

Year 1 and 2: Health and Wellbeing

Subject Specific Vocabulary	
Safe	Not in danger or harm.
Rules	A law or direction that tells you what to do and what not to do.
Restrictions	Something that limits or controls an action.
Risks	A chance of getting hurt or put in danger
Pressure	A strong influence on the mind or emotions.
Secret	Something that is kept or meant to be kept unknown or unseen by others



What helps us stay safe?



What I will learn by the end of this topic:

- How rules and restrictions help to keep us safe
- How to identify risks and possible unsafe situations and steps to avoid them
- How to resist pressure to do something that makes me feel uncomfortable, including keeping secrets
- How not everything online is trustworthy and people can pretend to be someone else
- How to tell an adult I trust if I am worried for myself or others and have concerns that something is unsafe

Keeping Safe

Our eSafety Top Tips!

<p>1 People you don't know are strangers. They're not always who they say they are.</p>	<p>2 Be nice to people like you would on the playground.</p>
<p>3 Keep your personal information private.</p>	<p>4 If you ever get that 'uh oh' feeling, tell a grown-up you trust.</p>

Previous Learning

- I can talk about my own and others' behaviour and know that some behaviour is unacceptable.
- I can understand and follow rules
- I can say when I do or don't need help