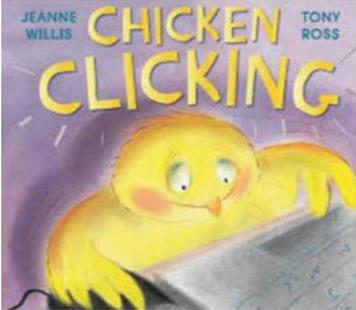
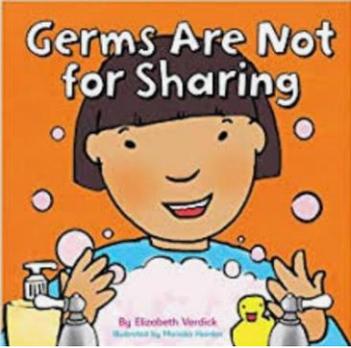
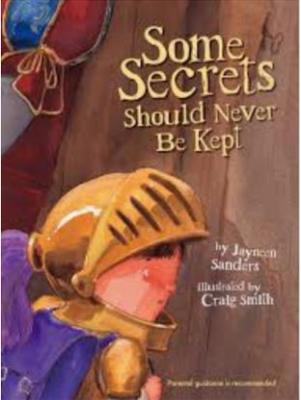


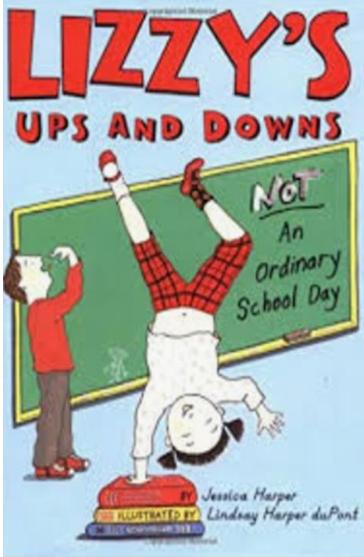
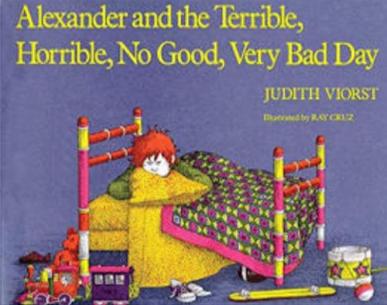
Keeping Myself Safe - Year 1 Knowledge Mat

Subject Specific Vocabulary		End of Unit Knowledge Outcomes	Useful Books	
Emergency	Something dangerous or serious that happens suddenly.			
Medicine	A substance, usually in the form of a liquid or pill, that is treatment for illness.			
Risk	A situation involving exposure to danger.			<input type="checkbox"/> I know the roles of medicine in promoting health, the reasons why some people use them and the rules on safe use of medicines.
Rules	Telling you the way that things should be done, and tells you what you are allowed and not allowed to do.			<input type="checkbox"/> I recognise the need for safety rules - road, fire, water, rail, farm, school environment, playground and online and I can follow them.
Safety	Being protected and kept away from harm or danger			<input type="checkbox"/> I can name an adult in school who can help me and I know there are people and services who can help us including how to call 999 in an emergency.
Secrets	A piece of information that is only known by one person or by a few people.			<input type="checkbox"/> I know that I have a responsibility to keep myself safe and when to say 'yes' and when to say 'no' and not to keep secrets both on and offline.
Websites	A set of pages of information on the internet about a particular subject.			<input type="checkbox"/> I know the difference between right and wrong, fair and unfair and kind and unkind, both on and offline.
Wellbeing	The state of being comfortable, healthy and happy.			<input type="checkbox"/> I know that when people I don't know ask me for private information that I must not share in online or in person.
		<input type="checkbox"/> I know that the internet has many benefits but I know that I need to balance the time spent on and offline.		
		<input type="checkbox"/> I understand that some websites and games have age restrictions.		

