

Protective Behaviours Curriculum for Year One

Feeling Good, Feeling Safe

A whole school approach to keeping children safe

A PSHE education resource to support primary school pupils to learn the skills they need to stay safe



Developed by Safety Net, Brighton & Hove's Standards and Achievement Team and St Mary's Catholic Primary School



Lesson 1

Feelings and Feeling Safe



GROUND RULES

- Take turns to speak
- Listen respectfully
- No put downs- don't laugh at others
- Think about what you share
- Use scientific vocabulary for body parts
- Everyone has the right to pass



Aims of the lesson:

I know when I feel safe and I can say what it feels like

I know what happens on the inside and the outside of my body when I am feeling safe and comfortable

I understand that different people can have different feelings about the same situation



**“We all have
the right to
feel safe
all the time”**



How can we sort
the animals?



Can you tell which animals feel
safe and which do not feel safe?

How do we know when animals feel safe?





What about people?



Who is feeling safe?
How can we tell?





Is it the same
for everyone?

Why do some people
look happy and
others not happy?

I feel safe when...



-
-
-

Is it important
for people to
feel safe?

Play the Trusting circle game

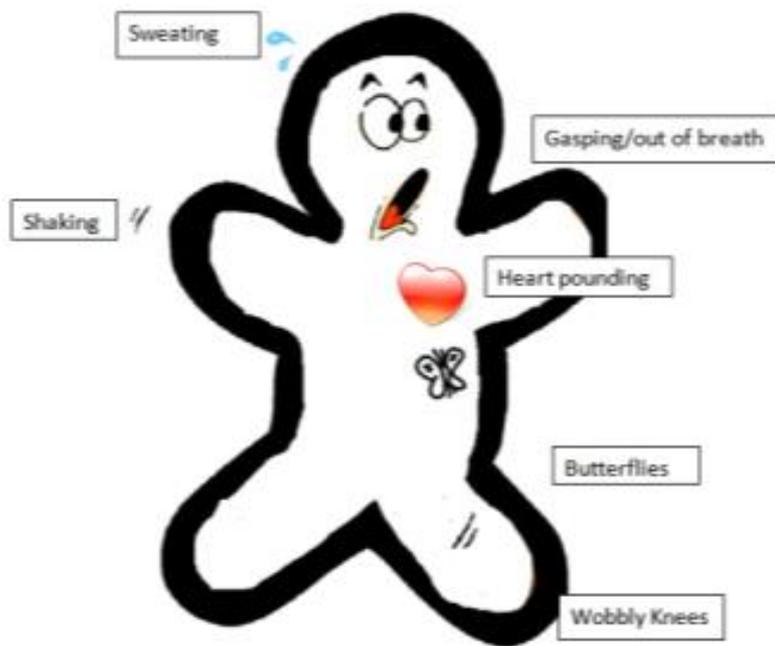


**“We all have
the right to
feel safe
all the time”**

**“We can talk with
someone about
anything, even if it
feels awful or small”**

Lesson 2

Feeling Unsafe and Early Warning Signs



Aims of the lesson:

I know what happens on the inside and the outside of my body when I feel unsafe.

I know what my own Early Warning Signs are and when I might get them.

Last lesson we talked about feeling safe.
This week we are going to talk about when
we don't feel safe.

What can we do to stay
safe in the lesson and if
we are worried or upset
by anything afterwards?

