



Our staying safe core knowledge

	Personal safety	Online safety	Emotional wellbeing	Healthy relationships	Risk management	Respecting diversity
Nursery	Understanding basic concepts of "safe" and "unsafe"	Learning that devices should be used with an adult present.	Identifying and naming simple emotions (happy, sad, scared).	Understanding the concept of "kind hands" and gentle play.	Learning simple rules to stay safe (e.g., holding hands when crossing the road).	Recognising that everyone is unique and special.
Reception	Knowing basic body safety rules, such as "private parts are private."	Understanding that not all online content is suitable for children.	Beginning to recognise and talk about feelings using more vocabulary.	Learning to share, take turns, and resolve simple conflicts with help.	Recognising everyday risks and seeking help from adults when unsure.	Celebrating similarities and differences among classmates.
Year 1	Identifying trusted adults to talk to if they feel unsafe.	Understanding that personal information (e.g., name, address) should not be shared online.	Recognising how actions affect others' feelings (e.g., kind vs. unkind words).	Learning about friendship and the importance of treating friends with respect.	Beginning to make safe choices in daily activities (e.g., not running indoors).	Understanding that people have different beliefs, families, and traditions.
Year 2	Learning about personal boundaries and the concept of consent (e.g., asking before hugging).	Recognising safe and unsafe online behaviours, such as clicking on unknown links.	Learning strategies to manage emotions, like breathing techniques.	Identifying what makes a healthy friendship, including trust and honesty.	Learning to assess risks (e.g. not climbing unsafe structures).	Understanding and respecting differences in religion, language, and culture.
Year 3	Recognising different types of touch and understanding it's okay to say "no."	Understanding how to identify and report inappropriate online behaviour.	Building resilience and understanding how to seek support for worries.	Learning about boundaries in friendships and recognising signs of bullying.	Beginning to take responsibility for personal safety (e.g., road safety).	Appreciating the benefits of living in a diverse society.
Year 4	Understanding the difference between secrets and surprises, and when to share concerns.	Learning about digital footprints and the permanence of online content.	Exploring strategies for handling stress and building self-esteem.	Understanding peer pressure and how to say "no" confidently.	Identifying risks in new situations and knowing how to get help.	Understanding how stereotypes can lead to unfair treatment.
Year 5	Recognising signs of unhealthy relationships and knowing where to seek help.	Understanding the risks of online communication, including stranger danger.	Developing coping strategies for more complex emotions like anxiety or frustration.	Identifying signs of manipulation and exploitation in relationships.	Assessing risks in more complex situations, such as social outings.	Learning about discrimination and the importance of standing up against it.
Year 6	Understanding grooming and exploitation and knowing how to report concerns.	Learning about online scams, phishing, and how to verify trustworthy sources.	Developing self-awareness and emotional intelligence to navigate transition to secondary school.	Understanding consent in more detail, including in friendships and peer relationships.	Preparing for independence by learning safety skills for travel, online use, and decision-making.	Exploring global issues like human rights, equality, and social justice.

