

# Progression in PSHE: Keeping Myself Safe

## EYFS:

Children will learn about who to go to if they need help or feel **unsafe**. They will think about how they can ask for help. Children will learn about different dangers and be able to recognise dangers. Children will be able to explain what is **safe** and **unsafe** to touch or use. Children will explore how to be safe around medicines and think about what is **safe** and **unsafe** both inside and outside. Children will learn about what their bodies need in order to stay healthy.

## LKS2

Children will build on their knowledge on **keeping safe** where they will identify **risk factors** and think about what they can do to make situations less risky or not risky at all. Children will learn about strategies for dealing with dangers and risk. Children will think about what influences may lead someone to taking risks. They will learn about the affects on people and dangers this can lead to. Children will begin learning about the term '**drug**' and understand that alcohol and nicotine are both drugs. They will learn about the affects of this on the body. Children will begin exploring the importance of **online safety** where they will explore how to be safe, what information they should share/not share (including images) and how to behave appropriately online.



SCARF



For Drugs and Alcohol lessons, we use Healthy Schools I Matter resources.



## KS1

Children will build on their prior knowledge and explore the requirements in order to keep healthy: sleep, exercise and healthy foods. They will continue to learn about the **safety** of medicines and what can be harmful. They will explore how to stay safe around medicines. Children will learn about the **PANTS rule (NSPCC)** where they will know that their private parts are to be kept private. They will learn about saying no to unwanted touch and who to speak to. Children will continue this learning by discussing safe and unsafe secrets (including surprises). This learning will include discussing **trusted adults**. Children will learn about inappropriate touch and how it can make people feel.

## UKS2

Children will build on their knowledge through reflection on people's actions when faced with **risk** or **danger**. Children will learn about categorisation of **drugs** and risks associated with medicines as well as facts and information about drugs and medicines. Children will be able to explain the uses of drugs and medicines and begin thinking about **social norms** and influences on others. Children will continue to learn about the importance of being safe **online** where they will recognise the dangers of not keeping personal information private. They will continue to learn about how to behave online, including being safe, respectful and responsible on Social Media. Children will learn about sharing images and how easy an image can be shared/spread online. They will continue to learn about **bullying**, particularly online (cyber) and what to do in that situation. Children will learn about **emotional needs**: how they can be met, making decision about emotional needs and independence. They will learn about the term **conflicting emotions**.