



What I should already know:

- It is ok to tell an adult if somebody is being mean.
- I can tell an adult if I am scared.
- Giving my friend a hug when they are upset is being a caring friend.



By the end of this unit:

- Recognise situations that make them feel frightened, worried or uncomfortable
- Identify who to tell and practice how to tell
- Recognise it is ok to tell if someone is being harmed
- Talk about worries
- Be sympathetic to other people and their worries
- Learn the difference between what feels comfortable and uncomfortable
- Say 'no' this is my body and I do not like what you are doing and want you to stop

Key Facts at the end of the unit:

- Tummy ache, heart beating faster, feeling thirsty and wanting to cry are all signs that I am feeling frightened, worried or uncomfortable.
- A 'network' is a group of people I have chosen who I can trust and talk to when I am frightened, worried or uncomfortable.
- If somebody is being harmed I can tell my parents, carer, police officer, school nurse or teacher.
- There are two types of touch - good touch and bad touch.
- Poking, smacking, elbowing etc. are all examples of bad touch.

Vocabulary

Assertive	Having the confidence to say no or stop!
Comfortable	Feeling at ease/ relaxed/ calm
Frightened	Feeling fear—made to feel afraid.
Network	A group of people (e.g. trusted adults).
Sympathetic	Feeling or showing understanding.
Trust	A feeling that somebody or something can be relied upon.
Uncomfortable	The opposite of comfortable - feeling discomfort.
Worried	To feel anxious or troubled.