**Keeping Myself Safe Progression Overview**

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| **Reception** |
|  | **Lesson 1:** **Feelings & Feeling Safe** | **Lesson 2:** **Feeling Unsafe & Early Warning Signs** | **Lesson 3:** **Body Awareness & Secrets** | **Lesson 4:** **Networks & Telling** |
| Feeling Good, Feeling Safe Focus | I can talk about and show how I feelI know when I feel safeI know when I feel happy | I know when I don’t feel safeI can show where early warning signs are in the bodyI know that it’s important to tell an adult when I don’t feel safe | I can name all the parts of my bodyI know what touches I like and don’t likeI know I can tell someone if I don’t like the way someone touches me | I can say when I need help and know who to askI understand that if I am worried about something I can talk to a trusted adult |
| Linked story | So Much | We’re going on a bear hunt | My body belongs to me | Silly Billy |
| Linked rights of the child | Article 19 – You have the right to be protected from being hurt or mistreated | Article 19 – You have the right to be protected from being hurt or mistreated | Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 16 – You have the right to privacy |

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| **Year 1** |
|  | **Lesson 1:** **Feelings & Feeling Safe** | **Lesson 2:** **Feeling Unsafe & Early Warning Signs** | **Lesson 3:** **Body Awareness & Secrets** | **Lesson 4:** **Networks & Telling** |
| Feeling Good, Feeling Safe Focus | I know when I feel safe and I can say what it feels likeI know what happens on the inside and the outside of my body when I am feeling safe and comfortableI understand that different people can have different feelings about the same situation | I know what happens on the inside and the outside of my body when I feel unsafe.I know what my own early warning signs are and when I might get them | I know my body belongs to me and there are parts of my body that are private and should not be touched without my permissionI know that I need to keep myself and others’ safe | I know that everyone has worries sometimes and I can talk about what my worries might beI know that if I have a worry it is important to talk to someone about it who is on my helping handI know how to make myself heard when I want help |
| Linked story | Lost and Found | The Three Little Pigs | Your body belongs to you | The Huge Bag of Worries |
| Linked rights of the child | Article 19 – You have the right to be protected from being hurt or mistreated | Article 19 – You have the right to be protected from being hurt or mistreated | Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 16 – You have the right to privacy |

**The Year 2, 3, 4, 5 and 6 Keeping Myself Safe Curriculum:**

The Year 2 and 3 Keeping Myself Safe lessons use the same materials. During Years 4,5 and 6 some of the same scenarios are used. This is a conscious decision that has been made for several reasons. We are constantly evaluating the scenarios we choose, and these may change year on year, to reflect the needs of the current cohorts. For example, if a certain situation has happened in the community then a scenario may be chosen to ensure children understand how they can be safe. As a school, we know that many of our children attend a youth club and a local skate park so these scenarios are important for us to discuss.

* Repeating the lessons gives the children the chance to consolidate learning
* New reflections and conclusions will be made in the different year groups
* The children will have another years’ worth of experience to be able to reflect on during the lessons.
* The children will have the opportunity to share more of their personal experiences and be able to relate these scenarios to their own lives in a more developed way during Year 3.
* We try to teach the children the safety strategies they may need before they are put into that situation e.g. teaching them how to be safe at the park without an adult before they will be going to the park independently.

