

## Overview of our Safeguarding Curriculum

PSHE Jigsaw curriculum	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
<b>Early Years</b>	<ul style="list-style-type: none"> <li>Know that hands can be used kindly and unkindly</li> <li>Know they have a right to learn and play, safely and happily</li> </ul>	<ul style="list-style-type: none"> <li>Know that families can be different</li> <li>Know different ways of making friends</li> <li>Know the names of some emotions such as happy, sad, frightened, angry</li> </ul>	<ul style="list-style-type: none"> <li>Know which words are kind</li> <li>Know I can feel proud when I achieve a goal</li> </ul>	<ul style="list-style-type: none"> <li>Know the names for some parts of their body</li> <li>Keeping healthy</li> <li>Toileting - NSPCC PANTS rule</li> <li>Know what to do if they get lost</li> <li>Stranger danger</li> </ul>	<ul style="list-style-type: none"> <li>Know some of the characteristics of healthy and safe friendship</li> <li>Know that friends sometimes fall out</li> <li>Know some ways to mend a friendship</li> </ul>	<ul style="list-style-type: none"> <li>Know body parts</li> <li>Know who to talk to if they are feeling worried</li> <li>Know that sharing how they feel can help solve a worry</li> </ul>
<b>Other curriculum links</b>	<p>Marvellous Me Topic: People who help us; stranger danger; grown-ups that can help us /we can trust</p> <p>Journeys topic: road safety and road signs (including a trip to the local library)</p> <p>Celebrations topic: discuss fire/ firework safety (links with Bonfire Night/Diwali)</p> <p>Amazing Animals: hygiene and safety around animals (including a to Godstone Farm)</p> <p>In context/ conversation - concept of consent talked about in relation to behaviour (kind hands etc)</p> <p>iLearn2 on line safety:</p> <ol style="list-style-type: none"> <li>To be aware of age-appropriate dangers of the internet</li> <li>Know the positives and negatives of using the internet</li> <li>Know who to tell if something's wrong</li> <li>Understand how far a message can get in how much time through social media.</li> <li>Understand that on the internet, things are not always what they say they are</li> </ol>					
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<b>Year 1</b>	<ul style="list-style-type: none"> <li>Understand that their choices have consequences</li> </ul>	<ul style="list-style-type: none"> <li>Know what bullying means</li> <li>Friendships</li> </ul>		<ul style="list-style-type: none"> <li>Know the difference between being healthy and unhealthy</li> <li>Know some ways to keep healthy</li> <li>Know that medicines, can be harmful</li> </ul>	<ul style="list-style-type: none"> <li>Know that there are lots of different types of families</li> <li>Know that families are founded on belonging, love and care</li> <li>Know the characteristics of healthy and safe friends</li> </ul>	<ul style="list-style-type: none"> <li>Know the names of male and female private body parts</li> <li>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</li> <li>NSPCC PANTS rule</li> </ul>

				<ul style="list-style-type: none"> <li>Know how to keep safe when crossing the road</li> <li>Know about people who can keep them safe</li> </ul>	<ul style="list-style-type: none"> <li>Know that physical contact can be used as a greeting</li> <li>Know who to ask for help in the school community</li> </ul>	<ul style="list-style-type: none"> <li>Know who to ask for help if they are worried or frightened</li> </ul>
<b>Other curriculum links</b>	Fire safety (Fireworks night, autumn 1) iLearn2 - Online safety 1. Understand what personal information is and why we keep personal information private. 2. Understand why websites want personal information 3. Identify when and where to go for help when concerned Stranger Danger/who can we ask for help - as part of discussions around trips, and PSHE 'Being me in my world'					

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<b>Year 2</b>	<ul style="list-style-type: none"> <li>Identify some of my hopes and fears for this year</li> <li>Understand the rights and responsibilities for being a member of my class and school</li> <li>Know that it is important to listen to other people</li> <li>Recognise the choices I make and understand the consequences</li> </ul>	<ul style="list-style-type: none"> <li>Know there are stereotypes about boys and girls</li> <li>Know that it is OK not to conform to gender stereotypes</li> <li>Know that sometimes people get bullied</li> <li>Know where to get help if being bullied</li> <li>Know the difference between a one-off incident and bullying</li> </ul>		<ul style="list-style-type: none"> <li>Know what their body needs to stay healthy</li> <li>Know what makes them feel relaxed / stressed</li> <li>Know that it is important to use medicines safely</li> </ul>	<ul style="list-style-type: none"> <li>Know that everyone's family is different</li> <li>Know that there are lots of forms of physical contact within a family</li> <li>Know how to stay safe if someone is hurting them</li> <li>Know some reasons why friends have conflicts</li> <li>Know there are good secrets and worry secrets and why it is important to share worry secrets</li> <li>Know what trust is</li> </ul>	<ul style="list-style-type: none"> <li>Know the correct names for private body parts</li> <li>Know that private body parts are special and that no one has the right to hurt these</li> <li>Know who to ask for help if they are worried or frightened</li> <li>Know there are different types of touch and that some are acceptable and some are unacceptable</li> <li>NSPCC PANTS rule</li> </ul>

