

**Goonhavern Primary School- PSHE**

**TOPIC: What Helps us to Stay Safe?**

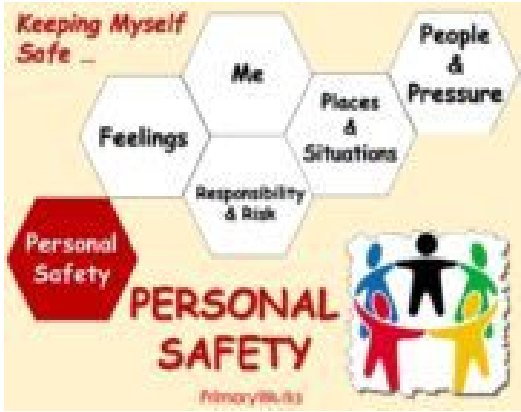
**YEAR: Two**

**STRAND: Health and Wellbeing**

What should I know already?	What will I know by the end of the unit?
<p><b>From Year 1:</b></p> <ul style="list-style-type: none"> <li>• The people whose job it is to keep us safe about what to do if there is an accident and someone is hurt.</li> <li>• What to do if they feel unsafe or worried for themselves or others.</li> <li>• Who to ask for help and vocabulary to use when asking for help.</li> <li>• How to get help in an emergency</li> <li>• How to dial 999 and what to say.</li> </ul>	<ul style="list-style-type: none"> <li>• How rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online).</li> <li>• How to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them.</li> <li>• How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets.</li> <li>• How not everything they see online is true or trustworthy and that people can pretend to be someone they are not.</li> <li>• How to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them.</li> </ul> <p><b>How to cross the road safely</b></p> <ul style="list-style-type: none"> <li>• Think first and plan the safest route to cross.</li> <li>• Stop at the point you're going to cross the <b>road</b>.</li> <li>• Watch and listen for any oncoming traffic.</li> <li>• Wait until it's <b>safe</b> - let any traffic pass.</li> <li>• Watch and listen again before it's <b>safe</b> to walk directly across the <b>road</b>.</li> </ul> <p><b>Fire safety</b></p> <ul style="list-style-type: none"> <li>• Where/what are the fire hazards?</li> <li>• What causes fire?</li> <li>• Safety hazards at home?</li> <li>• Why are smoke alarms important?</li> <li>• What to do if our clothes catch fire?</li> <li>• How to plan a safe escape plan</li> <li>• What is the role of the fire service?</li> </ul> <p><b>Water Safety</b></p> <p>*The four key water safety messages include:</p> <ul style="list-style-type: none"> <li>• Always swim in a safe place.</li> <li>• Always swim with an adult.</li> <li>• If you fall in, float, breathe, relax.</li> </ul>

	<ul style="list-style-type: none"> <li>● If someone else is in trouble, call 999/112.</li> </ul> <p><b>Medicines</b></p> <p>Never take medicines unless they are given to you by your parents, a nurse, a doctor or your safe adult. -</p> <ul style="list-style-type: none"> <li>● Never play with medicines.</li> <li>● Never take more than you are told to take.</li> <li>● Medicines must be stored in a safe place out of the reach of young children.</li> <li>● Never touch, taste, or take anything you think could be dangerous.</li> </ul> <p><b>Online Safety</b></p> <p>(Watch Jesse and Friends)</p> <ul style="list-style-type: none"> <li>● If I'm worried I should tell an adult I trust.</li> <li>● I shouldn't give personal information out online.</li> <li>● I should show respect to others.</li> <li>● I should ask permission before sharing anything.</li> <li>● Never meet anyone.</li> </ul>
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Vocabulary	
Road safety	<b>Road safety</b> " means to be aware of the traffic on the <b>roads</b> and the typical things that might occur if <b>you</b> are not familiar with them.
Water safety	<b>Water safety</b> is about how to keep safe on and around <b>water</b> , where there is a risk of injury or drowning.
Fire safety	How to prevent fire and what to do if a fire starts and you are near it or in danger.
Medicines	<b>Medicine</b> is a drug or herb used to maintain health or treat a health issue.
Risk	Risk is the possibility of something bad happening.
Protect	Keep safe from harm or injury.
Dangerous	Likely to cause harm or injury.
Online safety	<b>Internet safety</b> , or <b>online safety</b> , is the knowledge of user's personal <b>safety</b> against <b>security</b> risks to private information and the self-protection from computer crime in general.

Image/diagram that helps me to articulate my knowledge/understanding	Investigate!
	<ul style="list-style-type: none"> <li>• Create posters showing key messages about safety.</li> <li>• Role play scenarios and solutions about keeping safe.</li> <li>• Invite visitors to speak to children- Fire Service, RNLI etc.</li> </ul>

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TOPIC:	YEAR:	STRAND:

Q1	Start of Unit	End of Unit	Q3	Start of Unit	End of Unit
Q2	Start of Unit	End of Unit	Q4	Start of Unit	End of Unit