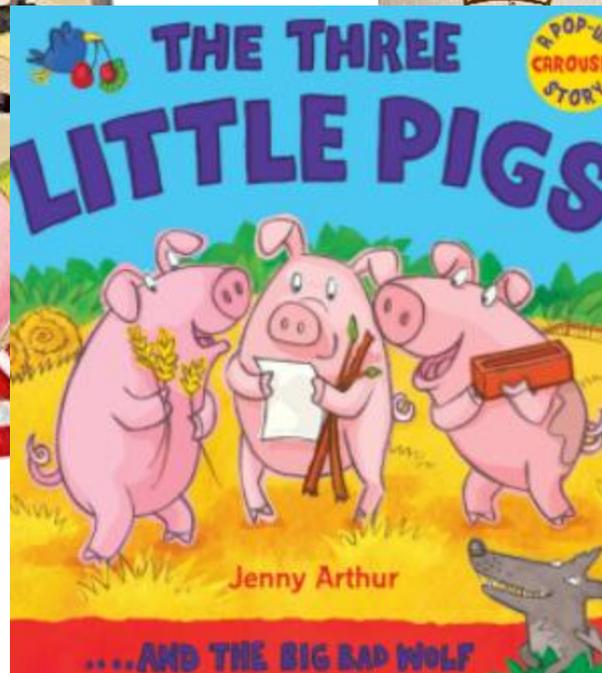
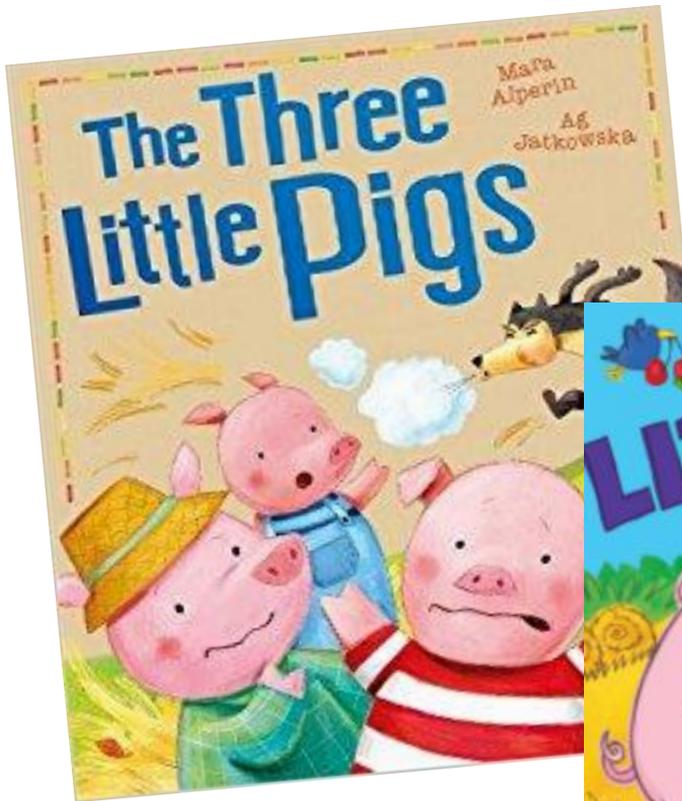


GROUND RULES

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Read or watch the story of the Three Little Pigs



ed Fairy Tales for Children

How were the 3 little pigs feeling?



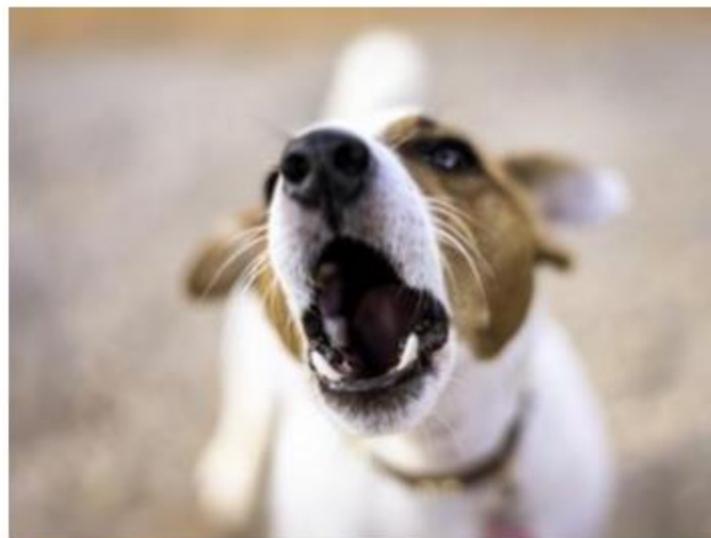
Beginning



Middle

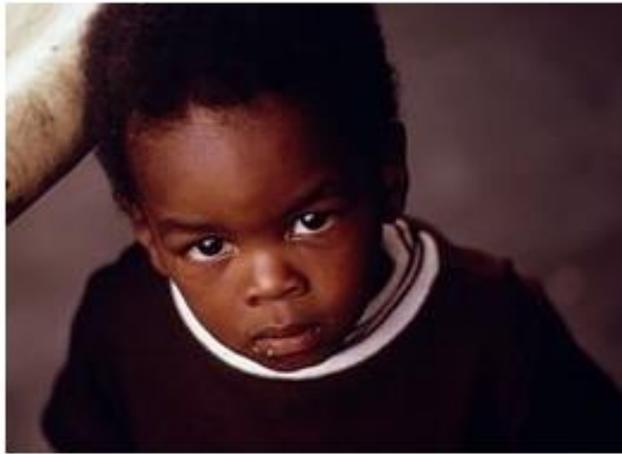


End



How do we know when an animal is feeling unsafe?

