

Year 2 Overview

Learning outcomes for each lesson	Optional Home Follow Up
Lesson 1 - Feelings and Feeling Safe	
I can talk about the people and places that make me feel safe and comfortable I know that I have the right to feel safe To understand feeling safe I can talk about how I feel when I feel safe I know that I have the right to feel safe	Write down some of the things that we do at home to relax – or a relaxation activity that parents and children could do at home together
Lesson 2 - The Safety Scale –Fun to Feel Scared, Risking on purpose, Feeling Unsafe and Early Warning Signs	
I know what my Early Warning Signs are I know why it is important to listen to my Early Warning Signs I can tell you what I like being scared by	Individual activity sheet to identify their own EWS
Lesson 3 - Body Awareness, Secrets and Telling	
I can name and correctly label the main, external parts of the body and know that there are parts of my body which should not be touched without permission	You may wish to talk to your child about the Underwear rule which is available on the NSPCC Website www.nspcc.org.uk/help-and-advice/for-parents/keeping-your-child-safe/the-underwear-rule/the-underwear-rule_wda97016.html *Please note children will be taught the correct names for their body parts including private areas. You may wish to discuss this with your child before the lesson.
Lesson 4 - Networks of Support, Problem-solving and Persistence	
I know the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises I know why I have chosen the people I have chosen on my helping hand I know how to make myself heard when I want help	Network invitation – sheet for parents at home explaining what a helping hand is and what a trusted adult on a helping hand would be like. Children could create a helping hand for at home