



St Andrew's C of E Maghull

P.S.H.E Knowledge Organiser

Year 2 – Spring 1 – Keeping Safe



Key Knowledge

- We recognise that we need to use medicines carefully and why.
- I recognise that people can do other things other than use medicine to make them feel better, sometimes for mental health.
- I know that medicines will always be out of reach of children, an adult will look after it and to always take the right dose when needed.
- I know that not everyone feels unsafe at the same time and to respect people's feelings.
- I can name the busy shops, a school, a police station or a playground to be safe places I can go to if I need to.
- I know how and when to use 'yes', 'no', 'I'll ask' and 'I'll tell' in appropriate ways.
- I know that there are certain people I can tell if I feel uncomfortable or unsure of a situation.
- I can remember the PANTS rule and how we can use this in our day to day lives.
- I know that some touches are inappropriate and to not do these and what to do if someone tries it with me.
- It is really important to word it carefully if someone has hurt or touched us in a way we don't like or aren't comfortable with.
- Identify that some secrets are safe, and some are unsafe, and how we can separate the two using our knowledge of secrets.
- If a secret makes me feel uncomfortable, I know who to go to for help.

Vocabulary

Unsafe – Not safe/ dangerous.
Medicines – Something used to prevent or relieve a disease or illness.
Inappropriate – Not right or proper for the time or place.
Comfortable – Feeling relaxed.
Uncomfortable – Feeling discomfort.
Trust – Firm belief in someone or something.

Lesson Sequence

Lesson 1
I can understand how medicines work.

Lesson 2
I can identify safe and unsafe situations.

Lesson 3
I can understand how to respond to different situations.

Lesson 4
I can identify what makes people comfortable and uncomfortable.

Lesson 5
I can recognise how different touches make people feel.