

Health and Wellbeing – Safety First

PSHE and Citizenship | UKS2 | Planning Overview

About the Topic

In this unit of work, children will consider what it means to take responsibility for their own safety, including the decisions they make and how they can stand up to peer pressure in a range of situations. They will assess the risk associated with different situations and learn about what to do if they feel in danger. They will also learn about how to identify an emergency, what to do in this situation and how to get help when needed. Children will look at hazards, dangers and risks, both inside the home and outdoors, and they will identify strategies for safe use of roads, railways, water and fireworks.



Home Learning

Dangers in the Home: Children are asked to think about the risks and dangers they have learnt about in class then look around their homes and identify six dangers in the home to draw or write about.

Injury Advice: In this activity, children carry out their own research into first-aid advice for scalds and burns, bleeding, choking, falls or poisoning. They record their findings on a fact sheet.



Wider Learning:

Children could take part in a Safety in Action Workshop where significant professionals such as firefighters, St. John Ambulance volunteers, paramedics and police officers are invited into school, along with parents, to carry out safety advice activities. The children could present information by leading an assembly on this.

Assessment Statements

All children should be able to...

- describe what a dare is and identify situations involving peer pressure;
- know when to seek help in risky or dangerous situations;
- identify and discuss some school rules for staying safe and healthy;
- recall the number to dial in an emergency;
- list some of the hazards they might find at home;
- understand some substances at home can be dangerous;
- list some of the dangers we face when we are around roads, railways or water;
- know the key points of the firework code.

Most children will be able to...

- appreciate what being responsible means;
- assess a situation for the level of risk;
- appreciate that doing something risky may lead to danger;
- identify people who can help us in an emergency;
- understand the importance of taking action to reduce the risk of harm;
- explain how we know which substances around the home contain chemicals;
- identify safety precautions that can be taken when using roads, railways or water.

Some children will be able to...

- appreciate that their own decisions and behaviour can impact on their safety and the safety of others;
- consider the impact of accepting a dare;
- appreciate that the most courageous thing is to refuse a dare;
- identify sources of pressure to behave in a certain way, other than peer pressure;
- discuss a range of emergencies and the different responses that would be most appropriate;
- understand some basic first aid;
- identify points of action to take responsibility for my own safety at home;
- advise others on how to stay safe around roads, water and railways.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)

Lesson Breakdown

Resources

1. You Are Responsible

H35. about the new opportunities and responsibilities that increasing independence may bring

H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming

H38. How to predict, assess and manage risk in different situations

I can take responsibility for my own safety.

- Paper and pens or whiteboards and whiteboard pens



2. What Are the Risks?

H38. How to predict, assess and manage risk in different situations

H39. About hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe

I can assess and manage risks in different situations.

- Sticky notes
- Split pins



3. Making Your Mind Up

H38. How to predict, assess and manage risk in different situations

R28. How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this

I can confidently identify and manage pressure to get involved in risky situations.



4. In an Emergency

H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health

H43. about what is meant by first aid; basic techniques for dealing with common injuries

H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say

I can act sensibly and responsibly in an emergency.

- Sticky notes



5. Home - Safe and Sound

H35. about the new opportunities and responsibilities that increasing independence may bring

H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe

H40. about the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully)

I can identify hazards and reduce risks to keep myself and others safe at home.



6. Outdoors - Playing It Safe

H38. how to predict, assess and manage risks in different situations

H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about

I know how to stay safe in different outdoor environments.

- Small circular stickers

