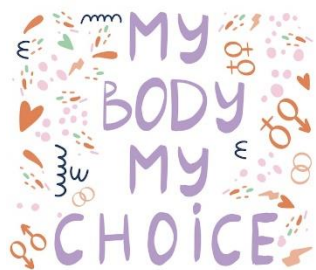


What should I already know?

- The clues my body gives when I am feeling unsafe or unsure.
- Who the trusted adults are I can ask for help.
- To know how to get help if I am lost
- To be able to keep myself safe as a pedestrian.

Key Knowledge

- To be able to identify different feelings and tell others how they feel.
- To be able to name my early warning signs and know when I am not feeling safe.
- To know who I can talk with if I have a worry or need to ask for help.
- To be able to identify the private parts of my body and say 'no' to unwanted touch.



I can say



no

Key Vocabulary and definitions

Feeling	How your body feels depending on the emotion you are experiencing.
Emotion	A strong and honest feeling in your body.
Physical	Relating to the parts of your body.
Thought	An operation of the brain about something we are doing.
Behave	The action of a person or animal.
Early Warning Signs	The feelings which show that something bad might be about to happen.
Shared interests	When two or more people like the same things.
Network of support	The people around us who can provide help and support and keep us safe.
Trusted adults	A person who we know is safe to share information with and will listen and keep us safe.
Persistence	Continuing to do something even if it is difficult.
Resilience	Bouncing back, recovering quickly from something that has gone wrong.
Emergency	A serious, unexpected situation which needs urgent action.
Private	Belonging to someone and not for anyone else.
Uncomfortable	Causing someone to feel awkward or uneasy.
Permission	Allowing someone to do something.
Assertive	Being confident and forceful.
Secret	To keep something to yourself and not tell anyone.