

Health and Wellbeing | Safety First | KS1

Key Knowledge

Safety in the Home

We can use our **rules** to stay **safe** in our homes. This means not touching things that are hot or sharp, putting things away so people don't trip over them, not touching electronic power sockets and only using agreed electrical appliances with a **trusted adult**. Only use age-appropriate online games or apps that have been agreed with a **trusted adult** and always avoid touching any chemical products in and around our homes.



Key Vocabulary

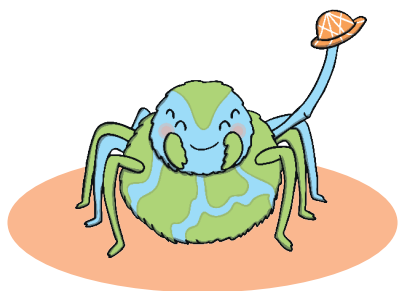
danger:	Something that could cause harm.
unsafe:	Something that is not safe .
safe:	Being protected from harm and danger .
hurt:	To be injured.
rules:	Instructions we need to follow to stay safe .
trusted adults:	Adults who we know we can talk to about anything that worries us.
hazard:	Something which could be dangerous or cause harm.
Green Cross Code:	A set of instructions to help pedestrians stay safe around roads.
stranger:	Someone we don't know well or at all.
risk:	A chance something may be dangerous or cause harm.
Internet:	A system that enables computers and other devices to send each other information. We can use devices to find and share information on the Internet , communicate with others, watch videos and listen to music.
personal information:	Our full name, our date of birth, our address, our telephone number, the name of our school.

Staying Safe When Out and About

When we are out and about there are lots of things we can do to stay **safe**. We can stay near our **trusted adult**, play in a space that we know is **safe**, talk to our **trusted adult** if we are worried or frightened, cross the road with our **trusted adult** and follow their instructions to stay **safe**. It is important that we wear clothes that are right for the weather, wear a seat belt if we travel in a car and follow sun-safety **rules** by wearing suncream and a hat, drinking water and staying in the shade if it is hot and sunny.

Online Safety

To stay **safe** when using the **Internet** we need to only play age-appropriate games that we have agreed with a **trusted adult** and ask permission before we play. We must keep all our **personal information** private, we must tell a **trusted adult** if anything we see makes us worried or uncomfortable and we must never share pictures of ourselves or agree to meet up with someone we have met online.



Staying Safe Around Strangers

We don't talk to people we don't know. If something happens that makes us feel uncomfortable we can shout, run to find a **trusted adult** and tell them what has happened. **Safer strangers** can also help. These are people whose job it is to keep others **safe**. This includes police officers, doctors, paramedics and firefighters. **Safer strangers** often wear a uniform, a name badge or both.

The Underwear Rule

Our bodies belong to us. No one has the right to touch our body without our permission and there are certain parts of our body which are only for us and are always private. The parts of our bodies that are covered with our underwear are private. If anyone tries to do anything to our body that we don't like, it is important to say 'no' loudly and tell a **trusted adult** straight away.



People Who Help Us

There are lots of people who can help us to stay **safe**. If we are at home or school, the adults who help to keep us **safe** will be our family or our adults at school. If we need help when we are out and about, we can speak to a **trusted adult** or a **safer stranger** about what has happened and how we feel. **Safer strangers** wear uniforms or name badges and it is their job to help keep people **safe**.



Key Learning Points

Safety Rules: There are lots of **rules** to help us stay **safe**. We have **rules** to help us stay **safe** at school, at home, when we are playing inside and when we are out and about. It is important we all know the **rules** that can help us to stay **safe**.

Getting Help: If anything makes us feel uncomfortable or **unsafe**, it is very important we get the help of a **trusted adult** straight away. We can shout, run and tell the **trusted adult** what has happened and they will help us.

To look at all the planning resources linked to the KS1 Safety First planning, [click here](#)