How do we know how they are feeling?



How does my body tell me I'm feeling unsafe?



Beads of sweat
Wide eyes
Red Cheeks
Dry mouth
Hair on neck standing up
Dry throat
Heart beating fast
Butterflies in the tummy

Clenched fists

Jelly legs

Curled up toes

Headache

Crying

Red ears

Eyebrows go up

Round mouth

Throwing up

Shoulders go up

Sweaty underarms

Hair on arms stands up

Goosebumps

Sweaty palms

Soil pants

Wet pants

Shake all over

Jumping up



**If I get my
Early Warning Signs
I must keep telling
an adult I trust
until I feel safe again.**



EARLY WARNING SIGNS

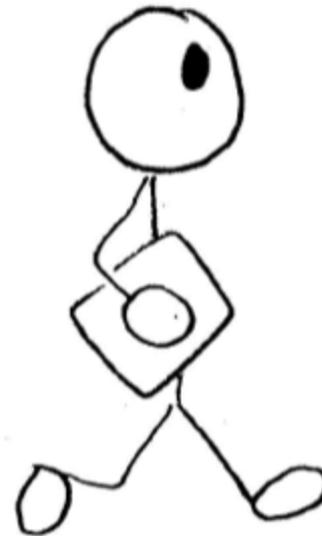
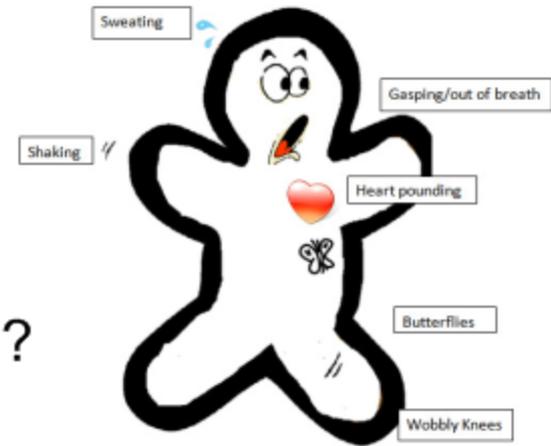
I feel unsafe when...



Plenary:

What can we do if we get our
EARLY WARNING SIGNS?

What could you do to feel safe again?



Plenary:

**“We all have
the right to
feel safe
all the time”**

**“We can talk with
someone about
anything, even if it
feels awful or small”**

**Relax like
a cat**



<http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>

<http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>

Lesson 3

Body Awareness and Safe Touch



GROUND RULES

- Take turns to speak
- Listen respectfully
- No put downs- don't laugh at others
- Think about what you share
- Use scientific vocabulary for body parts
- Everyone has the right to pass

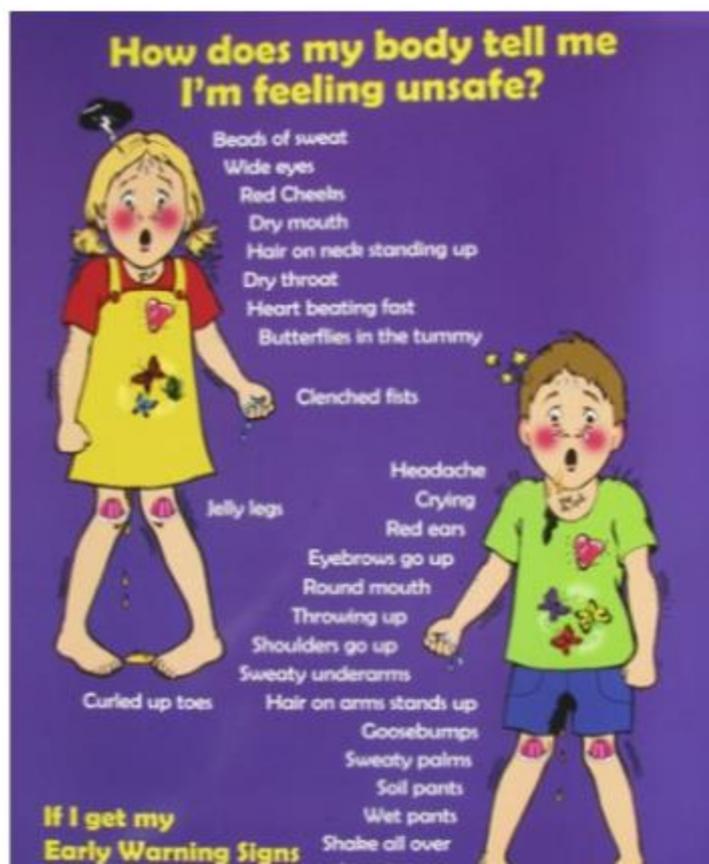


Aims of the lesson:

I know my body belongs to me and the parts of my body that are private and should not be touched without my permission

I know that I need to keep myself and others' safe.

