

Part C Teaching the Programme

Programme Overview

Module 1 UNDERSTANDING FEELINGS	Module 2 MY BODY IS MY OWN	Module 3 PEOPLE YOU CAN TRUST
<p>Activity 1 Feeling Safe</p> <p>1 Children can explain what being safe means.</p> <p>2 Children can identify times and places in which they feel safe.</p>	<p>Activity 1 Different Types of Touch.</p> <p>1 Children can identify the three different types of touch.</p> <p>2 Children can explain how each of these make them feel.</p>	<p>Activity 1 Feeling Safe with People</p> <p>1 Children can identify people they trust.</p> <p>2 Children can explain why they feel safe with these people.</p>
<p>Activity 2 Feeling Unsafe</p> <p>1 Children can explain what being unsafe means.</p> <p>2 Children can describe what to do if they, or someone else, feels unsafe.</p>	<p>Activity 2 Saying 'No' to people.</p> <p>1 Children know when and how to say 'no'.</p> <p>2 Children can say 'no' confidently.</p>	<p>Activity 2 Finding People To Help</p> <p>1 Children can explain that everyone needs help sometimes.</p> <p>2 Children can name people they can trust when they need help.</p>
<p>Activity 3 Real and Imaginary Fear</p> <p>1 Children can identify their fears.</p> <p>2 Children have ways of dealing with their fears.</p>	<p>Activity 3 Secrets</p> <p>1 Children can distinguish between secrets which have pleasant consequences and secrets which are harmful.</p> <p>2 Children can explain why it is important to tell an adult they trust about harmful secrets.</p>	<p>Activity 3 Building Confidence</p> <p>1 Children can ask for help confidently when they need to.</p> <p>2 Children know how to get help from people in their community.</p>
<p>Activity 4 Coping with Hazards</p> <p>1 Children can identify hazards in their everyday environment.</p> <p>2 Children can develop strategies for handling hazards.</p>	<p>Activity 4 Talking and Listening</p> <p>1 Children can talk about their feelings.</p> <p>2 Children listen when others talk about their feelings.</p>	<p>Activity 4 Tricks, Bribes and Treats</p> <p>1 Children can recognise situations when someone tries to trick them, or offers them bribes or treats.</p> <p>2 Children can deal confidently with such situations.</p>
<p>Activity 5 Following Rules</p> <p>1 Children make rules about handling hazards at home and on the way to school.</p> <p>2 Children can follow these personal safety rules.</p>	<p>Activity 5 Knowing What To Do</p> <p>1 Children can solve simple problems.</p> <p>2 Children develop further rules for personal safety.</p>	<p>Activity 5 Rules for Getting Help</p> <p>1 Children can explain why it is important for every family to have personal safety rules.</p> <p>2 Children can explain why they must follow personal safety rules set by their family.</p>