

LKS2 PSHE and Citizenship - Health and Wellbeing - Safety First

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is 'Safety First'.

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 also look at first aid, learning basic techniques for dealing with common injuries and how to respond to an emergency situation.

We will be exploring these questions:

- Lesson 1:** How are we becoming more independent now we are growing older? What new responsibilities do we have as we get older?
- Lesson 2:** What risks, hazards and dangers do we face in everyday life? What can we do if we think we're in a risky situation?
- Lesson 3:** How do we know if we are being pressured to do something risky or dangerous? What do we do if we are being pressured to do something that makes us feel uncomfortable?
- Lesson 4:** What are the dangers when out and about? How can we stay safe in unfamiliar places?
- Lesson 5:** What are drugs, cigarettes and alcohol? How do they affect the body and why are they dangerous?
- Lesson 6:** How can I deal with injuries and illness? How do I respond to an emergency situation?

Your child will be taking part in a range of activities, including the following:

Collaborative group tasks; paired discussions; playing a game about risks and dangers; sorting pictures; making a poster; discussing a story and empathising with the characters; recording their ideas in writing and with illustrations; giving advice to others and preparing and presenting information to the class.

About PSHE and Citizenship Education

PSHE stands for Personal, Social, Health and Economic education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.