Last time we talked about how our clever bodies let us know when we are feeling unsafe. Can anyone remember some of their Early warning Signs?



Today we are going to think about how
our bodies are private.

Who does our body belong to?

Do all parts of our body belong to us?



Can you remember the scientific
names for parts of our body under our
swimsuits?

Can we label the bodies?

What are the differences?



penis

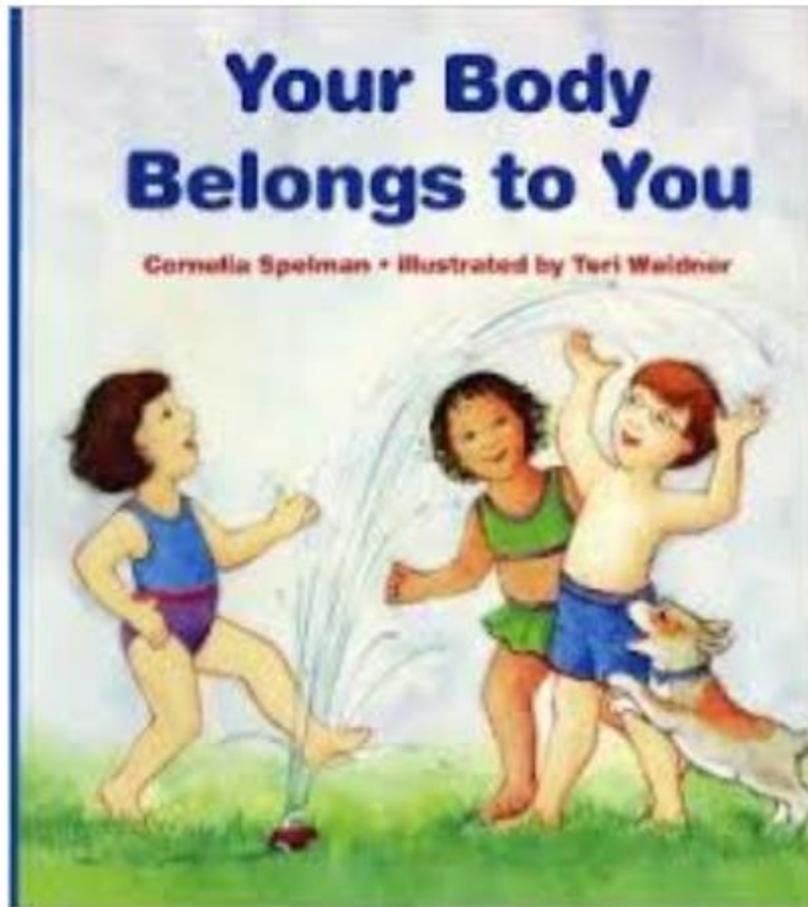
vulva



nipples

anus

testicles



Is it ok for people to touch us if
we don't want them to or we don't
like it?

Which touches might we like?



Is everyone the same?



Will I like it all the time?



Stop it! I don't like it
and I am going to tell!

It is **not** ok for someone to touch anywhere on our bodies without permission.



Watch the NSPCC film 'Pantosaurus'

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

**“We all have
the right to
feel safe
all the time”**

Try this relaxation activity.



Big Balloon

Close your eyes, be very still and imagine that you are holding a big balloon. It is very light. It feels very smooth. The balloon is in your favourite colour. Now hold the bottom of your balloon, and feel the balloon gently rising into the sky. Each time you breathe in and out, you gently glide further and further into the warm summer sky. The deeper your breath is, the further you can travel.

Enjoy this feeling of weightlessness. Enjoy the feeling of being completely free. Your body feels weightless and free and your mind feels totally free.

