





**Theme:** Protective Behaviours (part of Healthy Me Week 1)

**Duration:** 5.5 hours

**Rationale:** Build children’s understanding that they all have the right to feel and be safe.

**Informing scheme:** NSPCC – Speak Out, Stay Safe

			
Responsibility – Takes responsibility and asks for help where needed.	Understands feelings – Discusses feelings and recognises the impact.	Equality – Shows respect for others.	Organisation – Makes the right decisions for their relationships.

	Vocabulary	Knowledge	Reading	
<b>EYFS</b>	<ul style="list-style-type: none"> <li>• speak out</li> <li>• safe</li> <li>• help</li> <li>• voice</li> <li>• feeling</li> <li>• share</li> <li>• safe place</li> <li>• trusted adult</li> </ul>	<ul style="list-style-type: none"> <li>• <b>All children should be able to:</b> <ul style="list-style-type: none"> <li>- <b>to speak out and have their voice heard</b></li> <li>- <b>be safe</b></li> <li>- <b>get help when they need it</b></li> </ul> </li> <li>• Children know that ‘Buddy’ is a friendly, green speech bubble who believes that children should be able to speak out to someone if they are feeling sad.</li> <li>• Sometimes things make us feel happy and sometimes they can make us feel sad, worried or unhappy. It is important to share your feelings (happy or sad) and not keep things to ourselves.</li> <li>• A ‘Safe Place’ is somewhere that you can go where you want to be alone. You can have a safe place at school and at home. <i>(Children should be able to identify their safe place)</i></li> <li>• A trusted adult is someone that you feel is there to help you. You have trusted adults at school and at home. <i>(Children should be able to name these using the ‘Helping Hand’ model)</i></li> <li>• If someone is making you feel unhappy, you should tell a trusted adult straight away and they will help to make it stop.</li> <li>• If you don’t tell a trusted adult, you might carry on feeling unhappy.</li> </ul>	<p><b>‘Ruby’s Worry’</b> by Tom Percival</p>	
<b>Year 1 and Year 2</b>	<ul style="list-style-type: none"> <li>• speak out</li> <li>• safe</li> <li>• help</li> <li>• voice</li> <li>• worried</li> <li>• unhappy</li> <li>• feelings</li> <li>• body</li> <li>• belong</li> <li>• private parts</li> </ul>	<ul style="list-style-type: none"> <li>• <b>All children should be able to:</b> <ul style="list-style-type: none"> <li>- <b>to speak out and have their voice heard</b></li> <li>- <b>be safe</b></li> <li>- <b>get help when they need it</b></li> </ul> </li> <li>• Children know that ‘Buddy’ is a friendly, green speech bubble who believes that children should be able to speak out to someone if they are worried or unhappy.</li> <li>• Sometimes things make us feel happy and sometimes they can make us feel sad, worried or unhappy. It is important to share your feelings (happy or sad) and not keep things to ourselves.</li> <li>• Your body belongs to you:</li> </ul>	<p>‘Talk PANTS! – Learn the Underwear Rule’ by NSPCC</p> <p>(There is a good parents guide here which can inform planning)</p>	<p><b>‘It’s My Body! A book about body privacy’ for young children’</b> by Louise Spilsbury</p>

	<ul style="list-style-type: none"> <li>• underwear</li> <li>• doctor</li> <li>• family</li> <li>• uncomfortable</li> <li>• no</li> <li>• safe place</li> <li>• relaxed</li> <li>• calm</li> <li>• trusted adult</li> <li>• Childline</li> </ul>	<ul style="list-style-type: none"> <li>- You look after it well by cleaning it and keeping yourself fresh using hot, warm, soapy water and also hand sanitiser. When you go to the toilet, you wash your hands.</li> <li>- Your private parts are covered by underwear unless you are changing, washing or going to the toilet.</li> <li>- Doctors may want to see your private parts if you need some medical help. If you don't want them to do this, you should say, "No."</li> <li>- Members of your family might see your private parts when they help you wash or get dressed. If you don't want them to do this, you should say, "No."</li> <li>- If you are asked to do something that makes you feel uncomfortable, for example, taking off your clothes, you should tell a trusted adult and they will be able to help you.</li> </ul> <ul style="list-style-type: none"> <li>• Children can get hurt.</li> <li>• A 'Safe Place' is somewhere that you can go where you want to be alone. When you are there, you should feel relaxed and calm. You can have a safe place at school and at home. <i>(Children should be able to identify their safe place)</i></li> <li>• A trusted adult is someone that you feel is there to help you. You have trusted adults at school and at home. <i>(Children should be able to name these using the 'Helping Hand' model)</i></li> <li>• There is a charity called Childline that is set up to listen to children and act as one of their Trusted adults. Although you don't know Childline, you can trust them. You can call them from a phone on 0800 1111.</li> <li>• If someone is making you feel unhappy, you should tell a trusted adult straight away and they will help to make it stop.</li> <li>• If you don't tell a trusted adult, you might carry on feeling unhappy.</li> </ul>		
<p><b>Year 3 and Year 4</b></p>	<ul style="list-style-type: none"> <li>• rights</li> <li>• safe</li> <li>• help</li> <li>• voice</li> <li>• worried</li> <li>• unhappy</li> <li>• unsafe</li> <li>• practical</li> <li>• physical</li> <li>• healthy</li> <li>• emotional</li> <li>• mental</li> <li>health</li> <li>• wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• <b>All children have rights. They have the right to:</b> <ul style="list-style-type: none"> <li>- <b>to speak out and have their voice heard</b></li> <li>- <b>be safe</b></li> <li>- <b>get help when they need it</b></li> </ul> </li> <li>• Children know that 'Buddy' is a friendly, green speech bubble who believes that children should be able to speak out to someone if they are worried, unhappy or unsafe.</li> <li>• Children understand that they need certain things in life to feel happy and safe: <ul style="list-style-type: none"> <li>- Practical: This relates to physical things that they need to live well and be healthy. Examples include; a house to provide shelter, food and water to keep their bodies alive, warmth, clothing and shoes.</li> <li>- Emotional: This relates more to our mental health and wellbeing. Examples include; family to love, friends to socialise with, kindness, laughter and physical affection such as cuddling.</li> </ul> </li> <li>• Children can get hurt. <ul style="list-style-type: none"> <li>- Their bodies can get hurt.</li> <li>- Their minds can get hurt.</li> </ul> </li> </ul>		<p><b>'No Means No!'</b> by Jayneen Sanders</p>

