



	Online Safety	Rights and responsibilities- understanding diversity	Anti-bullying- positive relationships	Keeping Healthy, Staying Safe	Mental Health and Well Being
Year R	Year R participate in Internet safety day every year looking at resources which are age appropriate such as: Smartie the Penguin Story 1 3 sessions covering - pop-ups, inappropriate websites for older children and cyberbullying. Help arrives just in time for Digiduck® when faced with a difficult decision! Follow Digiduck® and his pals in this story of friendship and responsibility online. https://www.childnet.com/resources/digiducks-stories/digiducks-big-decision Year R PSHE sessions talk about who safe adults are for the children and what to do if they feel scared or worried this is linked explicitly to being online too.	Jigsaw Puzzle: <i>Being Me in My World</i> Children learn: They have a right to learn and play safely and happily Children’s rights are introduced explicitly (especially right to play/learn) What it means to be responsible and to use gentle hands Similarities and differences between friends and that this is OK How their feelings link to behaviour Vocabulary includes: rights, responsibilities, similar, different, kind, gentle, learn Jigsaw Puzzle: <i>Celebrating Difference</i> Children learn: What makes them unique That everyone is good at different things Families can be different Differences and similarities between people How to be a kind friend Simple strategies for standing up for themselves Vocabulary includes: differences, family, special, unique, similar, kind, friends	In year R through Jigsaw and MyHappyMind children learn: Anti-Bullying- Jigsaw Understanding differences & similarities Kind and unkind actions Standing up for themselves Identifying emotions when someone is hurt Positive Relationships - Jigsaw What makes a good friend? How to mend friendships Playing cooperatively Family roles myHappyMind Celebrate module: children learn what makes people unique → foundations for valuing difference Relate module: listening skills & good friendships	In Year R children learn about Keeping Healthy: Understand what it means to be healthy: moving their bodies, resting, eating healthy foods. Know that some foods are healthier than others. Know why sleep is important and identify simple bedtime routines. Learn that washing hands keeps them safe and prevents illness. Explore how their body feels when active and when resting. Keeping safe: Learn “gentle hands” and identify kind/unkind touch. Identify <i>safe adults</i> in school and home settings. Know what to do if approached by someone they don’t know (“tell a safe grown-up”). Recognise feelings that help them stay safe — worried, scared, unsure — and know these mean they should ask for help.	Children begin identifying feelings, understanding how actions affect others, and practising early calming techniques. Jigsaw Recognise and name feelings: happy, sad, worried, scared. Identify feelings linked to belonging and not belonging. Understand how behaviour affects others’ feelings. Begin using <i>Calm Me</i> to regulate emotions. Learn simple strategies to manage emotions (e.g., playing cooperatively, sharing). myHappyMind Meet Your Brain: What the brain does & why calm helps the brain. Celebrate: Character strengths → builds early self-esteem & identity. Relate: Listening skills, developing good friendships → supports emotional safety

