

# Education for Safeguarding (E4S)

## Secondary School

- Changes (inc. puberty)
- Image and representation
- Pressure and uncertain feelings
- Relationships and conception
- Image and representation
- Understanding change and transition to KS3

- Body Safety
- Feelings and emotions
- NSPCC (Pants Rule)

- Communicating with others online
- Cyberbullying and Negative behaviours
- Legal use of information

- Drugs and usage
- Tobacco and smoking
- Pressure and influence

- Risk, hazard and emergency
- Hygiene and protecting health
- Influence of exercise and consequences of choice

## Year 6

- Sleep and emotional health
- Habits and choices
- Everyday substances (inc. caffeine)

- Being safe
- Early warning signs, saying yes or no
- NSPCC (Pants Rule)

- Managing time online
- Knowing people online
- Cyber bullying and negative behaviours

- Changes in relationships (when relationships go wrong)
- Challenging the impact of feelings on self

- Body changes and puberty
- Media influences
- Self esteem

- Cleanliness, germs and immunisation

## Year 5

- Personal boundaries and right to privacy
- Pressure to share and dares

- Changing feelings and asking for help
- Body changes and puberty

- Online versus real world
- Cyberbullying and negative behaviours

- Online profiles and age appropriateness

- Body privacy and saying yes or no
- Recognise the physical signs of being unsafe
- NSPCC (Pants Rule)

- Types of relationships e.g friends, family, neighbours etc.
- Love and commitment

- Validity of information and critical thinking

- Communicating with others online
- Online safety and behaviours

- Online Security and sharing information

## Year 4

- Gender expectations
- Personal attitudes to gender roles and stereotyping

- Private and privacy
- Recognising feelings when something private has been shared
- Know who to ask for help

- Feelings and impact on self and others
- Changes in growth

- Boys, girls and stereotypes
- NSPCC (Pants rule)

- Friends and friendship
- Family: Kindness, relationships and love

## Year 3

- Feeling happy and sad
- Coping with feelings and change

- Worries and asking for help
- Being safe in unfamiliar situations

- Risks of sharing online
- Digital footprints
- Privacy and information

- Identities online and offline
- Online relationships and cyber bullying

## Year 2

- Similarities and differences
- Special people

- Sources in internet information
- Online activities and healthy online behaviours

- Online Safety
- Identify ways some people can be unkind online and how this can make others feel

- Self confidence and self awareness

## Year 1

- Body privacy and saying yes or no (NSPCC Pants Rule)

- Being healthy

- Body privacy and saying yes or no (NSPCC Pants Rule)

- Staying safe
- Trusted adults

- Making relationships

## Year R

- Managing feelings and behaviour
- Change and transition to KS1