

Health and Wellbeing - Safety First

PSHE and Citizenship | KS1 | Planning Overview

About the Topic

In this unit of work, children will learn about everyday dangers, in the home and outside, and how they can keep themselves safe. Children will also learn rules to keep themselves safe around strangers, both in real life and online. They will be taught about The Underwear Rule, which includes information about appropriate and inappropriate touching and knowing that what is inside their underwear is private. Children will also learn about people who help them and how to get help when needed, as well as their growing responsibility for their own safety.



Home Learning

Fire Safety in the Home: In this activity, children have a tick list of ways to keep our homes safe from fire risks. Children can tick those that they and their family do, then choose one of them to start doing in their home.

Strangers and Safer Strangers: In this home learning task, children think about strangers that we can trust, such as new teachers at school, police officers, nurses and doctors. Children draw a safe stranger and write a sentence about them.



Wider Learning:

Various people who help us and those in jobs involving keeping others safe could come in and hold workshops with the children. Children could be taught some basic first-aid skills and the school could hold a Safety First Week.

Assessment Statements

All children should be able to...

- identify some everyday dangers.
- understand some basic rules that help keep people safe.
- know what to do if they feel in danger.
- identify some dangers in the home.
- identify some dangers outside.
- identify which information they should never share on the Internet.
- know that their private body parts are private.
- recall the number to call in an emergency.
- list some people who can help them stay safe.

Most children will be able to...

- identify ways to stay safe in the home.
- identify a range of dangers outside.
- explain the basics of the Green Cross Code.
- explain why we shouldn't take anyone else's medicine.
- explain what to do if they feel unsafe online.
- explain the difference between safe secrets, unsafe secrets and surprises.
- identify their personal 'trusted adults'.

Some children will be able to...

- explain a range of safety rules and how they keep them safe.
- identify different strategies to use to stay safe in different situations.
- understand that many household substances are poisonous.
- identify different people in different settings who can help them.
- give details about safe and unsafe places to cross the roads.
- understand other risks and dangers we face when we use the Internet.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).