

## Year 6 Overview

Learning outcomes for each lesson	Optional Home Follow Up
<b>Lesson 1 - Feelings and Feeling Safe</b>	
<p>I understand that people don't show their feelings for a range of different reasons</p> <p>I have the ability to recognise how stereotyping can stop us showing our feelings and keeping ourselves safe</p>	<p>How can we keep ourselves safe? Talk to your child about what situations make them feel unsafe and how they know that they are unsafe</p> <p>Think about a famous person living or dead that you admire – what is it that inspires you about them?</p>
<b>The Safety Scale –Fun to Feel Scared, Risking on purpose, Feeling Unsafe and Early Warning Signs</b>	
<p>I understand the safety continuum</p> <p>I understand what it means to 'risk on purpose'</p>	<p>Discuss situations with your child that are risks that they take on purpose. Talk about what it means when they are no longer in control of the risk that they are taking</p> <p>Think of something that you would like to do to risk on purpose safely e.g. learn a new skill. Draw and write a paragraph on the risk on purpose that you want to take and why</p>
<b>Body Awareness, Secrets and Telling</b>	
<p>I know I need to ask and receive permission for some types of touch</p> <p>I understand the concept of 'keeping something confidential or secret', when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'</p> <p>I know when physical contact is unwanted and I know ways of resisting it</p>	<p>Encourage children to try out <i>message</i> statements eg</p> <ul style="list-style-type: none"> <li>• <i>I don't like it when...</i></li> <li>• <i>I feel...</i></li> <li>• <i>At first it was OK now I....</i></li> </ul>
<b>Networks of Support</b>	
<p>I can recognise safe and unsafe people and places in the community</p> <p>I can trust my early warning signs</p>	<p>Make a helping hand for outside of home, remember not everyone can think of 5 people but there are other people who can also help us like Child line who we could put up the sleeve.</p> <p>Leaflet for parents: how to help your child feel safe at secondary school</p>