

Health and Wellbeing - Safety First

PSHE and Citizenship | LKS2 | Planning Overview

About the Topic

In this unit of work, children will consider what it means to take responsibility for their own safety. This will include the decisions they make and how they can stand up to peer pressure in a range of situations. They will learn about everyday risks, hazards and dangers and what to do in risky or dangerous situations. They will also learn about road, water and rail safety and dangerous substances: drugs (including medicines), cigarettes and alcohol. Children will look at first aid, exploring how to deal with common injuries and what to do to respond to emergency situations.



Home Learning

Safety in the Home: Children are asked to think about ways in which they can help keep themselves and others safe around the home. They draw and label six pictures showing things they can do.

Staying Safe When We Are Out and About: In this activity, children design a poster about one of the environments in which we need to stay safe when out and about: around roads, water and railways.



Wider Learning:

Children could prepare and present an assembly all about safety to the rest of the school. The school could hold a Safety Awareness Day and invite visitors in from the local community to talk about different ways to stay safe, such as stranger danger, road safety and fire safety.

Assessment Statements

All children should be able to...

- discuss things they can do independently that they used to need help with.
- describe what a dare is and identify situations involving peer pressure.
- know when to seek help in risky or dangerous situations.

- identify and discuss some school rules for staying safe and healthy.
- list some of the dangers we face when we are using roads, water or railways.
- describe drugs, cigarettes and alcohol in basic terms.
- identify some common injuries and know they can be treated with first aid.
- recognise hazards and dangers in an emergency situation.
- state 999 as the number to call to seek help in an emergency.

Most children will be able to...

- appreciate what being responsible means and name some of their responsibilities.
- give examples of a range of risky or dangerous situations.
- appreciate that doing something risky may lead to danger.
- describe where pressure to do things can come from; identify people who can help us in an emergency.
- identify safety precautions that can be taken when using roads, water or railways.
- explain some of the ways in which drugs, cigarettes and alcohol affect the human body.
- explain some of the ways to treat common injuries.
- explain how to keep themselves and others safe in an emergency situation.
- identify what information will need to be shared with an emergency services operator.

Some children will be able to...

- appreciate that their own decisions and behaviour can impact on their safety and the safety of others.
- appreciate the difference between good risks and dangerous risks.
- consider the impact of accepting a dare.
- appreciate that the most courageous thing is to say no.
- identify sources of pressure to behave in a certain way, other than peer pressure.
- advise others on how to stay safe around roads, water and railways.
- appreciate that some drugs are helpful, others are harmful and all drugs can be harmful if not taken correctly.
- advise others on how to give first aid.

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

1. New Responsibilities

H35. about the new opportunities and responsibilities that increasing independence may bring

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

H38. How to predict, assess and manage risk in different situations

I can be responsible for making good choices to stay safe and healthy.



2. Risks, Hazards and Danger

H38. How to predict, assess and manage risk in different situations

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

R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know

I can identify a risky situation and act responsibly.

- Dice
- Coloured counters



3. Under Pressure

R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice

R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this

R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)

I understand that I can choose not to do something that makes me feel uncomfortable.



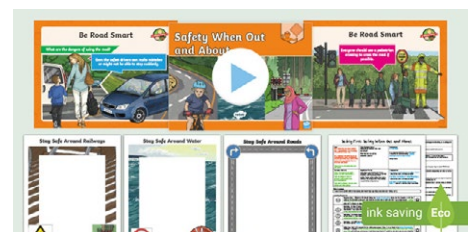
4. Safety When Out and About

H35. about the new opportunities and responsibilities that increasing independence may bring

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.

I know how to stay safe when out and about.

- Sticky notes



5. Dangerous Substances

H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)

H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break

H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others

H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines)

H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping

H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns

I know about dangerous substances and how they affect the human body.



6. Injuries and Emergencies

H43. about what is meant by first aid; basic techniques for dealing with common injuries

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

I know how to respond in emergency situations.

