

UKS2 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, including the decisions they make and how they can stand up to peer pressure in a range of situations. They will assess the risk associated with different situations and learn about what to do if they feel in danger. They will also learn about how to identify an emergency, what to do in this situation and how to get help when needed. They will also learn about road, rails, water and firework safety and dangerous substances that might be found around the home, including medicines.

We will be exploring these questions:

- Lesson 1:** What does it mean to take responsibility for our own safety? How can we do this?
- Lesson 2:** How can we decide if a situation is risky or dangerous? What can we do if we feel we are in a risky situation?
- Lesson 3:** Will doing something risky or dangerous make others like or admire us? What can we do when we are under pressure to do something that makes us feel uncomfortable?
- Lesson 4:** How do we know if there is an emergency? What should we do in an emergency?
- Lesson 5:** What are the potential hazards around our homes? How can I reduce risks to stay safe at home?
- Lesson 6:** What hazards and risks might we encounter outdoors? How can we stay safe in unfamiliar environments?

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

Collaborative group tasks; paired discussions; completing a crossword; making a poster; sorting scenario cards; rating the risk of situations; creating illustrations showing risks and dangers; compiling lists of health and safety rules; taking a quiz; role play and debate.

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.