

Me and My Relationships (Y2)

What you have already learnt in Year 1:

You know the role of medicines in promoting health, the reasons why people use them and the rules on safe use of medicines. You know that some substances can help or harm the body including household substances like dishwasher tablets. You can recognise the need for safety rules –road, fire, water, rail, farm, school environment, playground, online and home and I can follow the rules. You can name an adult in school who can help me and I know there are people and services who can help us including how to call 999 in an emergency. You know I have a responsibility to keep myself and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets both on and offline. You know the internet has many benefits but I know I need to balance my time spent on and offline. You know that people you don't know are strangers and this applies online as well as well as off line. You know that when people I don't know ask me for private information I don't share it online or in person. You understand that some website games and social media sites have age restrictions and I know where to get help if I see something I am unhappy with online.

Key Skills

Personal Effectiveness

- Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)
- Strategies for identifying and accessing appropriate help and support

Interpersonal and social effectiveness

- Recognising, evaluating and utilising strategies for managing influence
- Valuing and respecting diversity
- Using these skills and attributes to build and maintain healthy relationships

Managing risk and decision making

- Making decisions
- Identification, assessment and management of positive and negative risk to self and others
- Formulating questions (as part of an enquiring approach to learning and to assess the value of information)

Skills and knowledge I may use from other subjects:

English

- Taking turns when talking and listening to what other people are saying.
Practise writing sentences with capital letters, full stops and finger spaces.

Computing

- Staying safe online and offline and appropriate use of the internet.

What you will have learnt by the end of Key Stage 1:

You will be able to use simple skills to help keep you safe online or offline. You will understand that all drugs and medicines can be harmful if not used correctly. You will also learn some simple rules about other substances in the home such as solvents and cleaning products. You will be able to ask for help when you need it and know who to go to for help. You will know the differences between secrets and surprises as well as good and bad secrets. You will understand that although the internet has its benefits, you need to be able to balance your time spent on it with other activities. You will be able to recognise and manage risks online and offline.

What you will have learnt by the end of this unit.

- I use simple skills which will help to maintain my personal safety both on and offline
- I understand that all drugs can be harmful if not used properly
- I know simple rules about medicines and other substances used in the home, including solvents which can be harmful if not used properly
- I can recognise and say what is right and wrong both on and offline
- I understand that pressure to behave in an unsafe way can come from a range of people, including people I know and online
- I know how to ask for help when I need it and can name a range of people who can help me including how to call 999 in an emergency
- I know the difference between secrets and surprises both on and offline and understand what is not a good secret to keep
- I know the internet has many benefits but I know I need to balance my time spent on and offline and I adhere to the age rating of computer games
- I have an understanding of a range of risks when communicating online and I can demonstrate ways of reducing the risk to ensure I am safe online
- I know that people sometimes behave differently online, including friends or by pretending to be someone they are not
- I have an understanding of what a healthy online friendship is and awareness of the risks associated with people I have never met

Opportunities for teaching diversity, equality and expanding cultural capital

- Schools could run an online safety day
- School visit from a professional to talk about different drugs and medicines
- School visit from a police officer to talk about online safety and relationships online

Key Vocabulary

Drugs – a substance used as a medicine or a substance that affects bodily activities often in a harmful way.

Emergency – an urgent need for help.

Environment – the surroundings around us.

Health - the overall condition of the body.

Medicines – a substance or preparation used to treat disease or infection.

Responsibility – the quality of being dependable and responsible.

Rules – a guide for conduct or action.

Secrets – when someone tells us not to tell something.

Services – the work or action of someone who serves such as the police or ambulance staff.

Skills – abilities that come from training or practice.

Solvents – a substance capable of dissolving one or more other substances.

Substances – a physical material from which something is made.

Surprises – When something happens that you weren't expecting.

Overview

There are many ways that we can live a healthy lifestyle, e.g. a healthy, varied diet.

When we have a bad feeling about something or feel unsafe, trusted adults can help us.

It is important for our wellbeing that we know how to respond in different situations.

We should learn the difference between good and bad touches. We should also learn the difference between good and bad secrets, and when secrets should be kept or not.



Health

Varied Diet

Eating a varied diet is an important part of living a healthy lifestyle. Food and drinks fall into the following groups:

- Fruit and vegetables: e.g. apples, tomatoes, lettuce

They contain vitamins and minerals.

- Carbohydrates: e.g. starchy foods like bread and pasta. They give us lots of energy!
- Proteins: e.g. beans, fish, eggs, meat. They help build muscle.
- Dairy: e.g. milk, butter, cheese. Contain calcium for bones.
- Fats and Sugars: Add fat storage for energy. Try not to have as much of these.



Illness and medicines

Even if we live a healthy lifestyle, we all sometimes get ill (we are likely to get ill much more when we don't live a healthy lifestyle). Medicines can help to make us feel better.

Remember that:

- Medicines should be kept out of reach of children
- Make sure an adult looks after the medicine
- Always take the correct dose. If you don't know this – don't take it!
- Only use a medicine when it's needed. If the illness is only mild, consider an alternative.



Relationships

Likes and Dislikes

There are nice ways that we can touch other people and bad ways. It is ok to tell people when a touch is not nice – even family and friends. Remember to Follow the PANTS rule:

P = Privates are private

A = Always remember, your body is yours

N = No means no

T = Talk about secrets

S = Speak up, someone can help

If that person does not listen, tell a trusted adult.



Secrets

A secret is when someone tells us not to tell something.

Secrets can sometimes be bad.

We don't have to keep secrets if they make us feel uncomfortable. Our bodies can tell us when secrets are bad (e.g. feeling sick, going red).

Trusted adults can help.

Wellbeing

Feeling Safe

We can experience lots of different feelings. Often, we can tell how someone is feeling from things like their facial expression and body language.

Sometimes, we can feel anxious, scared, worried or nervous about something. This often happens when we feel unsafe. Things that can happen to our bodies at this time include: feeling hot, feeling sweaty, butterflies in the tummy, feeling sick, needing the toilet, hands shaking, going red in the face, or shaking.

There are several things that we can do when we do not feel safe, including removing ourselves from dangerous situations. Trusted adults can help us when we do not feel safe.



Knowing How to Respond

It is important for our mental wellbeing that feel comfortable responding in certain situations. You can learn to use the following responses:

- Yes – When you feel comfortable about something.
- No – When you do not feel comfortable about something
- I'll ask – When you are unsure about something, and want to ask a trusted adult for advice.
- I'll tell – When you know that something is wrong/ dangerous, and so should tell a trusted adult