

KS1 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 learn about everyday dangers, in the home and outside, and how they can keep themselves safe. Children will also learn about how to stay safe around strangers, both face to face and online. They will be taught about The Underwear Rule, which includes information about appropriate and inappropriate touching and knowing that what is inside their underwear is private. Children will also learn about people who help them and how to get help when needed, as well as their growing responsibility for their own safety.

We will be exploring the following questions:

Lesson 1: What can we do to keep ourselves safe? What should we do if we don't feel safe?

Lesson 2: Which objects in our home can be dangerous? What can we do to keep ourselves safe at home?

Lesson 3: How can we stay safe around roads? What other dangers do we need to look out for?

Lesson 4: What can I do when I feel unsafe around people I don't know? How can I stay safe from strangers when I'm using the Internet?

Lesson 5: What types of things should I share with others or keep private from them? What can I do if I feel unsafe or uncomfortable in a situation?

Lesson 6: Which people help keep us safe? How can we help those people to look after us?

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

Paired and group discussions; creating their own safety sign; identifying dangers from pictures; illustrating ways to stay safe; playing a bingo game; making a safety video; putting together puzzle pictures; learning about The Underwear Rule and creating a role play.

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.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).