Year 1	Year 1 Internet safety curriculum focuses on recognising personal information, understanding the definition of privacy, identifying trusted adults, noticing online feelings and learning that photos shared online can be spread around. Teaching is supported by CEOP's 'Jessie and Friends' videos, resources and practical activities. https://www.ceopeducation.co.uk/parents/jessie-and-friends/ Every time the children access the internet throughout the year, the lesson begins with revisiting their internet safety learning.	Puzzle: <i>Being Me in My World</i> Children learn: What it means to belong to their class community Their rights & responsibilities as class members Their role in creating a safe classroom Their views are valued and contribute to their Class Learning Charter How their choices have consequences Vocabulary includes: rights, responsibilities, choices, consequences, learning charter, valued, safe Puzzle: <i>Celebrating Difference</i> Children learn: Similarities and differences between people in their class What bullying is and how to get help How to use courtesy and kind words How to include others and respect differences Awareness that everyone is special and unique Vocabulary includes: difference, similar, inclusive, bully, celebration, courage, unique, unfair, support, manners	In year 1 through Jigsaw and MyHappymind children learn: Anti-Bullying — Jigsaw What bullying is How to get help Being kind to children who are bullied Positive Relationships — Jigsaw Making new friends Safe physical contact Who can help them in school myHappymind Celebrate: identifying strengths in self & others Relate: active listening, celebrating differences	In year 1 children learn about: Keeping Healthy Know the difference between <i>healthy</i> and <i>unhealthy</i> choices (food, activity, rest). Understand hygiene: germs cause illness; washing hands keeps them safe. Know medicines help us when used safely but can be dangerous when not used correctly. Beginning to understand how healthy choices make them feel happy and well. Keeping Safe Learn safe vs unsafe physical contact and ways they can greet others safely. Know basics of road safety — Stop, Look, Listen, Think. Know who keeps them safe in their school community. Recognise when they feel frightened or unsafe and identify who to tell.	Children are growing emotional vocabulary, using calm strategies, understanding class community and appreciation as wellbeing tools. Jigsaw Name a wider range of feelings and recognise feelings in themselves and others. Begin to understand consequences and how they relate to feelings of pride, disappointment, upset. Use <i>Calm Me</i> independently in classroom routines. Learn what helps them feel safe, special, happy and calm. myHappymind Meet Your Brain: How emotions affect the brain & benefits of calming strategies. Celebrate: Identifying their strengths → supports healthy self-worth. Relate: What active listening is and why it helps relationships.
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Year 2	Year 2 builds on prior learning with more critical thinking about online identity, stranger danger online, who trusted adults are, respectful communication, recognising unkind behaviour and identifying ‘uh-oh’ feelings. The Internet safety unit is supported by videos, resources and practical activities from Childnet ‘Digiduck’ and CEOP ‘Lee and Kim’ https://www.childnet.co.uk/resources/digiduck-stories/ https://esafetytraining.org/portfolio/ceop-lee-kimcartoon-2/ Every time the children access the internet throughout the year, the lesson begins with revisiting their internet safety learning.	Jigsaw Puzzle: <i>Being Me in My World</i> Children learn: Their rights & responsibilities within the class Why making positive contributions matters Rewards, consequences and how choices affect others How following the Learning Charter keeps everyone safe and learning Recognising worries and knowing when/how to seek help Vocabulary includes: rights, responsibilities, belonging, choices, consequences, fair, safe Puzzle: <i>Celebrating Difference</i> Children learn: Assumptions and stereotypes (early introduction) How bullying may relate to difference That it is OK to be different and still be friends Basics of identity, gender differences, and respecting others How to stand up for themselves and others That families, cultures and abilities can differ Vocabulary includes: assumptions, culture, disability, fairness, identity, inclusive,	In year 1 through Jigsaw and MyHappyMind children learn: Anti-Bullying — Jigsaw Understanding stereotypes Bullying linked to difference Knowing how to stand up for themselves & others Knowing who to talk to. Positive Relationships — Jigsaw Managing conflicts Good vs worrying secrets Appreciating people who help them. myHappyMind Celebrate: character strengths Relate: perspectives, importance of friendships	In year 2 children learn: Keeping Healthy Sort foods into food groups and understand the basics of a balanced diet. Make healthy snacks and explain why they provide energy. Learn safety at home: fire risks, hot objects, sharp objects, electricity. Know how medicines work and why they must be used safely. Learn to identify and express “unsafe feelings” to prevent harm. Keeping Safe Recognise hazards near roads, railways and water and explain how safety rules protect them. Understand <i>good</i> vs <i>worry</i> secrets and know they must tell a trusted adult when a secret feels wrong. Recognise when words or behaviour are hurtful and what to do next. Know how to get help if they are being bullied or feel unsafe. Practise the “Solve it Together” approach for peer conflict — early problem-solving for safe relationships.	Children learn help-seeking, managing worry, understanding diverse relationships, and practising calm and gratitude. Jigsaw Recognise when they feel worried & know who to ask for help. Understand similarities and differences and how these link to belonging and emotions. Begin identifying strategies for managing anger, sadness, fear and excitement. Practise using problem-solving (Solve It Together) to manage emotional disagreement. Learn effects of success and challenge on emotions (Dreams & Goals). myHappyMind • Meet Your Brain: Begin linking emotions to brain responses (fight/flight/calm). • Celebrate: Celebrate others’ strengths → supports empathy and social wellbeing. • Appreciate: Learn how gratitude helps emotional wellbeing.
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		stereotypes, male/female, belonging, support, value, unique			• Relate: Evaluate different perspectives and understand friendships more deeply.
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Whole School Themes and Events

	Whole school Themes	Assemblies	Pupil Conferencing	Pupil Leadership
Sept	Whole school safeguarding audit	Rights & Responsibilities, Our School Community, Emotional Safety, Inclusion School Rules and Class Charters		Create pupil leaders: Eco- team, School Council, and Happiness Heroes
Oct	Privates are Private (NSPCC)	Understanding Diversity & Healthy relationships		
Nov	Anti -bullying	Anti-bullying	Pupil conferencing on anti-bullying	Happiness Heroes to lead antibullying campaign
Dec				
Jan	Road Safety	Resilience, Motivation, Emotional Wellbeing	Who are the safe adults that you can talk to in school?	School Council team to review whole school site for safety
Feb	Internet Safety	Keeping Safe		
Mar	Speak Out Stay Safe (NSPCC)	Keeping Healthy	Where would you go to feel safe in school?	
Apr		Healthy Relationships focussed on Respect, Inclusion, Emotional Safety		School Council team to train class about recognising visitors
June		Changing me		
July	Water Safety Sun Safety	Summer safety	Pupil conferencing on how we keep pupils safe	