

Year 6 –

- Explain why emotional needs are as important as physical needs and what might happen if a person doesn't get their emotional needs met.
- Explain some ways of making sure that you keep yourself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws

PSHE Curriculum Map

Keeping myself safe

Upper KS2

Year 5 –

- Give examples of things that might influence a person to take risks online. Explain that they have a choice.
- Know the percentage of people aged 11-15 years old that smoke in the UK (3%) and give reasons why some people think it's a lot more than this.

Lower KS2

Year 2 –

- Give some examples of safe and unsafe secrets and think of safe people who can help if something feels wrong.
- Give other examples of touches that are ok or not ok (even if they haven't happened to them) and they can identify a safe person to tell if I felt 'not OK' about something.
- Explain medicines can be helpful or harmful, and say some examples of how they can be used safely.

KS 1

Year 1 –

- Say what they can do if they have strong, but not so good feelings, to help them stay safe (e.g. sad - talk to someone).
- Give examples of how they keep themselves healthy.
- Say when medicines might be harmful.

Year 4 –

- Give examples of people or things that might influence someone to take risks (e.g. friends, peers, media, celebrities), but that people have choices about whether they take risks.
- Say a few of the risks of smoking or drinking alcohol on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol.
- Give examples of positive and negative influences, including things that could influence me when I am making decisions.

Year 3 –

- Say what they could do to make a situation less risky or not risky at all.
- Say why medicines can be helpful or harmful.
- Say a few things about keeping their personal details safe online.
- Explain why information they see online might not always be true.

EYFS

EYFS –
Development matters

PSED, PD (Health and self care) UW
(People and communities) (The world)