

Glenfield Infant School Knowledge Organiser



Year 2— Spring 1

RSHE

Keeping Safe

What should I already know?

I can give examples of safe and unsafe secrets, and I know safe people I can talk to if something feels wrong

I can describe touches that are OK or not OK (even if they didn't happen to me) and can identify a safe person to tell if something feels not OK.

I can explain that things can be helpful or harmful and give examples of how to use them safely.

Vocabulary

Medicines Special things we take to help our bodies feel better when we are sick.

Feelings The emotions we have inside, like happy, sad, scared, or excited.

Touch When someone's body makes contact with another person or thing, like a hug or a high-five.

Private Something that belongs to you and shouldn't be shared unless you choose to.

Uncomfortable Something doesn't feel right and makes you want it to stop.

Surprise Something fun or unexpected that you weren't told about yet, like a birthday party or a special treat.

Secret Something you know and don't tell everyone, but you should always tell a safe adult if a secret makes you feel worried or confused.

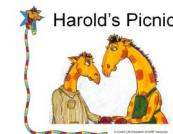
Unsafe Something that could hurt you or make you feel scared and you need to get help from a safe adult.

1. Harold's Panic

The story of Harold where he starts to feel poorly and needs medicine. After deciding what is wrong with him, we decide solutions that could make Harold feel better...

i.e. better sleep/ nighttime routines, staying hydrated, asking parents with help taking medicines that are the correct dose.

Medicines should be kept out of reach of children and only taken when it is needed.



2. How safe would you feel?

Safe or unsafe ...

Completely Safe ← → Completely Unsafe

Going on a rollercoaster

Being in the kitchen when someone is boiling water

Playing new a busy road or railway line

Cycling down a busy road



Some situations are less safe than others and it is important to make sure we know who our special people are that can keep us safe.

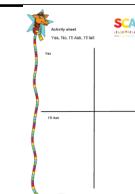
3. What should Harold say?

We considered...

- When would it be best to say yes to someone?
- Why do we sometimes need to say no?
- When do we sometimes need to ask for help or check something?
- When might we need to tell an adult something?



'Yes' 'No' 'I'll ask' or 'I'll tell' are all appropriate responses to situations. It is important to assess situations and choose the one we feel is right.



4. I don't like that!

P: Privates are private

A: Always remember that your body belongs to you

N: No means no

T: Talk about secrets that upsets you

S: Speak up, someone can help.

If someone feels worried about anything, they should tell someone and if that person is busy or doesn't seem to listen then they should tell someone else.



5. Fun or not?

We discussed a range of scenario's that we may not like and will not be fun.

Who could somebody go to if they feel uncomfortable or hurt?

Who can they tell about it?

A list of trusted adults we can talk to is important to remind us of who can help with tricky situations.

6. Should I tell?

What is the difference between a surprise and a secret?

A surprise is something that everyone will find out about in time, a secret is when someone says you should not tell anyone about something.



It is OK to keep a happy surprise but it is never OK to keep an adult's unhappy secret. E.g. it is fine not to tell if Granny says, "Don't tell Mummy we've bought her some perfume for her birthday" but it is not fine if a grown up says, "You must keep this a secret and never tell anyone."

