

Lesson No.	Lesson Title	Learning Outcomes	Content	Key Vocabulary
1	Harold's Picnic (medicine safety)	<ul style="list-style-type: none"> Understand that medicines can sometimes make people feel better when they're ill. Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell. Explain simple issues of safety and responsibility about medicines and their use. 	<p>Discuss:</p> <ul style="list-style-type: none"> -When have you felt ill? What was the matter with you? What sort of things helped you feel better? -What medicines have you heard of? -How do medicines get into/onto the body? -Where should medicines be kept? <p>Read the story 'What could Harold do?' Discuss the choices Harold made throughout the story and whether he kept himself safe or not.</p> <p>Activity- Create a list of rules about using medicine safely.</p>	Sleep Medicines Safety
2	How Safe Would You Feel?	<ul style="list-style-type: none"> Identify situations in which they would feel safe or unsafe. Suggest actions for dealing with unsafe situations including who they could ask for help. 	<p>Discuss:</p> <ul style="list-style-type: none"> -When do you feel safe? -Where do you feel safe? -Who makes you feel safe? -Are there ever any situations where you feel unsafe? <p>Activity – Describe situations and children choose whether they would feel safe or unsafe in that scenario. Talk about ways to make the situations safer and who might be able to help, if needed.</p> <p>Discuss:</p> <ul style="list-style-type: none"> -Are there any places that may be unsafe and we should avoid unless with an adult? -Who are the special people whose job it is to keep us safe? 	Safe Unsafe Feelings Worried
3	What Should Harold Say?	<ul style="list-style-type: none"> Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe. 	<p>Read the story 'What should Harold say?'</p> <p>Throughout the story discuss how Harold should respond to various situations using the words 'yes', 'no', 'I'll ask' or 'I'll tell'.</p> <p>Activity- Complete sheet 'Yes, No, I'll Ask and I'll Tell' by writing and drawing appropriate situations into each category.</p>	Safe Unsafe Feelings Getting help

4	I don't like that	<ul style="list-style-type: none"> Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation; Identify the types of touch they like and do not like; Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable. 	<p>Think about the special people in our lives. How do they touch us? [hug, kiss, cuddle etc.] How does it make us feel when they touch us in this way? How do our bodies react when we do not want to be touched? [turn away, resist the touch, shrink from the touch, feel sick, can't breathe, panic etc.] What sort of touch do we not like? – [e.g. when Grandad wants to kiss us and he has not shaved, when a friend leans all over us and it is hot etc.] It is OK to tell family and friends when we do not want them to touch us. E.g. "Grandad, I don't want to kiss you because your chin is all rough and spiky." Remind children of the NSPCC Underwear Rule: P: Privates are private A: Always remember that your body belongs to you N: No means no T: Talk about secrets that upset you S: Speak up, someone can help Model to the children how to say No. E.g. <i>"I'll tell that I asked you to stop and you didn't."</i> <i>"Please don't do that. I am going to tell....."</i> <i>"I am leaving to tell that you did this."</i> Class to practise doing this in small groups or in turns with others listening and encouragement from you. NB: Talk to children about what to do if it doesn't feel safe to say No [e.g. wait until the next time you see an adult you trust - then share straight away] Activity Put children in groups of 4 or 5. Show the photos on the IWB and for each photo, ask the groups to discuss these questions (you may wish to play some music during the discussion) :</p> <ul style="list-style-type: none"> How the individuals are feeling? 	Assertiveness Feeling Trust
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5	Fun Or Not?	<ul style="list-style-type: none"> ● Recognise that some touches are not fun and can hurt or be upsetting. ● Know that they can ask someone to stop touching them. ● Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable. 	<p>Think about the special people in our lives and discuss:</p> <ul style="list-style-type: none"> -How do they touch us? (hug, kiss, cuddle, etc.) -How does it make us feel when they touch us this way? -How do our bodies react when we do not want to be touched? -What sort of touch do we not like? (e.g. when Grandad wants to kiss us and he has not shaved) <p>Explain it is OK to tell family and friends when we do not want them to touch us.</p> <p>Recap the NSPCC Underwear Rule.</p> <p>Model how to say no and practise in small groups.</p> <p>Activity- Examine photos and discuss how the individuals in the photos are feeling. Explore how to look for signals in facial expression and body language to check if people are feeling comfortable.</p> <p>Choose five people to speak to if worried and write their names in a hand template. Explain that if someone feels uncomfortable or worried they should always tell someone else who they trust.</p>	Touch Hurt Uncomfortable
6	Should I Tell?	<ul style="list-style-type: none"> ● Identify safe secrets (including surprises) and unsafe secrets. ● Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable. 	<p>Discuss when it is okay to keep secrets (e.g. a surprise party, a present for someone) and when it is not. Think about who we can tell if we feel uncertain, worried or uncomfortable about keeping a secret.</p> <p>Role play scenarios to come up with ways to manage these feelings emphasising the importance of speaking to an adult.</p> <p>Activity- Children to complete the 'Should I tell? Surprises and Secrets' activity sheet.</p>	Surprise Secret Safe Unsafe Tell