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|  Year 2 |
|  | Lesson 1: The Shopping Trip | Lesson 2: Keeping Safe in my house | Lesson 3: Little Worries, Big Worries | Lesson 4: Understanding how others feel | Lesson 5 – Out and About | Lesson 6: Making Friends |
| Keeping Myself Safe Focus | I can stay safe when I am in the community.I know what to do if I get lost.I can talk about people who can help me.  | I know how to stay safe in my house. I can talk about things that are safe in my house. I can talk about things that are unsafe in my house.  | I can understand the term “worries”. I understand the difference between a little worry and a big worry. I know what to do if I have a big worry I can talk about people who can help me.  | I understand that everybody is different. I understand that everybody has feelings. I understand that everybody should be included.  | I understand how to stay safe when I am playing outside. I can explain which places are dangerous. I know how to say no to my friends.  | I can explain why bullying is harmful to others. I know what to do if I feel sad or alone. I can talk about people who can help me.  |
| Keeping Myself Story | The Shopping Trip | Keeping Safe in my house | Little worries, Big worries | Understanding How others Feel | Out and About | Making Friends |
| Linked rights of the child | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 12- You have the right to give your own religion and beliefs. | Article 15- You have the right to choose your friends as long as it isn’t harmful to others.Article 19 – You have the right to be protected from being hurt and mistreated. | Article 15- You have the right to choose your friends as long as it isn’t harmful to others.Article 19 – You have the right to be protected from being hurt and mistreated. |

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| Year 3 |
|  | Lesson 1: The Shopping Trip | Lesson 2: Keeping Safe in my house | Lesson 3: Little Worries, Big Worries | Lesson 4: Understanding how others feel | Lesson 5 – Out and About | Lesson 6: Making Friends |
| Keeping Myself Safe Focus | I can stay safe when I am in the community.I know what to do if I get lost.I can talk about people who can help me.  | I know how to stay safe in my house. I can talk about things that are safe in my house. I can talk about things that are unsafe in my house.  | I can understand the term “worries”. I understand the difference between a little worry and a big worry. I know what to do if I have a big worry I can talk about people who can help me.  | I understand that everybody is different. I understand that everybody has feelings. I understand that everybody should be included.  | I understand how to stay safe when I am playing outside. I can explain which places are dangerous. I know how to say no to my friends.  | I can explain why bullying is harmful to others. I know what to do if I feel sad or alone. I can talk about people who can help me.  |
| Keeping Myself Story | The Shopping Trip | Keeping Safe in my house | Little worries, Big worries | Understanding How others Feel | Out and About | Making Friends |
| Linked rights of the child | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 12- You have the right to give your own religion and beliefs. | Article 15- You have the right to choose your friends as long as it isn’t harmful to others.Article 19 – You have the right to be protected from being hurt and mistreated. | Article 15- You have the right to choose your friends as long as it isn’t harmful to others.Article 19 – You have the right to be protected from being hurt and mistreated. |

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| Year 4 |
|  | Lesson 1: The Town | Lesson 2: The Youth Club | Lesson 3: The Swimming Pool | Lesson 4: The Skate Park | Lesson 5 – The Chat Room |
| Keeping Myself Safe Focus | To understand why it is important to have safety boundaries. To know the difference between safe and unsafe secrets. To be able to look at a scenario from somebody else’s prospective. To apply the appropriate personal safety strategies.  | To recognise when a situation begins to change from safe to risky. To understand how to leave a risky situation. To know who are trusted adults. To apply the appropriate personal safety strategies. | To understand appropriate and inappropriate touches. To know what personal space is and why it is important. To understand the signs which makes us feel comfortable. To understand the difference between accidental and deliberate. To understand how body language can be used to communicate the “NO” message. To know who are trusted adults. | To recognise the physical signs of a dangerous situation. To understand how to leave a risky situation. To know who are trusted adults. To apply the appropriate personal safety strategies. | To understand the risks of using the internet. To recognise times when people might put pressure on you to take risks.To know that everybody has the right to feel safe.To apply appropriate personal safety strategies.  |
| Keeping Myself Story | The Town | The Youth Club | The Swimming pool | The Skate Park | The Chat Room |
| Linked rights of the child | Article 15- You have the right to choose your friends as long as it isn’t harmful to others.Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 31 – You have the right to play and rest. Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 31 – You have the right to play and rest. Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 15- You have the right to choose your friends as long as it isn’t harmful to others.Article 19 – You have the right to be protected from being hurt and mistreated.Article 16- You have the right to privacy. |

