

# Keeping Myself Safe Innovation

## Prior Knowledge

Reception –  
understanding my  
body, feelings and  
people who can help.

Year 1 – staying  
healthy and  
understanding good  
and bad touches.

Year 2 –  
understanding safe  
and unsafe secrets.

Year 3 – some people  
might take risks and  
why others choose to  
avoid risky situations.

Year 4 – explain why  
smoking and drinking  
alcohol is particularly  
harmful for a young  
person's body.



## My Component Knowledge:

**Lesson 1:** I can explain what a habit is and how hard they can be to change.

**Lesson 2:** I can recognise the positives and negatives of taking risks.

**Lesson 3:** I can create strategies to deal with all forms of bullying and how to report it.

**Lesson 4:** I understand the risk factors of following a dare.

**Lesson 5:** I can develop strategies to understand risky situations.

**Lesson 6:** I understand what information is safe and unsafe online.

## My Composite Knowledge:

I can construct my own strategies to keep myself and others safe by understanding risks apply throughout my childhood.

## My Powerful Knowledge:

I can recognise and challenge risky situations to ensure I maintain a safe environment in my life.

## Key Vocabulary

### Tier 1:

habit, personal information, outcome, risk

### Tier 2:

addiction, dilemma, drug, misuse

### Tier 3:

misperceptions, perception, cyberbullying



What is a habit?

What are the dangers of a dare?

What is a drug?

How can the internet be a risk?

How can habits be harmful?