



	Skills	Vocabulary
EYFS	<p>I can tell you who I can ask for help.</p> <p>I can tell you what my body needs to stay healthy.</p> <p>I can make safe decisions around medicines and things I don't know.</p> <p>I can name some things that are safe and unsafe for me and those that are dangerous.</p> <p>I can tell you what is safe to play online and who to talk to if I feel worried.</p> <p>I can name the adults who keep me safe and when I might need their help.</p>	<p>Who can help?, cleaning products, weather, clothing, grown up, keep clean, keep safe, sleep, water, food, fresh air, cuddles, medicine, chemist, doctor, grown up, safe, unsafe, detective, tummy feelings, uncomfortable, safe, worried, tell, adult, trust, address.</p>
Year 1	<p>I can keep myself safe around medicines. I can explain how they are helpful or harmful and how to use them safely.</p> <p>I can say 'yes', 'no', 'I'll ask' or 'I'll tell' in relation to keeping myself and others safe.</p> <p>I can say what I do and don't like and who to ask for help.</p> <p>I can give some examples of safe and unsafe secrets.</p> <p>I can think of safe people who can help if something feels wrong.</p>	<p>Energy, food, water, air, oxygen, exercise, sleep, healthy, dairy, fruit, vegetables, sugar, salt, cereal, sleep, rest, grow, tired, feelings, worried, nervous, scared, support, unsafe, loss, lost, medicine, safe, harmful, responsibility, private, trust, privates.</p>
Year 2	<p>I can say what I could do to make a situation less risky or not risky at all.</p> <p>I can demonstrate strategies for dealing with a risky situation.</p> <p>I can identify some key risks from and effects of cigarettes and alcohol.</p> <p>I can give examples of strategies for safe browsing online.</p> <p>I can identify personal information and when it is not appropriate or safe to share this. I can get help when an unsafe situation online occurs.</p>	<p>Safe, unsafe, feelings, worried, getting help, touch, uncomfortable, surprise, secret, tell, genitals, penis, vulva, private, private parts, consent, permission, secret, uncomfortable, someone you trust.</p>



<p>Year 3</p>	<p>I can say what I could do to make a situation less risky or not risky at all. I can demonstrate strategies for dealing with a risky situation. I can identify some key risks from and effects of cigarettes and alcohol. I can give examples of strategies for safe browsing online. I can identify personal information and when it is not appropriate or safe to share this. I can get help when an unsafe situation online occurs.</p>	<p>Trust, safe, unsafe, danger, risk, feelings, strategies, consequences, safer, drugs, cigarettes, nicotine, alcohol, browsing, phishing, search engine, fake news, internet safety, private, public, profile, personal information, decisions, medicines, harmful, helpful, instructions.</p>
<p>Year 4</p>	<p>I can demonstrate strategies for dealing with a risky situation. I can give examples of people or things that might influence me to take risks and make decisions. I can give reasons for why most people choose not to smoke, or drink too much alcohol. I can explain what might happen if people take unsafe or inappropriate risks. I can identify images that are safe or unsafe to share online.</p>	<p>Danger, dangerous, risk, risky, hazard, harzardous. Privacy, privacy settings, security, dare, assertive, medicine, drug, choices, social norm, persevere, influence, consequences.</p>
<p>Year 5</p>	<p>I can suggest what someone should do when faced with a risky situation. I can protect my personal information online. I can recognise disrespectful behaviour online. I can identify the risks in a specific situation (including emotional risks). I can discuss social norms relating to cigarettes and what may influence a persons decision to not smoke. I can support someone who is being bullied.</p>	<p>Habit, addiction, pros, cons, weigh up risk, bullying, cyberbullying, dare, pressure, resist pressure, assessing risk, influence, risk taking, personal information, privacy settings, drugs, cigarettes, alcohol, norm, perception, assertive</p>



<p>Year 6</p>	<p>I can use safe, respectful and responsible behaviours and strategies when using social media.</p> <p>I can give examples of how to safely share images online.</p> <p>I can explain how social norms around alcohol can influence a person's decision whether to drink alcohol or not.</p> <p>I can suggest positive ways to meet my emotional needs and how this impacts my behaviour.</p> <p>I can begin to make decisions independently and responsibly.</p>	<p>Social media, parental consent, trolling, online safety, sharing, privacy, personal information, online safety, right to provision, sharing online, permission, illegal, sexual images, habit, addiction, emotional needs, drug, legal, illegal, medical, non-medical, drug laws, age restriction, possess, supply, produce, penalties, alcohol, short and long term effects, risks, norms, physical needs, emotional needs, independence, responsibility, conflicting emotions.</p>
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