



**YEAR 1**

* I know that some types of physical contact are never appropriate.
* I know what to do if I get lost.
* I know and identify a hazard in the home.
* I know that some things are unsafe to put in my body.
* I know that the emergency services are the police, fire service and the ambulance service.

My PSHE Learning Journey –

Safety and the Changing Body



**EYFS**

* Explain the reasons for rules, know right from wrong and try to behave

accordingly.

Being safe (Including Online)

Drugs, alcohol and tobacco

The changing adolescent body

Basic first aid

**YEAR 6**

* I understand that online relationships should be treated the same way as face to face relationships.
* I know where to get help with online problems.
* I know the risks associated with drinking alcohol.
* I understand how a baby develops.

**YEAR 5**

* I know the steps before sending a message online (Use the THINK mnemonic)
* I know some strategies I can use to overcome pressure from others and make my own decisions.
* I know the process of the menstrual cycle.
* I know puberty happens at different ages for different people.
* I know how to assess a casualty’s condition.

**YEAR 4**

* I know the risks of sharing things online.
* I know the difference between private and public.
* I understand the risks with smoking tobacco.
* I understand the physical changes to both male and female bodies as people grow from children to adult.
* I know that asthma is a condition which causes the airways to narrow.

**YEAR 2**

* I know the PANTS rule.
* I know the difference between secrets and surprises.
* I know the rules for crossing the road safely.
* I know that we should only take medicines when a trusted adult says we can.
* To know that medicine can help us when we are ill.
* I know the names of parts of body including private parts.

**YEAR 3**

* I know that cyber bullying is bullying that takes place online.
* To know the signs that an email might to fake.
* To know the rules for being safe near roads.
* I know that other people can influence our choices.
* I know that bites or stings can cause an allergic reaction.
* To know that it is important to maintain the safety of themselves and others before giving first aid.