

	Lessons	Programme overview
Session 1	The right to feel safe	<ul style="list-style-type: none"> Feelings that make you feel unsafe The Rights of the Child Discussing safety network at home, community and school Creating a safety network
Session 2	Early Warning Signs	<ul style="list-style-type: none"> Early warning signs The Rights of the Child Keeping safe is more important than keeping secrets Identifying early warning signs What to do when you get early warning signs
Session 3	Recognising Feeling Unsafe	<ul style="list-style-type: none"> Recognising situations when you feel unsafe Recognising that these are different for different people Identifying when you feel unsafe – How safe am I? How do I feel? What to do when you feel unsafe
Session 4	Recognising Caring Friends	<ul style="list-style-type: none"> What makes a good/caring friend? Identify who to trust How to be a caring friend Ranking qualities that make a caring friend
Session 5	Being Safe Around the Home	<ul style="list-style-type: none"> Recognising an emergency What to do in an emergency Recognising dangers in the home Recognising behaviour choices Taking responsibility – When are you ready?
Session 6	We are all Unique and Special	<ul style="list-style-type: none"> What is similar about us? What makes us unique? The Rights of the Child Respect and Tolerance Equality
Session 7	Race	<ul style="list-style-type: none"> What makes us unique? Racism The Rights of the Child Respect and tolerance Equality Significant people
Session 8	Religions and Celebrations	<ul style="list-style-type: none"> What makes us unique? What occasions do you celebrate? Religions and celebrations in our school and community
Session 9	Differently Abled	<ul style="list-style-type: none"> What makes us unique? The Rights of the Child Respect and tolerance Significant people
Session 10	eSafety	<ul style="list-style-type: none"> Identifying personal information How to stay safe when using accessing the internet What to do if something makes you feel unsafe Scenarios – What should you do?
Session 11	Keeping Our Bodies Safe	<ul style="list-style-type: none"> Identifying parts of the body that no one else should touch What to do if somebody touches me or asks to touch me inappropriately

Session 12

**Dealing with Bullies/Good
Mental Health**

- What is bullying?
- What to do if you or somebody else is being bullied
- What is mental health?
- What to do if you have mental health concerns