

Year 1 Overview

Learning outcomes for each lesson	Optional Home Follow Up
Lesson 1 - Feelings and Feeling Safe	
<p>I know what happens on the inside and the outside of my body when I am feeling safe and comfortable</p> <p>I can say when I feel safe</p> <p>I can say what being safe feels like</p> <p>I can describe what it feels like to be safe and when I feel safe</p> <p>I know that we all have the right to feel safe all of the time</p>	<p>Activity sheet to take home showing animals feeling safe</p>
Lesson 2 - Feeling Unsafe and Early Warning Signs	
<p>I know what happens on the inside and the outside of my body when I feel unsafe.</p> <p>I know these are my Early Warning Signs</p>	<p>Activity sheet to fill in showing animals feeling unsafe. If you have a pet at home try to notice when they are feeling safe and unsafe, what is happening then?</p>
Lesson 3 - Body Awareness and safe touch	
<p>I know about parts of my body which are private and should not be touched without my permission</p> <p>I know I need to keep myself safe and other people safe and I know when to say , 'yes', 'no', 'I'll ask' and 'I'll tell'</p>	<p>You may wish to talk to your child about the Underwear rule which is available on the NSPCC Website</p> <p>*Please note children will be taught the correct names for their body parts including private areas. You may wish to discuss this with your child before the lesson.</p> <p>Boss of my body poster to colour in and annotate with safe/unsafe touches</p>
Lesson 4 - Secrets and Telling	
<p>I can recognise safe and unsafe secrets and who I feel safe to tell</p> <p>I know the people who look after me and who to go to if I am worried and how to attract their attention</p>	<p>Blank helping hand with instructions for how to complete with your child. You could also talk to your child about what a Network Person's job is.</p>