	PSHCE	Year: 5
	Term 3	Theme: Keeping Safe

Core Learning Behaviour: Be confident

Safeguarding Alerts: (add individual children's initials where applicable) – 'MM'

Be aware of:

- Lessons involving inappropriate or unwanted touch may trigger disclosure of acts of sexual abuse made by themselves, a family member or class mate
- Children at risk of or subjected to FGM, including siblings

Mental Health and Wellbeing:

Pupils should know…

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- where and how to seek support

Knowledge:

- to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations
- how to ask for, give and not give permission for physical contact
- how it feels in a person's mind and body when they are uncomfortable
- that it is never someone's fault if they have experienced unacceptable contact
- how to respond to unwanted or unacceptable physical contact
- that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about
- whom to tell if they are concerned about unwanted physical contact
- identify when situations are becoming risky, unsafe or an emergency
- identify occasions where they can help take responsibility for their own safety
- differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour
- how to deal with common injuries using basic first aid techniques
- how to respond in an emergency, including when and how to contact different emergency services
- that female genital mutilation (FGM) is against British law[1]
- what to do and whom to tell if they think they or someone they know might be at risk of FGM

Skills:

- identify and describe what is meant by personal space including un/acceptable, un/wanted touch?
- Explain why respect towards personal space and asking permission for physical contact is so important
- Demonstrate respect towards the personal space of others and asking for permission for physical contact
- Identify who to go to if they are concerned about unwanted physical contact
- Describe what is meant by FGM and why it is against British Law
- Explain what you should do and who you should tell if you or someone else is at risk of FGM
- When might you take responsibility for your own and other's safety including in an emergency?
- identify when situations are becoming risky, unsafe or an emergency
- Give examples of occasions where they can help take responsibility for their own safety
- Differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour
- Demonstrate how to deal with common injuries using basic first aid techniques
- Explain how to respond in an emergency, including when and how to contact different emergency services

Prior Learning:

- 'Keeping Safe' PSHE Units: YR-4

Vocabulary:

Personal Space, permission, positive risk, dangerous behaviour, common injury, first aid, emergency services, FGM, vulva, British Law

Cross Curricular Links:

Computing curriculum: Termly internet safety lessons (incl. Whole School Internet Safety Day activities: YR-4)
PE: negotiating space with others in sports activities

Oracy:

Circle time discussions – use class toy to know when to speak. Provide sentence stems for responses and encourage all to respond in the circle. Work in pairs to encourage all children to participate and to promote active listening.

Wider Reading	Enrichment
It's my body! What I say goes! by Jayneen Sanders PANTS Rule NSPCC story (good social story for individuals with SEND)	Internet Safety Day NSPCC assembly and workshop (every 3 years)