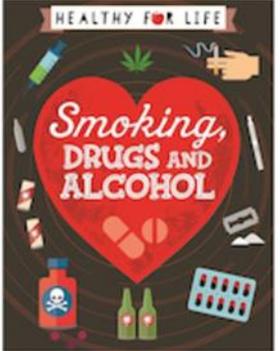
Keeping Myself Safe - Year 2 Knowledge Mat

Subject Specific Vocabulary		End of Unit Knowledge Outcomes	Useful Books
Harmful	Causing or likely to cause harm.		
Healthy Friendship	Healthy friendships are not one sided. Both people benefit from knowing each other.		
Offline	Not connected to the internet.	<input type="checkbox"/> I know simple rules about medicines and other substances used in the home, including some which can be harmful if not used properly.	
Online	Connected to the internet.	<input type="checkbox"/> I recognise and say what is what is right and wrong both on and offline.	
Pressure	The use of persuasion or intimidation to make someone do something.	<input type="checkbox"/> I understand that pressure to behave in an unsafe way can come from a range of people on and offline.	
Risks	A situation involving exposure to danger.	<input type="checkbox"/> I know how I can ask for help when I need it and can name a range of people who can help me including how to call 999 in an emergency.	
Secrecy	The state of being secret or of keeping something a secret.	<input type="checkbox"/> I have an understanding of a range of risks when communicating online and can demonstrate ways of reducing the risk to ensure I am safe online.	
		<input type="checkbox"/> I know the difference between secrets and surprises both online and offline and understand what is not a good secret to keep.	
Substances	A material with particular characteristics.	<input type="checkbox"/> I know that sometimes people behave differently online, including friends or by pretending to be someone they are not.	
		<input type="checkbox"/> I use simple skills which will help to maintain my personal safety both on and offline.	

Keeping Myself Safe - Year 3 and 4 Knowledge Mat

Subject Specific Vocabulary		End of Unit Knowledge Outcomes	Useful Books
Advice	An opinion that someone offers about what you should do in a particular situation.		
Consequence	A result or effect, usually an unpleasant one.		
Influence	The power to have an effect on people or things.		
Media	The internet, newspapers, magazines, television etc.	<input type="checkbox"/> I can identify and explain how to manage risks in different situations including on and offline.	
Password	A secret word or combination of letters, that allows access to a computer system or service.	<input type="checkbox"/> I can recognise, predict and assess risk, relating to myself and others and know how to get help (includes risks in the home, road, farm, water, rail, online, electricity and personal safety) and I know how to call 999 in an emergency.	
		<input type="checkbox"/> I can explain how my behavior may have consequences for myself and others both on and offline.	
Peers	Someone who is the same age or has the same social position as other people in the group.	<input type="checkbox"/> I know that the internet has many benefits, but I know I need to balance my time spent on and offline and adhere to the age rating of social media and computer games.	
Pressure	The use of persuasion or intimidation to make someone do something.	<input type="checkbox"/> I can demonstrate basic safety procedures when using medicines, sun protection, road crossing, riding a bike, swimming etc.	
Wellbeing	The state of being comfortable, healthy and happy.	<input type="checkbox"/> I know that not everything on the internet is true and know what to do if I access something that makes me feel unhappy or uncomfortable.	
		<input type="checkbox"/> I can make judgements and decisions and use basic techniques for resisting negative peer pressure both on and offline.	

Keeping Myself Safe - Year 5 and 6 Knowledge Mat

Subject Specific Vocabulary		End of Unit Knowledge Outcomes	Useful Books
Dare	To defy or challenge someone to do something.		
Habit	Something that you do often and regularly.		
Hazard	Something that is dangerous and likely to cause damage.		
Offence	A breach of a law or rule; an illegal act.		
Online Presence	Your online presence is built up over many years. An online presence is any existence that can be found via an online search.		
Responsibility	Something that it is your job or duty to deal with.		
Request	The act of asking for something.		
Risk	A situation involving exposure to danger.		
Substances	A material with particular characteristics.	<input type="checkbox"/> I am able to recognise risks, harmful content and contact and I know how to report them. <input type="checkbox"/> I am able to make informed decisions relating to risk taking behaviours in relation to medicines, alcohol, tobacco, e-cigarettes, drugs and other substances. <input type="checkbox"/> I understand what is meant by the term 'habit' and I understand why habits n be hard to change. <input type="checkbox"/> I am able to recognise risks, harmful content and contact and I know how to report them. <input type="checkbox"/> I am aware of online abuse such as trolling, bullying and harassment and the negative impact that it can have on a person' mental health. <input type="checkbox"/> I understand that the person that I think I am communicating with on-line may not be who they say they are. <input type="checkbox"/> I know how to mange requests for images of myself or others (this includes from friends); what is and is not appropriate to ask for or share; who to talk to if I feel uncomfortable and are concerned by a request.	