<p><b>Other curriculum links</b></p>	<p>Fire safety (linked to The Great Fire of London) iLearn2 - Online safety</p> <ol style="list-style-type: none"> <li>1. Understand the dangers of sharing photos online?</li> <li>2. Understand people online are not always who they say they are.</li> <li>3. Understand the challenges of trusting information online.</li> <li>4. Using the Internet responsibly.</li> <li>5. Being respectful online</li> </ol> <p>Stranger Danger/who can we ask for help - school trips</p>
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<p><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Know that actions can affect others' feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Know that sometimes family members don't get along and some reasons for this</li> <li>• Know that conflict is a normal part of relationships</li> <li>• Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</li> <li>• Know that some words are used in hurtful ways and that this can have consequences</li> </ul>		<ul style="list-style-type: none"> <li>• Know that there are different types of drugs</li> <li>• Know that there are things, places and people that can be dangerous</li> <li>• Know a range of strategies to keep themselves safe</li> <li>• Know when something feels safe or unsafe</li> <li>• Know that their bodies are complex and need taking care of</li> </ul>	<ul style="list-style-type: none"> <li>• Know some strategies for keeping themselves safe online</li> <li>• Know how some of the actions and work of people around the world help and influence my life</li> <li>• Know that they and all children have rights (UNCRC)</li> </ul>	<ul style="list-style-type: none"> <li>• Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</li> <li>• Know some of the outside body changes that happen during puberty</li> <li>• Know some of the changes on the inside that happen during puberty</li> <li>• NSPCC PANTS rule</li> </ul>
<p><b>Other curriculum links</b></p>	<p>Feet first - Road safety I-learn2 - On line safety</p> <ol style="list-style-type: none"> <li>1. Understand what to do if something upsets you online.</li> <li>2. Understand why and how people can be nasty online.</li> </ol>					

	<ol style="list-style-type: none"> <li>3. Describe the term 'sharing online' and why we need to get permission to share photos and videos of other people.</li> <li>4. Understand why people pretend to be someone else online.</li> <li>5. Understand why we only talk to people we know in the real world, when online.</li> <li>6. Understand why we should not always trust what we read online and how to check</li> <li>7. Understand the importance of being kind in the real world and also online.</li> </ol>
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Year 4	<ul style="list-style-type: none"> <li>• Know that their own actions affect themselves and others</li> </ul>	<ul style="list-style-type: none"> <li>• Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying</li> <li>• Know what to do if they think bullying is, or might be taking place</li> <li>• Know the reasons why witnesses sometimes join in with bullying and don't tell anyone</li> </ul>		<ul style="list-style-type: none"> <li>• Know the facts about smoking and its effects on health</li> <li>• Know some of the reasons some people start to smoke</li> <li>• Know the facts about alcohol and its effects on health</li> <li>• Know some of the reasons some people drink alcohol</li> <li>• Know ways to resist when people are putting pressure on them</li> <li>• Know what they think is right and wrong</li> </ul>	<ul style="list-style-type: none"> <li>• Know that jealousy can be damaging to relationships</li> <li>• Know that loss is a normal part of relationships</li> <li>• Know that negative feelings are a normal part of loss</li> <li>• Know that memories can support us when we lose a special person or animal</li> <li>• Know that change is a natural part of relationships/ friendship</li> <li>• Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe</li> </ul>	<ul style="list-style-type: none"> <li>• Know the names of the different internal and external body parts that are needed to make a baby</li> <li>• Know that personal hygiene is important</li> <li>• Know that change can bring about a range of different emotions</li> </ul>

