



# Tacolneston and Morley Federation



## Year 1 PSHE- **Health and Wellbeing-Feeling Safe** including NSPCC PANTS

### Key Knowledge

#### **Safety in familiar situations**

Recognise the difference between real and imaginary dangers

Understand that there are situations when secrets should not be kept

Know to tell a trusted adult if they feel unsafe

#### **Personal safety**

Recognise the difference between good and bad touches  
Understand there are parts of the body that are private

Know who they can go to, what to say or do if they feel unsafe or worried

#### **Learn about people who keep them safe outside the home**

Can identify situations where they might need help

Can identify people in the community who can help keep them safe. Know how to ask for help if they need it

#### **Sun safety-**

Know about some of the effects of too much sun on the body

Describe what people can do to protect their bodies from being damaged by the sun

### Vocabulary

**Safety** - the condition of being protected from, or unlikely to cause danger

**Personal** - belonging to or affecting a particular person, rather than anyone else

**Real** - actually existing, not imagined or supposed

**Imaginary** - existing only in the imagination

**Secret** - something that is kept or meant to be kept unknown or unseen by others

**Dangers** - the possibility of suffering harm or injury

**Feelings** - an emotional state or reaction

**Unsafe** - not safe, dangerous

**Worried** - anxious or troubled about actual or potential problems

**Trusted** - reliable or truthful

**Community** - a group of people living in the same place or having a particular characteristic in common

