

RHE Lesson: Staying Safe

Lesson Aim	Identifying danger and knowing when to not keep a secret and who to tell		
Level	Year 3		
Timing	60 Mins		
Curriculum area	Relationship Education (RelEd) Being Safe Pupils will learn: <ul style="list-style-type: none"> About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. How to recognise and report feelings of being unsafe or feeling bad about any adult. 		
Cross Curriculum links	None		
Learning Objectives		Learning Outcomes	
<ul style="list-style-type: none"> Understand that there are situations when secrets should not be kept Understand there are parts of the body which are private 		<ul style="list-style-type: none"> Know who are the trusted adults they can speak to if they feel unsafe 	
Key Words		Teaching guidance	
<ul style="list-style-type: none"> Private parts Safety network Danger Secrets Trusted adults 		Take into consideration the sensitivities of pupils who may be in care or looked after by family members or living in challenging circumstances.	
Resources		Ensure ground rules are established before starting, this will help to create a safe and effective learning environment. It is extremely important that pupils show respect and a non-judgemental attitude.	
Resource 1: 'I have a rhyme, My body is mine' book Resource 2: PPT L3 - Danger Resource 3: Thumbs Resource 4: Hand			
Baseline activity			
Show slide 1 from PPT, images of danger and ask pupils in pairs to talk about the different feelings you feel when in danger or possible danger			
<ul style="list-style-type: none"> What signs/feelings does our body give us that something might be unsafe? Toes/tummies/heads/eyes What reactions might we have? Scream/shakes/subtle feelings like uneasy feelings e.g. butterflies in tummy 			
Core Activity 1			
Read the book 'I have a rhyme, my body is mine' as a class.			
Ask pupils to discuss in pairs what the child in the book may have been feeling (from the baseline activity). Please note if a child reveals an incident similar to that of the book, you should follow your schools safeguarding procedure and inform the child protection officer.			
Bring the class together and explain there are some parts of the body that are private and should not be touched by another person (where bodies are covered by underwear)			

Core Activity 2

Explain that secrets can be nice surprises (safe secrets) but some are not-so-nice and may even be unsafe like the one mentioned in the My Body is Mine.

Pin up the Resource 3: thumbs across the class room,

- 'not-so-good secret' - Thumbs down
- 'not sure' – Thumb horizontal
- 'good secrets' – Thumbs up

Slide 2 on PPT has different secrets, read one aloud and ask the children to move to the corresponding thumb they think is correct. Ask individual pupils to explain their thinking.

Pupils might say: it is not-so-good secret because it is not kind / because someone getting hurt / because it does not feel safe. It is a good secret because it is fun for the person / kind for the person / a nice surprise.

Guide the pupils during the discussion about which secrets are ok to keep and which should not be kept (you should tell an adult)

Core Activity 3

Discuss the importance of telling a trusted adult if they have unsafe feelings (including with secrets), what makes someone a trusted adult and who this might be.

Hand out Resource 4: hand image and ask pupils to write down one person for each finger they have on their hand of an adult who they can trust (remember mum and dad are one finger as parents). This is important to note that sometimes pupils may be scared to tell their parents as they may be told off, so that is why it is important to know who else is a trusted adult they can tell e.g. teacher

After pupils have completed this tell them this is what is known as your safety network

Plenary

Sum up today's lesson:

- Your private parts belong to you and no one should touch them
- Some secrets are not good and should not be kept secret
- Know who are trusted adults you can approach and confide in