

# **Year 2: My family and me**

## **Lesson 4: Feeling safe inside and out**

Learning Objectives:

- To be able to recognise safe and unsafe situations
- To be able to recognise the physical signs of feeling unsafe
- To know what to do if feeling unsafe while on technology (online)

## **Learning Outcomes:**

### **Being safe:**

- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- how to recognise and report feelings of being unsafe or feeling bad about any adult
- how to ask for advice or help for themselves or others, and to keep trying until they are heard Mental wellbeing
- 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)

What does the term 'safe' mean?

The dictionary definition of safe:

[Click here](#)

When you're feeling safe, what feelings do you experience? I'd like you to give answers and say where you feel safest: 'I feel really safe when ...



- What things make us feel scared?
- Are there things we need to keep safe from?

Some things that make us worried or concerned might be the actions of others or things that we see online (tablets, computers or mobile phones).



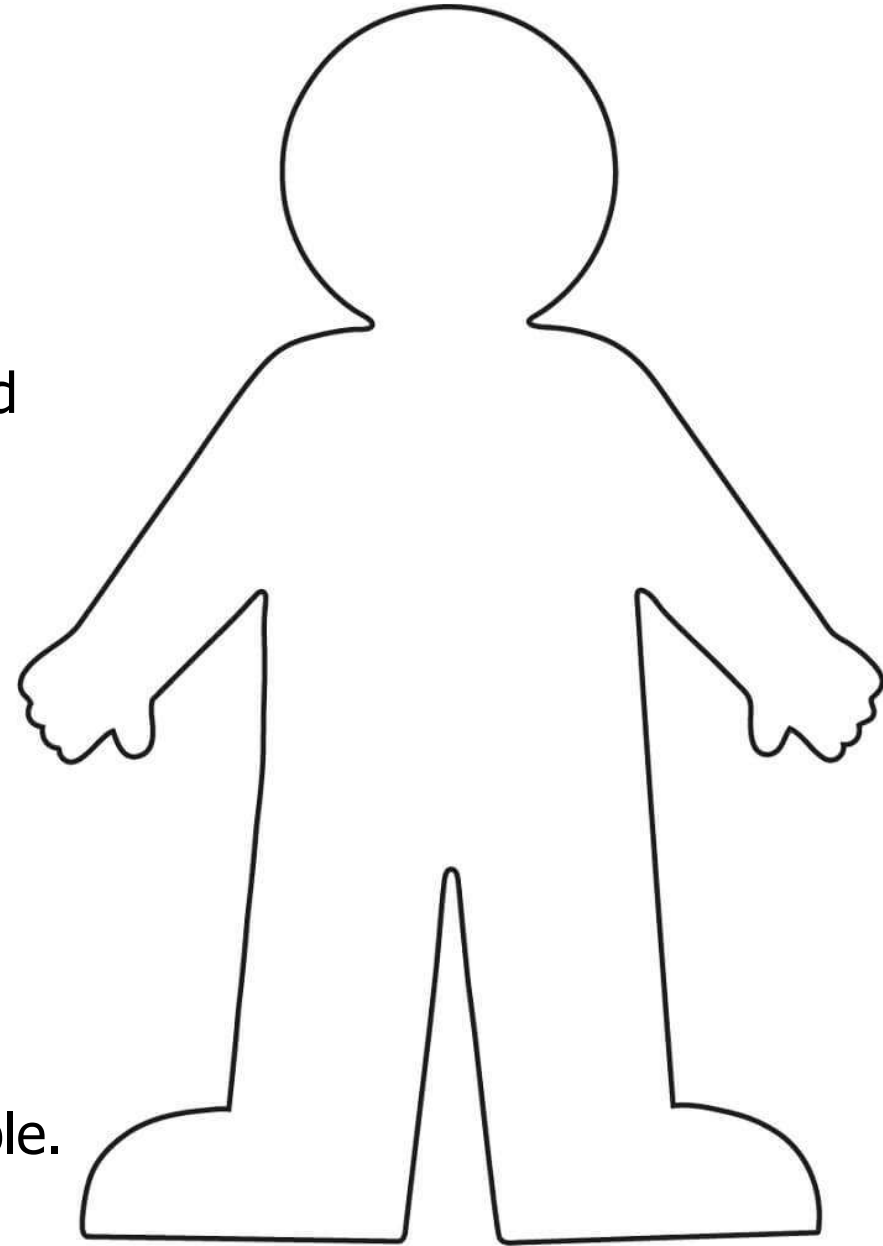
# Activity: Jelly Belly

Draw around the outline of a child and ask class to surround outline on carpet. Explore things they think might make children scared, record responses around the outside of the outline.

There are real and imaginary dangers and that it is difficult to sometimes tell the difference.

It is a misconception that the people that make us scared are always strangers.

Sometimes people make us feel uncomfortable and scared as well as situations and places. It may be someone you know that makes you feel uncomfortable.





**NSPCC**

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

## The PANTS rules

---

**P** RIVATES ARE PRIVATE

**A** LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

**N** O MEANS NO

**T** ALK ABOUT SECRETS  
THAT UPSET YOU

**S** PEAK UP, SOMEONE  
CAN HELP

# Your body

---

- Your body belongs to you.
- Get your PANTS ready!
- Follow your teacher's instructions and talk about which parts of your body are private.





