

	UKS2 Safety First		
	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 1: You Are Responsible	<p>H35. about the new opportunities and responsibilities that increasing independence may bring</p> <p>H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming</p> <p>H38. how to predict, assess and manage risk in different situations</p>	<p>Internet Safety and Harms: why social media, some computer games and online gaming, for example, are age restricted</p> <p>Internet Safety and Harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</p>	
Lesson 2: What Are the Risks?	<p>H38. how to predict, assess and manage risk in different situations</p> <p>H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe</p>	<p>Mental Wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p>	<p>Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</p> <p>Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p>Online Relationships: that people sometimes behave differently online, including by pretending to be someone they are not</p> <p>Online Relationships: the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>Online Relationships: how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p> <p>Being Safe: what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>Being Safe: how to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>Being Safe: how to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>Being Safe: where to get advice, for example family, school or other sources</p>

Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 3: Making Your Mind Up	<p>H38. how to predict, assess and manage risk in different situations</p> <p>R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this</p>		<p>Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</p> <p>Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p>Respectful Relationships: the importance of self-respect and how this links to their own happiness</p> <p>Being Safe: how to recognise and report feelings of being unsafe or feeling bad about any adult</p>
Lesson 4: In an Emergency	<p>H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health</p> <p>H43. about what is meant by first aid; basic techniques for dealing with common injuries</p> <p>H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say</p>	<p>Physical Health and Fitness: how and when to seek support including which adults to speak to in school if they are worried about their health</p> <p>Basic First Aid: how to make a clear and efficient call to emergency services if necessary</p> <p>Basic First Aid: concepts of basic first-aid, for example dealing with common injuries, including head injuries</p>	
Lesson 5: Home - Safe and Sound	<p>H35. about the new opportunities and responsibilities that increasing independence may bring</p> <p>H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe</p> <p>H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)</p>	<p>Drugs, Alcohol and Tobacco: the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking</p>	
Lesson 6: Outdoors - Playing It Safe	<p>H38. how to predict, assess and manage risk in different situations</p> <p>H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about</p>		