



PSHCE KNOWLEDGE & SKILLS PROGRESSION - KEEPING SAFE

***“You are braver than you believe, stronger than you see and smarter than you think.”
~AA Milne***



EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
	<p>I know how rules can help to keep us safe</p> <p>I know why some things have age restrictions, e.g. TV and film, games, toys or play areas.</p> <p>I know the basic rules for keeping safe online.</p> <p>I know whom to tell if I see something online that makes me feel unhappy, worried, or scared.</p> <p>I understand who can help me when I feel unsafe on and offline.</p>	<p>I know how to recognise risk in everyday situations, e.g. road, water & rail safety, medicines</p> <p>I know how to help keep myself safe in familiar and unfamiliar environments, eg in school, online and 'out & about'</p> <p>I can identify potential unsafe situations, who is responsible for keeping me safe in these situations, and steps I can take to avoid or remove myself from danger.</p> <p>I know how to help keep myself safe at home in relation to electrical items, fire safety & medicines household products</p> <p>I know about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel.</p> <p>I know how to respond if there is an accident and someone is hurt.</p> <p>I know whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say</p>	<p>I know how to stay safe online and who to tell if I ever feel unsafe.</p> <p>I know what a digital footprint is and how one is created.</p> <p>I know how to treat bites and stings with basic first aid and know how to call for help.</p> <p>I understand the British values and what is meant by tolerance and respect for others including my own cultures and beliefs.</p> <p>I can celebrate and understand other cultures different from my own.</p>	<p>I know how to respond for help and know how to call for assistance.</p> <p>I know what unites people and communities and what can divide them.</p> <p>I understand how to celebrate diversity.</p> <p>I know what an online identity is and how to keep my identity safe online.</p> <p>I know our rights and responsibilities in the environment.</p>	<p>I know to identify when situations are becoming risky, unsafe or an emergency.</p> <p>I can identify occasions where I can help take responsibility for my own safety.</p> <p>I can differentiate between positive risk taking (e.g. trying a new sport and dangerous behaviour.</p> <p>I know how to deal with common injuries using basic first aid techniques.</p> <p>I know how to respond in an emergency, including when and how to contact different emergency services.</p>	<p>I know how to protect personal information online.</p> <p>I can identify potential risks of personal information being misused.</p> <p>I use strategies for dealing with requests for personal information or images.</p> <p>I can identify types of images that are appropriate to share with others and those which are not appropriate.</p> <p>I know that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be.</p> <p>I know what to do if I take, share or come across an image which may upset, hurt or embarrass me or others</p> <p>I know how to report the misuse of personal information or sharing of upsetting content/ images online.</p> <p>I know about the different age rating systems for social media, T.V.films, games and online gaming.</p> <p>I know why age restrictions are important and how they help people make safe decisions about what to watch, use or play.</p> <p>I know about the risks and effects of different drugs.</p> <p>I know about laws relating to drugs common to everyday life and illegal drugs.</p> <p>I recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs.</p> <p>I know about the organisations where people can get help and support concerning drug use.</p> <p>I know how to ask for help if I have concerns about drug use.</p> <p>I know about mixed messages in the media relating to drug use & how they might influence opinions & decisions.</p>