

Learning Outcomes by Theme and by Year Group

Year Group	Lesson 1: Feeling Safe	Lesson 2: Feeling Unsafe	Lesson 3: Body Awareness	Lesson 4: Networks & Telling
Reception	<p>I can talk about and show how I feel</p> <p>I know when I feel safe and happy</p>	<p>I know when I don't feel safe</p> <p>I can show where Early Warning Signs are in the body</p> <p>I know that it's important to tell an adult when I don't feel safe</p>	<p>I can name all the parts of my body</p> <p>I know what touches I like and don't like</p> <p>I know I can tell someone if I don't like the way someone touches me</p>	<p>I can say when I need help and know who to ask</p> <p>I understand that if I am worried about something I can talk to a trusted adult</p>
Year 1	<p>I know when I feel safe and I can say what it feels like</p> <p>I know what happens on the inside and the outside of my body when I am feeling safe and comfortable</p> <p>I understand that different people can have different feelings about the same situation</p>	<p>I know what happens on the inside and the outside of my body when I feel unsafe.</p> <p>I know what my own Early Warning Signs are and when I might get them</p>	<p>I know my body belongs to me and there are parts of my body that are private and should not be touched without my permission</p> <p>I know that I need to keep myself and others safe</p>	<p>I know that everyone has worries sometimes and can talk about what my worries might be</p> <p>I know that if I have a worry it is important to talk to someone about it who is on my Helping Hand</p> <p>I know how to make myself heard when I want help</p>

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Year 2	<p>I understand that all children have rights and I know that I have the right to feel safe</p> <p>I can talk about the people and places that help me feel safe and comfortable</p> <p>I can find a safe place to go to in my mind when I feel worried or stressed</p>	<p>I know why it is important to listen to my Early Warning Signs</p> <p>I understand what Fun to Feel Scared means and why it is different to when I am unsafe</p> <p>I can tell you what I like being scared by (what is Fun to Feel Scared for me)</p>	<p>I know the proper names for the parts of my body that are private (the ones covered by my underwear)</p> <p>I can use the Underwear Rule to help me stay safe</p>	<p>I know the difference between secrets and surprises</p> <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</p>
Year 3	<p>I know that a feeling is just a feeling, it's not good or bad, but I have choices about my Behaviour</p> <p>I understand that I can feel different feelings at the same time</p> <p>I understand that with my right to be safe comes a responsibility to keep others safe</p>	<p>I can identify when I get my EWS but it is a Fun to Feel Scared or Risking on Purpose Situation</p> <p>I know that it is sometimes important to take a risk on purpose to help me learn new things or get help</p> <p>I can give an example of when I have responded positively to my Early Warning Signs</p>	<p>I understand the difference between safe and unsafe touches</p> <p>I know that no one has the right to touch us in a way that feels unsafe not even someone in our family</p> <p>I can use Stop- Think-Go to help me know what my options are if I start to feel unsafe.</p>	<p>I know what characteristics someone who can help me has</p> <p>I can tell you a time when I have asked for help in school</p> <p>I know where to get help outside of school</p>

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Year 4	<p>I know about the UN Convention on the Rights of the Child and how these help children to be safe</p> <p>I understand that the behaviour of some people can affect the rights of others</p> <p>I know that with all rights comes responsibilities</p>	<p>I understand the difference between a risk on purpose and when something is Unsafe</p> <p>I can recognise that dares are not always safe</p> <p>I know some ways to say no to dares that feel unsafe and that help me resist peer pressure</p>	<p>I understand the difference between treats, bribes and threats and how to keep myself safe</p> <p>I can understand the difference between safe and unsafe secrets and when to tell</p>	<p>I understand that telling someone on my Helping Hand about my worries can help me to deal with them and feel safer</p> <p>I can recognise that different people can help me with different things</p> <p>I know that it is important to review the people who are on my Helping Hand and to know who else I can talk to in an emergency</p>
Year 5	<p>I understand that words can hurt other people's feelings</p> <p>I understand how my behaviour and language can have an impact on others</p> <p>I know how to step in/make a safety stop to keep myself safe</p>	<p>I know the difference between a Fun to Feel Scared and a Risking on Purpose activity</p> <p>I understand the importance of choice, control and time limit in making safer choices</p>	<p>I know that no-one has the right to hurt children, not even someone they know</p> <p>I understand that we can talk to someone about anything</p> <p>I know that sometimes secrets can be unsafe and must not be kept</p>	<p>I can say what the characteristics of a good friendship are</p> <p>I know how to get help if I feel unsafe with people</p> <p>I can ask for help more than once if I need it</p>

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Year 6	<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>I understand the difference between safe and unsafe risks and how to handle them</p> <p>I know that Early Warning Signs are caused by the flight, fright or freeze response in our bodies</p> <p>I understand why it is important to 'risk on purpose'</p>	<p>I know I need to ask and receive permission for some types of touch</p> <p>I know when physical contact is unwanted and I know ways of resisting it</p>	<p>I can recognise safe and unsafe people and places in the community</p> <p>I understand that some people are more appropriate to talk to than others depending on the situation and what the issue is</p>