<p><b>Other curriculum links</b></p>	<p><b>On-line safety (iLearn2):</b></p> <ol style="list-style-type: none"> <li>1. Understand what to do if something upsets you online.</li> <li>2. Understand why and how people can be nasty online</li> <li>3. Describe the term ‘sharing online’ and why we need to get permission to share photos and videos of other people.</li> <li>4. Understand why people pretend to be someone else online.</li> <li>5. Understand why we only talk to people we know in the real world, when online.</li> <li>6. Understand why we should not always trust what we read online and how to check</li> <li>7. Understand the importance of being kind in the real world and also online.</li> </ol> <p>Science - electrical safety          Bikeability- introduction to road safety          Trip to reservoir- water safety          Swimming - road safety and water safety</p>
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<p><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Understand the rights and responsibilities associated with being a citizen in the wider community and their country</li> <li>• Know how an individual's behaviour can affect a group and the consequences of this</li> </ul>	<ul style="list-style-type: none"> <li>• Know what culture means</li> <li>• Know what racism is and why it is unacceptable</li> <li>• Know that rumour spreading is a form of bullying on and offline</li> <li>• Know external forms of support in regard to bullying e.g. Childline</li> <li>• Know that bullying can be direct and indirect</li> </ul>		<ul style="list-style-type: none"> <li>• Know the health risks of smoking on the body</li> <li>• Know some of the risks linked to misusing alcohol, including antisocial behaviour</li> <li>• Know basic emergency procedures including the recovery position</li> <li>• Know how to get help in emergency situations</li> <li>• Know that the media, social media and celebrity culture promotes certain body types</li> </ul>	<ul style="list-style-type: none"> <li>• Know that belonging to an online community can have positive and negative consequences</li> <li>• Know that there are rights and responsibilities in an online community or social network</li> <li>• Know that there are rights and responsibilities when playing a game online</li> <li>• Know that too much screen time isn't healthy</li> <li>• Know how to stay safe when using</li> </ul>	<ul style="list-style-type: none"> <li>• Know that sexual intercourse can lead to conception</li> <li>• Know that becoming a teenager involves various changes and also brings growing responsibility</li> </ul>

				<ul style="list-style-type: none"> <li>Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure</li> <li>Know what makes a healthy lifestyle</li> </ul>	technology to communicate with friends	
<b>Other curriculum links</b>	<p>Ilearn 2 - online safety</p> <ol style="list-style-type: none"> <li>Understand to keep personal information private.</li> <li>Respect and protect against online bullies.</li> <li>Understand the consequences of sharing photo/videos online.</li> <li>Understand the term <i>digital footprint</i>.</li> <li>Check online content is trustworthy.</li> <li>Understand how, where and who can we report concerns we have to.</li> <li>Understand the pitfalls of in-app purchases.</li> <li>Understand how and why companies/people track our online behaviour and how we can prevent it.</li> </ol> <p>DT : Cookery (Hot Cross Buns)</p> <ul style="list-style-type: none"> <li>Food and kitchen safety</li> <li>healthy lifestyles</li> <li>positive mental health</li> </ul>					

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<b>Year 6</b>	<ul style="list-style-type: none"> <li>Know about children's universal rights (United Nations Convention on the Rights of the Child)</li> <li>Understand that their own choices</li> </ul>	<ul style="list-style-type: none"> <li>Know that power can play a part in a bullying or conflict situation</li> <li>Know that people can hold power over others</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Know how to take responsibility for their own health</li> <li>Know how to make choices that benefit their own health and well-being</li> </ul>	<ul style="list-style-type: none"> <li>Know that it is important to take care of their own mental health</li> <li>Know ways that they can take care of their own mental health</li> </ul>	<ul style="list-style-type: none"> <li>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves</li> </ul>

	<p>result in different consequences and rewards</p>	<ul style="list-style-type: none"> <li>individually or in a group</li> <li>Know why some people choose to bully others</li> <li>Know that people with disabilities can lead amazing lives</li> <li>Know that difference can be a source of celebration as well as conflict</li> </ul>		<ul style="list-style-type: none"> <li>To know what contributes to healthy sleep behaviours.</li> <li>Know about different types of drugs and their uses</li> <li>Know how these different types of drugs can affect people's bodies</li> <li>Know that some people can be exploited and made to do things that are against the law</li> <li>Know why some people join gangs and the risk that this can involve</li> <li>Know what it means to be emotionally well</li> <li>Know that stress can be triggered by a range of things</li> </ul>	<ul style="list-style-type: none"> <li>Know that sometimes people can try to gain power or control them</li> <li>Know some of the dangers of being 'online'</li> <li>Know how to use technology safely and positively to communicate with their friends and family</li> </ul>	<p>physically and emotionally</p> <ul style="list-style-type: none"> <li>Know how being physically attracted to someone changes the nature of the relationship</li> <li>Know the importance of self-esteem and what they can do to develop it</li> </ul>
<p><b>Other curriculum links</b></p>	<p><b>Learn 2 - online safety</b></p> <ol style="list-style-type: none"> <li>Understand to keep personal information private.</li> <li>Respect and protect against online bullies.</li> <li>Understand the consequences of sharing photo/videos online.</li> <li>Understand the term <i>digital footprint</i>.</li> <li>Check online content is trustworthy.</li> <li>Understand how, where and who can we report concerns we have to.</li> <li>Understand the pitfalls of in-app purchases.</li> <li>Understand how and why companies/people track our online behaviour and how we can prevent it. (Data Defenders activity)</li> </ol> <p>DT : Cookery (Pies)</p> <ul style="list-style-type: none"> <li>Food and kitchen safety</li> <li>Using saws for fairground ride</li> </ul>					

Junior citizen trip: CPR - Railway safety -- Sea safety - healthy living (also in science) - drugs (also in science) - electrical safety

Bike ability: road safety

PE

- healthy lifestyles

- positive mental health