

Lesson number and title	Strand	Objectives	Overview
1. Staying safe in my school	Living in the Wider World Health Education	To learn how people and other living things have different needs; about the responsibilities of caring for them. To know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	This lesson helps pupils to understand that school rules are in place to keep everyone safe. Pupils explore the concept of being safe and relate this to their school. They consider times and places where pupils may not feel safe and choose their own most important rule.
2. Staying safe outside	Living in the Wider World Relationships Education	To know about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency. To learn about different jobs that people they know or people who work in the community do. To learn about the different roles and responsibilities people have in their community. To know how to assess risk and understand the consequences of unsafe choices. To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	This lesson looks at being safe outside in the pupils' locality and aims to empower pupils to keep themselves safe. The main part of the lesson focuses on Sam, a character who makes unsafe choices. Pupils are encouraged to consider the consequences of unsafe choices and what to do if they are lost.
3. Staying safe at home	Health Education	To know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. To understand why rules are needed to keep everyone safe in the home, in particular rules around medicines and dispensing of medicines.	This lesson looks at rules for safety in the home, in particular around medicines. Pupils learn about medicines as drugs and explore how they can be both safe and unsafe.

Lesson number and title	Strand	Objectives	Overview
4. Keeping myself safe	Relationships Education Health Education	To know how to recognise and report feelings of being unsafe or feeling bad about any adult. To know how to ask for advice or help for themselves or others, and to keep trying until they are heard. To know how to report concerns or abuse, and the vocabulary and confidence needed to do so. To know that people sometimes behave differently online, including by pretending to be someone they are not. To know where and how to report concerns and get support with issues online. To know how to be assertive and to take responsibility for your own safety.	In this final lesson, pupils consider how to keep themselves safe in the real world and the virtual world by being assertive and by telling one of their five trusted adults if they are concerned about anything.