**Keeping Myself Safe**

**Year 1**

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| In Spring 1 we will be learning all about keeping myself safe | |
| This is what we will be learning about | •Understand that the body gets energy from food, water and air (oxygen)  •Recognise that exercise and sleep are important parts of a healthy lifestyle  •Recognise the importance of sleep in maintaining a healthy, balanced lifestyle  •Identify simple bedtime routines that promote healthy sleep.  •Recognise emotions and physical feelings associated with feeling unsafe  •Identify people who can help them when they feel unsafe  •Recognise the range of feelings that are associated with loss  •Understand that medicines can sometimes make people feel better when they’re ill  •Explain simple issues of safety and responsibility about medicines and their use  •Understand and learn the PANTS rules  •Name and know which parts should be private  •Explain the difference between appropriate and inappropriate touch  •Understand that they have the right to say “no” to unwanted touch  •Start thinking about how to stay safe online, including safety around sharing images  •Identify people they can trust to help if they see something online that makes them feel scared or uncomfortable |
| Here is some of the vocabulary we will be using | keep clean, sleep, safe, water, unsafe, worried, food, detective, feelings, tell, fresh air, uncomfortable, adult, cuddle, trust, medicine, address, chemist, doctor, private parts, vulva, penis |
| You can support your child by talking to them about their body parts and how to stay healthy. | |
| If you have any questions about this learning or would like to view the resources we will be using in lessons, please speak to your child’s Class Teacher. | |