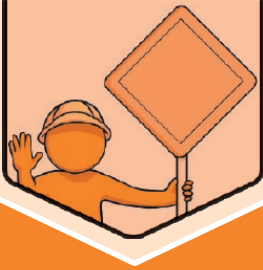


This resource shows where the **RSHE** objectives are covered within Twinkl Life's PSHE and Citizenship scheme of work.

LKS2 Safety First			
 Lesson 1: New Responsibilities	Twinkl Life Objective	Relationships Objectives	Health Objectives
	I can be responsible for making good choices to stay safe and healthy.	Being Safe: That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact. Being Safe: How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust. Being Safe: How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so. Being Safe: How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.	General Wellbeing: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
	Lesson 2: Risks, Hazards and Danger	Being Safe: How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know. Being Safe: How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.	Personal Safety: About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks. Basic First Aid: How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them.
	Lesson 3: Under Pressure	Families and People Who Care for Me: How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Caring Friendships: How to manage conflict, and that resorting to violence is never right. Caring Friendships: How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.	General Wellbeing: How to recognise feelings and use varied vocabulary to talk about their own and others' feelings.

		Respectful, Kind Relationships: The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests. Respectful, Kind Relationships: How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust. Online Safety and Awareness: That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure. Being Safe: How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust. Being Safe: How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so. Being Safe: How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.	
Resource	Twinkl Life Objective	Relationships Objectives	Health Objectives
Lesson 4: Safety When Out and About	I know how to stay safe when out and about.		Health Protection and Prevention: The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils. Personal Safety: About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks. Personal Safety: How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.

Lesson 5: Dangerous Substances	I know about dangerous substances and how they affect the human body.		Drugs, Alcohol, Tobacco and Vaping: The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches. Personal Safety: About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.
Resource	Twinkl Life Objective	Relationships Objectives	Health Objectives
Lesson 6: Injuries and Emergencies	I know how to respond in emergency situations.		Basic First Aid: How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them. Basic First Aid: Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.