/onto the body? Where should medicines be kept? What does our body do when we sleep? How do you feel when you're ill? Why does medicine sometimes come from the chemist and not the supermarket? When and where do you feel safe/unsafe? When someone is feeling unsafe what could they do to make themselves feel safer? Who are some of the people who can help us when we're feeling unsafe? Who are the people whose job it is to help keep us safe? What is the best way to ask someone for help? How do our bodies react when we do not want to be touched? What sort of touch do we not like? What is the difference between a surprise and a happy secret?

Key Stage Two

Year 3: What do we mean by 'keeping safe'? Who are the people that keep us safe? What would make each situation more/less safe? Why is it important to listen to our feelings? What's the difference between a danger and a risk? Where in our body do we experience feeling uncertain or unsafe? What do we need in order to help keep the body fit and healthy? Are there any times when exercise/food can be harmful to the body? What is a drug? Can you think of the name of the drug inside beer/wine/cigarettes? How do we know if we can trust a website? How can we spot 'fake' news? What information should we not share on the internet, and why? What sort of things make us unhealthy or ill?

Year 4: Is this situation low, medium or high risk? How could we make this situation safer? What do we mean by danger, hazard and risk? How do we manage risks? Who can help us to manage risks? Who do we share photos with, and how? What does the phrase *how dare you* mean? What do we mean by 'daring' someone to do something? What could be the consequences of dares? If you saw someone being dared what could you do to help? What things can we do to prevent illness spreading? Is medicine always helpful to the body? What sort of information is on a medicine label and why? What sort of choices can we make? What rules/laws limit our choices? What can happen to someone's body if they are feeling unsafe? Who can we ask if we feel unsafe?

Year 5: What is a habit? Can habits be harmful and how do we know? When does a habit become an addiction? What's the difference between bullying and cyberbullying? Who and why might a person give a dare? Are there any risks if we don't do a dare? How can dares make people feel? What is the difference between fans and views? What rules are there to keep us safe online?

Year 6: How do things compare to posting something on the internet? Is it possible to take something back which has been posted on the internet? What information can we share with others? Can we share photos of others online? What do we mean by the word drug? Are drugs always used for medical reasons? What do we mean by the terms 'legal' and 'illegal'? Does alcohol have a medical use? What sort of drug is...? Are legal drugs safe for everyone to buy? What does having a drugs criminal record mean to somebody? Why might a person choose to drink alcohol? What are some of its effects? What different needs (physical and emotional) might we have? What does independent mean? How can we become more responsible?

Resources for parents:



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>



<https://www.nsc.org/home-safety/safety-topics/child-safety>



<https://www.sja.org.uk/>

Questions your child may ask:

- ➔ Where do we keep our medicines?
- ➔ What is a hazard?
- ➔ What should I tell the police/fire/ambulance if I need help?
- ➔ Why am I not allowed Facebook?

