



Year 2—Learning for Life

Keeping Me Safe



You have already learnt...

- Know what to do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone).
- Give examples of how I keep myself healthy such as sleeping and exercise.
- That medicines can be harmful

Key Knowledge

- Give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong.
- Give other examples of touches that are ok or not ok and identify a safe person to tell if I felt 'not OK' about something.
- Explain that they can be helpful or harmful, and say some examples of how they can be used safely.

Key Skills

- Asking for help

Key vocabulary

worried	when you think about problems or fears
secrets	keeping something hidden or not telling someone something
surprise	something that was not expected
uncomfortable	not comfortable
tell	speak to someone



worried



secret



surprise



uncomfortable



tell

Next year you will learn...

- Say what I could do to make a situation less risky or not risky at all.
- Say why medicines can be helpful or harmful. I can tell you a few things about keeping my personal details safe online.
- Explain why information I see online might not always be true.