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| Year 5 |
|  | Lesson 1: The Swimming Pool | Lesson 2: The Skate Park | Lesson 3: The Chat Room | Lesson 4: The Park | Lesson 5 – My House |
| Keeping Myself Safe Focus |  To understand appropriate and inappropriate touches. To know what personal space is and why it is important. To understand the signs which makes us feel comfortable. To understand the difference between accidental and deliberate. To understand how body language can be used to communicate the “NO” message. To know who are trusted adults. | To recognise the physical signs of a dangerous situation. To understand how to leave a risky situation. To know who are trusted adults. To apply the appropriate personal safety strategies. | To understand the risks of using the internet. To recognise times when people might put pressure on you to take risks.To know that everybody has the right to feel safe.To apply appropriate personal safety strategies. | To understand some of the risks in using alcohol and drugs. To understand what peer pressure is and how it can affect our decisions. To identify when risky fun becomes potentially dangerous. To develop skills to be able to resist peer pressure. To apply appropriate safety strategies.  |  To know and understand that no one has the right to assault another person. To know that everyone has the right to be safe. To know that adults have the responsibility to keep others safe. To understand that the police have to keep us safe. To apply appropriate personal safety strategies.  |
| Keeping Myself Story | The Swimming Pool | The Skate Park | The Chat Room | The Park | My House |
| Linked rights of the child | Article 19 – You have the right to be protected from being hurt and mistreated.Article 31 – You have the right to play and rest. Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 15- You have the right to choose your friends as long as it isn’t harmful to others.Article 19 – You have the right to be protected from being hurt and mistreated.Article 16- You have the right to privacy. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treatedArticle 15- You have the right to choose your friends as long as it isn’t harmful to others. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 16- You have the right to privacy.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated |

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| Year 6 |
|  | Lesson 1: The Swimming Pool | Lesson 2: The Skate Park | Lesson 3: The Chat Room | Lesson 4: The Bus | Lesson 5 – The Woods |
| Keeping Myself Safe Focus |  To understand appropriate and inappropriate touches. To know what personal space is and why it is important. To understand the signs which makes us feel comfortable. To understand the difference between accidental and deliberate. To understand how body language can be used to communicate the “NO” message. To know who are trusted adults. | To recognise the physical signs of a dangerous situation. To understand how to leave a risky situation. To know who are trusted adults. To apply the appropriate personal safety strategies. | To understand the risks of using the internet. To recognise times when people might put pressure on you to take risks.To know that everybody has the right to feel safe.To apply appropriate personal safety strategies. | To understand some of the risks in using alcohol and drugs. To understand what peer pressure is and how it can affect our decisions. To identify when risky fun becomes potentially dangerous. To develop skills to be able to resist peer pressure. To apply appropriate safety strategies.  |  To know and understand the difference between appropriate and inappropriate touches. To be able to recognise feelings of not being in control.To demonstrate different ways out of difficult situations. To apply appropriate personal safety strategies.  |
| Keeping Myself Story | The Swimming Pool | The Skate Park | The Chat Room | The Bus – with a focus on safety on buses in general e.g. keeping mobiles safe, their own behaviour, where to sit  | The Woods |
| Linked rights of the child | Article 19 – You have the right to be protected from being hurt and mistreated.Article 31 – You have the right to play and rest. Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 19 – You have the right to be protected from being hurt and mistreated.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 15- You have the right to choose your friends as long as it isn’t harmful to others.Article 19 – You have the right to be protected from being hurt and mistreated.Article 16- You have the right to privacy. | Article 19 – You have the right to be protected from being hurt and mistreated.Article 31 – You have the right to play and rest. Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated | Article 19 – You have the right to be protected from being hurt and mistreated.Article 16- You have the right to privacy.Article 39 – You have the right to help if you’ve been hurt, neglected or badly treated |