

A SAFETY ADVENTURE LIKE NO OTHER. WHERE CHILDREN DON'T JUST LEARN ABOUT SAFETY; THEY EXPERIENCE IT!

LEARNING OBJECTIVES

The purpose of a visit to Lifeskills is to teach pupils how to recognise risks in different situations and then, through experiential learning, decide how to behave responsibly.

All pupils visiting Lifeskills will take part in activities which have the following learning objectives:

- To explore safety and risk in a variety of situations
- To learn how to behave responsibly
- To learn the actions to take in a variety of situations

LEARNING TOPICS/ ACTIVITIES



1. Road Safety – Stopping distances, visibility, crossing roads safely
2. First Aid – DRAB (Danger, Response, Airways, Breathing)
3. Fire Safety – hazard spotting, evacuation
4. Natural Gas – recognising & what to do if you smell it
5. Carbon Monoxide – assessing risks, importance of alarms
6. Drugs – categories (e.g. Medicines, age-controlled substances)
7. Hazards in the home – Kitchen hazards, Garden hazards
8. Online safety
9. E-Scooter laws
10. Rail Safety
11. Water Safety
12. Outdoor Electricity Hazards – Calling 105
13. Safe Routes – recognising risky environments
14. Drug exploitation / grooming
15. Knife Crime
16. Practising making emergency 999 calls

LIFESKILLS ACTIVITIES SUPPORT: THE PSHE NON-STATUTORY FRAMEWORK: PSHE ASSOCIATION PSHE EDUCATION PROGRAMME OF STUDY

CORE THEME 1 (KS2)– HEALTH AND WELLBEING

- H10 How medicines, when used responsibly, contribute to health.
- H12 About the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.
- H14 How and when to seek support, including which adults to speak to in and outside of school, if they are worried about their health.
- H37 Reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming.
- H38 How to predict, assess and manage risk in different situations.

- H39 About hazards(including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.
- H40 About the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully)
- H41 Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about.
- H42 About the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.
- H43 About what is meant by first aid; basic techniques for dealing with common injuries.
- H44 How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.
- H46 About the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping. Alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break.
- H47 To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.
- H48 About why people choose to use or not use drugs (including nicotine, alcohol and medicines);
- H50 About the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.

CORE THEME 2 (KS2) – RELATIONSHIPS

- R12 To recognise what it means to “know someone online” and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face
- R18 To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.
- R28 How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this
- R29 Where to get advice and report concerns if worried about their own or someone else’s personal safety (including online)

CORE THEME 3 (KS2) – LIVING IN THE WIDER WORLD

- L1 To recognise reasons for rules and laws; consequences of not adhering to rules and laws
- L29 That people may choose to do voluntary work which is unpaid