Lesson 4

Secrets and Telling



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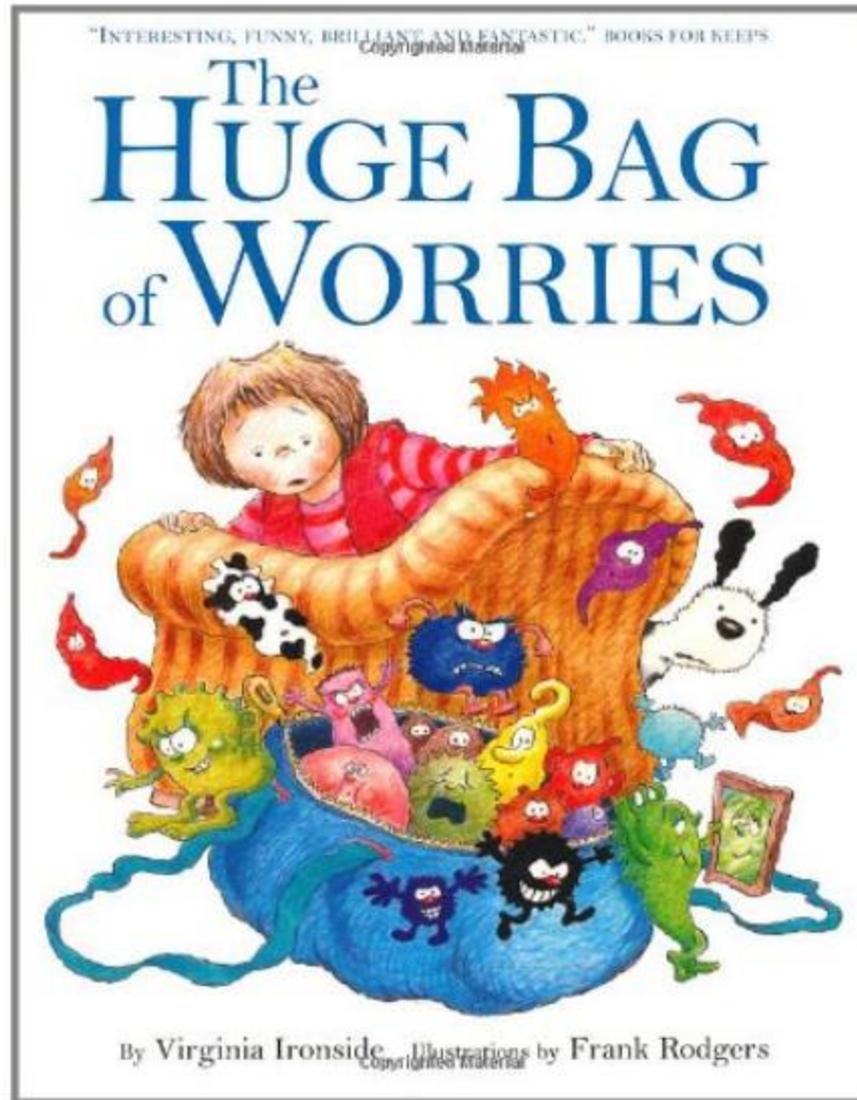
Aims of the lesson:

I know that everyone has worries sometimes and I can talk about what my worries might be

I know that if I have a worry it is important to talk to someone about it who is on my Helping Hand

I know how to make myself heard when I want help

What is a *worry*?



Who does Jenny try to talk to?

What happens?

How does she get help in the end?



"There is nothing a worry hates more than being seen!"



Can we sort the worries?

Something you
can do
something
about.



Worries that probably
won't happen.



Worries that you
need to talk to
someone about.

Who is on your helping hand?

Who could you talk to about a worry?



Who should they tell?



Who should they tell?



Who should they tell?



Who should they tell?



Who should they tell?



Who should they tell?



Plenary:

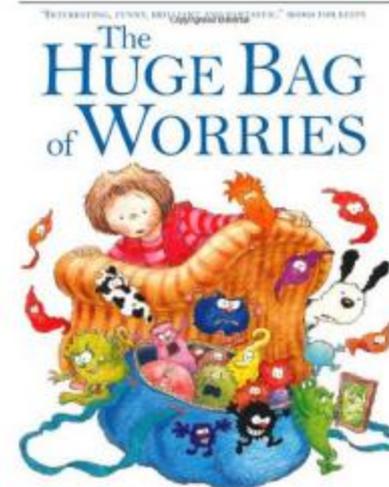
We can talk with someone about anything,
no matter how awful or small

I learnt that if
I have got some worries
I can tell my nan sister
auntie and anyone in my family



Who else could you tell?

Remember how the girl in
the story kept on telling until
she felt listened to and safe
again.



Five Count Breathing
Foam Star



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