

Feeling Good, Feeling Safe

A whole school approach to keeping children safe

A PSHE education resource to support primary school pupils to learn the skills they need to stay safe

Second Edition



Developed by Safety Net, Brighton & Hove's Education Team and St Mary's Catholic Primary School



Learning outcomes by theme

Learning Outcomes by Theme and by Year Group

Year Group	Lesson 1: Feelings & Feeling Safe	Lesson 2: Feeling Unsafe & Early Warning Signs	Lesson 3: Body Awareness & Secrets	Lesson 4: Networks & Telling
Reception	<p>I can talk about and show how I feel</p> <p>I know when I feel safe</p> <p>I know when I feel 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 I 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>

Year Group	Lesson 1: Feelings & Feeling Safe	Lesson 2: Feeling Unsafe & Early Warning Signs	Lesson 3: Body Awareness & Secrets	Lesson 4: Networks & Telling
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</p> <p>I know the people who look after me and who to go to if I am worried</p>

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Year 3	<p>I know that a feeling is just a feeling, it's not good or bad and that I have some 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 early warning signs 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 United Nations Convention on the Rights of the Child and how these help children to feel and 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 ways to 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 understand when to tell</p>	<p>I understand that telling someone on my helping hand about my worries can help me to deal with worries 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 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 I can talk with someone about anything, even if it feels awful or small</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 to</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 safe</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 sometimes important to 'risk on purpose'</p> <p>I understand how and when anxiety might affect me.</p> <p>I know some positive ways to manage anxiety.</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>