

Summer 2 – RSE- Kidsafe  
Year Five and Six



'yucky' feelings – sad, scared, worried

trust

trusted grown-ups

trusted adults

bullying

voice

age ratings

internet safety

anti-virus

rules

private places

respect

argue

arguments

By the end of this unit you will have completed Full Programme 1 of Kidsafe.

You will have identified trusted grown-ups, identified ways to STOP bullying, focussed on Internet Safety and age restrictions and understood how to keep your body safe.

## Important information



**Kidsafe introduces you to KS!**



Full Programme 1 is delivered in the classroom/teaching space with active participation from children and staff. The course material is age appropriate with key child-friendly messages being delivered through a variety of approaches including:

- group work
- active participation
- scenarios
- help from KS the puppet
- group discussion
- games
- exercises and worksheets

### 'Yucky Feelings'

Sad

Scared

Worried



**Summer 2 – RSE- Kidsafe  
Year Five and Six**

**By the end of this unit you will have completed Full Programme 1 of Kidsafe.  
You will have identified trusted grown-ups, identified ways to STOP bullying, ocussed on Internet Safety and age restrictions and understood how to keep your body safe.**

	Lesson Aim	What you will learn	Learning Review
1	Session One Building trust and introduction of feelings (sad, scared and worried)	<p>talked about keeping yourself safe</p> <ul style="list-style-type: none"> <li>• been introduced to the concept of trust and trusted grown-ups</li> <li>• explored different types of feelings and the effects of these feelings</li> <li>• been given a vocabulary to describe how you feel if, and when they are sad, scared or worried (yukky feelings)</li> <li>• been introduced to KS</li> </ul>	Can you think of any feelings that could be described as yukky?
2	Session Two Bullying, saying 'NO' and trusted adults	<ul style="list-style-type: none"> <li>• explored strategies to deal with bullying and help minimise the long-term damage</li> <li>• talked about using your voice as an effective tool to keep safe</li> <li>• practised using your voice as an effective tool to keep safe</li> <li>• talked about how best to identify trusted grown-ups</li> </ul>	Who are your trusted adults in and out of school?
3	Session Three Computer/internet safety and age ratings	<ul style="list-style-type: none"> <li>• learned about keeping safe when using technology and the internet</li> <li>• talked about anti-virus/firewall software</li> <li>• talked about keeping safe when watching TV</li> <li>• learned about the 9pm watershed</li> <li>• talked about keeping safe when playing computer games and watching DVDs</li> <li>• talked about age ratings</li> <li>• learned that we can say 'No' to our friends and that we have choice</li> </ul>	Have you experienced peer pressure before? How would you deal with it now?
4	Session Four Keeping our body and our private places safe and children's rules to help with this	<ul style="list-style-type: none"> <li>• learned about the KidSafe rules for keeping our private places safe</li> <li>• learned about good secrets and yukky secrets</li> <li>• talked about inappropriate touching of private places</li> <li>• talked about when it's okay for people to see private places</li> </ul>	When is it okay for someone to see private places?
5	Session Five Trusted Adults arguing and end of course evaluation	<ul style="list-style-type: none"> <li>• talked about what to do when parents/carers argue</li> <li>• learned that trusted grown-ups can make children feel 'yukky'</li> <li>• identified trusted grown-ups other than mums/dads/carers</li> <li>• completed children's end of course written evaluation FP1</li> </ul>	What could you do if your parents/carers or family members are arguing?