



'yukky' 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

'Yukky Feelings'

Sad

Scared

Worried



RSE_ Kidsafe
Year Four

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.

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