



## PSHE Overview

### Being Safe

Year Group: Year 4

Term: Spring 2

Also: NSPCC 'Pants', NSPCC 'Speak Out Stay Safe'

**British Values link:** Democracy, the rule of law, individual liberty, mutual respect, tolerance of those of different faiths and beliefs

**Protected Characteristics:** age (with reference to restrictions)

### We Are Learning to:

<ul style="list-style-type: none"> <li>Identify strategies for balancing time online/offline.</li> </ul>	<ul style="list-style-type: none"> <li>Understanding privacy and personal boundaries.</li> </ul>
<ul style="list-style-type: none"> <li>Identify reasons for following age regulations and restrictions.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise on-line risks.</li> </ul>
<ul style="list-style-type: none"> <li>Identify how to predict, assess and manage risk in different situations.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise acceptable/ unacceptable physical contact.</li> </ul>
<ul style="list-style-type: none"> <li>Understand what we can do reduce risks and keep safe.</li> </ul>	<ul style="list-style-type: none"> <li>Understand about seeking and giving permission</li> </ul>
<ul style="list-style-type: none"> <li>Identify strategies for keeping safe in the local environment.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise pressure from others.</li> </ul>
<ul style="list-style-type: none"> <li>Identify strategies for keeping safe online.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise ways in which the internet and social media can be used both positively/negatively.</li> </ul>
<ul style="list-style-type: none"> <li>Demonstrate basic techniques for dealing with common injuries.</li> </ul>	<p>This also links to our topic 'My Online Life' which is taught in our computing sessions.</p>



### Useful conversations to have at home:

- Discuss risks with playing outside e.g. railway lines, pylons, road safety.
- Discuss the importance of limiting screen time and ways in which you can support your child in this e.g. setting timers.
- Discuss what to do if someone your child does not know tries to contact them online or they see something inappropriate online.
- You may want to watch the 'Play, Like, Share' videos 1- 3 (search YouTube) with your child.
- You may want to watch the Millie Inbetween videos (search YouTube) with your child:
- Bad Habits
- Nasty Comments
- Be Smart

We use these in our lessons and they provide a stimulus for discussion. Your child should be able to tell you what they have learnt in school.

- Discuss the word 'consent' and what it means in terms of allowing someone to do something e.g. borrow a toy
- Refer to the NSPCC 'Pants' campaign to help your child recognise acceptable and unacceptable physical contact:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

