



What I should already know:

- 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.

By the end of this unit:

- Recognise and anticipate situations that make them feel frightened, worried or uncomfortable
- Know how and where to get help
- Explore the concept of trust through Circle Time.
- Learn about different types of secrets.
- How to recognise a bad secret.
- How to tell an adult if you think you have been told a bad secret
- Explore the concept of personal space



Key Facts at the end of the unit:

- There are two types of secrets—good secrets and bad secrets.
- Good secrets you can keep without hurting anyone or making yourself feel bad.
- A bad secret makes you feel uncomfortable.
- Personal space is an invisible bubble you carry round with you.
- There are 4 space zones associated with personal space.

Vocabulary

Anticipate	To expect and prepare for something in advance.
Comfortable	Feeling at ease/ relaxed/ calm
Frightened	Feeling fear—made to feel afraid.
Personal space	Is the area immediately surrounding your body.
Secret	Something kept or planned to be kept from others knowledge .
Self awareness	The ability to tune into your feelings, thoughts and actions . Being self aware also means being able to recognise how other people see you.
Uncomfortable	The opposite of comfortable - feeling discomfort.
Worried	To feel anxious or troubled.