	<ul style="list-style-type: none"> <li>• personal space</li> <li>• comfortable</li> <li>• uncomfortable</li> <li>• safe place</li> <li>• relaxed</li> <li>• calm</li> <li>• alone</li> <li>• calm</li> <li>• trusted adult</li> <li>• Childline</li> </ul>	<ul style="list-style-type: none"> <li>• Personal space is an invisible area / space around you. When it is empty / no one is in it, it helps to make you feel safe and comfortable. When people come into your personal space, it can make you feel uncomfortable. <ul style="list-style-type: none"> <li>- If someone comes into your personal space and makes you feel uncomfortable, you should let them know and say, "No."</li> <li>- A stranger should never come into your personal space or touch your body. If they do, you should say, "No."</li> <li>- Your body is your own and you decide who comes close to you.</li> <li>- If you are asked to do something that makes you feel uncomfortable, for example, taking off your clothes, you should tell a trusted adult and they will be able to help you.</li> </ul> </li> <li>• A 'Safe Place' is somewhere that you can go where you want to be alone. When you are there, you should feel relaxed and calm. You might also go here to think clearly, have some alone time or go to calm down if you are feeling angry. You can have a safe place at school and at home. Sometimes you might not be able to get to your safe place so it can be a good idea to have an imaginary one, somewhere that you can go to mentally to feel safe. <i>(Children should be able to identify their safe place)</i></li> <li>• A trusted adult is someone that you feel is there to help you. You have trusted adults at school and at home. <i>(Children should be able to name these using the 'Helping Hand' model)</i></li> <li>• There is a charity called Childline that is set up to listen to children and act as one of their Trusted Adults. Although you don't know Childline, you can trust them. You can call them from a phone on 0800 1111.</li> <li>• If someone is making you feel unhappy, you should tell a trusted adult straight away and they will help to make it stop.</li> <li>• If you don't tell a trusted adult, you might carry on feeling unhappy.</li> </ul>	
<p><b>Year 5 and Year 6</b></p>	<ul style="list-style-type: none"> <li>• rights</li> <li>• safe</li> <li>• help</li> <li>• voice</li> <li>• worried</li> <li>• unhappy</li> <li>• unsafe</li> <li>• decide</li> <li>• consent</li> <li>• permission</li> <li>• safe place</li> <li>• relaxed</li> <li>• calm</li> <li>• alone</li> <li>• calm</li> <li>• trusted adult</li> <li>• Childline</li> </ul>	<ul style="list-style-type: none"> <li>• <b>All children have rights. They have the right to:</b> <ul style="list-style-type: none"> <li>- <b>to speak out and have their voice heard</b></li> <li>- <b>be safe</b></li> <li>- <b>get help when they need it</b></li> </ul> </li> <li>• Children know that 'Buddy' is a friendly, green speech bubble who believes that children should be able to speak out to someone if they are worried, unhappy or unsafe.</li> <li>• Children can get hurt. <ul style="list-style-type: none"> <li>- Their bodies can get hurt.</li> <li>- Their minds can get hurt.</li> </ul> </li> <li>• Your body is your own and you decide who comes close to you and who touches you.</li> <li>• Consent is when permission is given to do something or for something to happen. We are able to not give consent about people touching our bodies. This means that people shouldn't touch us in areas that we don't want them to. <i>(Children should be able to identify areas of their body that are green = anyone / amber = besties and close family / red = personal / private)</i> If someone touches you in an area that you don't give consent for, you should say, "No," and explain to them</li> <li>• A 'Safe Place' is somewhere that you can go where you want to be alone. When you are there, you should feel relaxed and calm. You might also go here to think clearly, have some alone time or go to calm down if you are feeling angry. You can have a safe place at school and at home. Sometimes you might not be able to get to your safe place so it can be a good</li> </ul>	<p><b>'Some Secrets Should Never Be Kept'</b> by Jayneen Sanders</p>

		<p>idea to have an imaginary one, somewhere that you can go to mentally to feel safe. <i>(Children should be able to identify their safe place)</i></p> <ul style="list-style-type: none"><li>• A trusted adult is someone that you feel is there to help you. You have trusted adults at school and at home. <i>(Children should be able to name these using the 'Helping Hand' model)</i></li><li>• There is a charity called Childline that is set up to listen to children and act as one of their Trusted Adults. Although you don't know Childline, you can trust them. You can call them from a phone on 0800 1111.</li><li>• If someone is making you feel unhappy, you should tell a trusted adult straight away and they will help to make it stop.</li><li>• If you don't tell a trusted adult, you might carry on feeling unhappy.</li></ul>	
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