## Good and bad touch

---

- Touch can be **good** or **bad**.
- People touch you for different reasons.
- Sometimes touch feels bad, but is necessary.
- You should never be asked to keep secrets about touch.

## People you can trust

---

- Who do you trust most in the world?
- Trusted people are different for everyone.
- Write down a list of the people you trust.

# Remember the PANTS rules

---

**P**RIVATES ARE PRIVATE

**A**LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

**N**O MEANS NO

**T**ALK ABOUT SECRETS  
THAT UPSET YOU

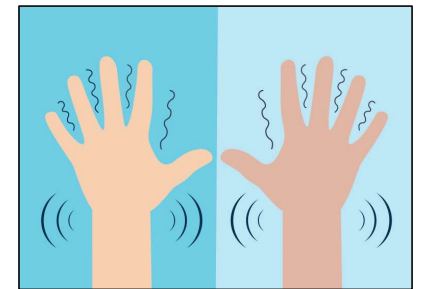
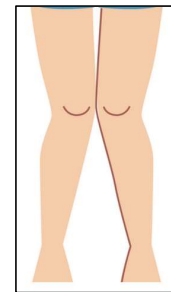
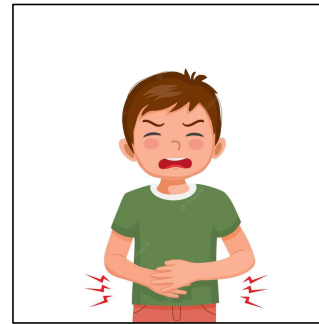
**S**PEAK UP, SOMEONE  
CAN HELP

**Activity** - Warning Signs (use the body outline as a prompt)

Discuss the body signals our body gives when we feel we are in danger or that something is wrong.

Explore the emotions: worry, fear, anxiety, overwhelmed. Body signs - place small pictures on outline.

Re-emphasise the discussion relating to feeling body safe especially around the private parts and that no one should be touching the pants area unless a doctor or parent is helping you if you need it.



You should feel body safe, especially around the private parts and that no one should be touching (pants area) unless a doctor or parent is helping you if you need it.

It is not always right to keep secrets. When is it okay to keep a secret? e.g. a birthday present, or Mum is expecting a baby.

It is not right to keep a secret if you are told that you must never share it. If you feel unhappy or uncomfortable you **must** tell a trusted adult.



## Help and Support Identifying trusted adults

Whose job is it to keep us safe? Who can keep us safe at school / home / church / mosque / temple / clubs etc.

Record these people on the white board. Explain these are our 'trusted adults'.

Talk about people who care for us and how they make us feel safe Identify people who make you feel safe and people who can help to keep us safe (these can include family support workers, police officers, teachers etc).

### Activity

Who are your 5  
TRUSTED ADULTS?

