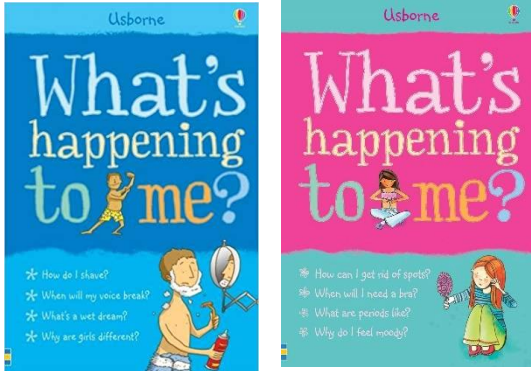


Summer 1 PSHE

It's my Body and Staying Safe.



Year Group	Learning Covered	Questions/discussions you could have with your child
1	<ul style="list-style-type: none"> • Use the correct names for external body parts (vagina/penis). • Know parts of the body covered with underwear are private. • Basic hygiene routines. • Sun safety • Age restrictions • Basic rules of online safety • Helpful and harmful substances. 	<p>Why is it important to keep ourselves clean? How can we keep ourselves clean? Why do we wear sun cream? Why do we need to drink lots of water in the summer? How can you stay safe when you are using the internet?</p>
2	<ul style="list-style-type: none"> • Use the correct names for external body parts (vagina/penis). • Know parts of the body covered with underwear are private. • Basic hygiene routines • How food and drink affects dental health. • Sun safety. • Road, water, rail safety. • Safety at home – electrical appliances and fire safety. • Stranger danger. • How medicines help people and safety around medicines. • Getting help in an emergency including calling 999. 	<p>Why is it important to keep ourselves clean? How can we keep ourselves clean? What should we wear to keep safe in the summer? What number should you call if there is an emergency? Talk about strangers who help us and strangers who may cause a risk. How can we keep safe around household products and medicines?</p>
3	<ul style="list-style-type: none"> • Keeping their body safe and protected (protective clothing) • What to do and who to tell if they feel uncomfortable. • Know that their body belongs to them and it should not be hurt or touched without permission. • Safe and unsafe sun exposure. • Identifying hazards and managing risks. • Fire safety • Road, rail and water safety. • Safe use of medicines and household products. 	<p>Why is it important to wear a seatbelt? What protective clothing do you need to wear if you are out on your bike or scooter? What should you wear if it is dark outside? How can you keep safe need a road or rail track? Which products around the house may pose a risk? Why?</p>

4	<ul style="list-style-type: none"> • Oral hygiene • Personal hygiene and germs. • Importance of handwashing. • Keeping safe outside. • What is meant by a drug? • Drugs common to everyday life and their risks. 	<p>How often should you brush your teeth? How long should you brush your teeth for? Show a younger sibling how to brush their teeth. How can we avoid spreading germs? What are the risks of caffeine, cigarettes and alcohol?</p>
5	<ul style="list-style-type: none"> • Puberty changes. • Menstrual cycle. • How puberty affects emotions and feelings • Hygiene routines. 	<p>Open up conversations with your child to give them the opportunity to ask any questions. Some useful books are:</p> 
6	<ul style="list-style-type: none"> • Puberty changes. • Menstrual cycle. • How puberty affects emotions and feelings • Hygiene routines. 	<p>Open up conversations with your child to give them the opportunity to ask any questions. Some useful books are:</p> 