

## **Keeping Ourselves Safe - Yr 4 - 5 Programme:**

For those who were unable to attend the parent meeting on the 6 June (as stated in the last two newsletters), this is the information we will be covering with the children in Weeks 8 and 9.

After each lesson, there will be a homework task to complete. Please talk about the content with your child. If you have any questions please talk to your class teacher.



### **Lesson 1:**

#### **Key Message - *confident kids make safe decisions***

1. What are my personal strengths - buddy share.
2. Feelings - what are different feelings we can feel?

#### **Focus Area 1: Confident Me**

### **Lesson 2:**

#### **Key Message - *how to stop and think before we do***

1. Share a time where you feel you made a silly decision or when you didn't know how to decide or were confused.
2. "The Path to Safe Decisions"

#### **Focus Area 2: Safe or Unsafe?**

### **Lesson 3:**

#### **Key Message - *I have a right to feel safe with other people***

1. Safety Cards - go over various scenarios
2. STAR - using a scenario ask the class to decide how they would respond.

#### **Focus Area 3: No Excuse for Abuse**

### **Lesson 4:**

#### **Key Message - *abuse should always be reported.***

1. What is abuse?
2. Secrets - a good and bad secret.

#### **Focus Area 4: Why Should I Tell?**

### **Lesson 5:**

#### **Key Message - *ask for help and go on asking until someone listens and takes action.***

1. Identify a situation where an adult **needs to be asked** to help. Who would you trust to talk to when things feel right?

#### **Focus Area 5: What have we learnt?**

### **Lesson 6:**

#### **Key Message - *show what I have learnt***

1. As a group, have a discussions about the key messages covered in the KOS programme.