Safeguarding Curriculum Westvale Primary School

Curriculum links: PSHE, Computing, Science, PE, POL Ed from Sept. 2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Standing up for yourself		Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Falling out Dealing with bullying Being a good friend	Respecting my body Growing up Growth and change Fun and fears
Reception	Rights and responsibilities	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone		Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person	Changes in me Changes since being a baby Differences between female and male bodies (correct terminology)
Esafety					The Internet can be used to communicate with others.	Simple online safety rules
Pol-Ed		How can I play safely? How can I keep safe at school? How can I keep safe at home?				
Year 1	Hopes and fears for the year Rights and	Assumptions and stereotypes about gender		Healthier choices Relaxation	Different types of family Physical contact	Growing from young to old Increasing

	responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Understanding bullying Standing up for self and others Gender diversity Celebrating difference and remaining friends		Healthy eating and nutrition Healthier snacks and sharing food	boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	independence Differences in female and male bodies (correct terminology) Assertiveness
Esafety	How to access and search the web. To identify people they can trust and who they can ask for help when using the internet. To send a digital message.		How they should behave and interact with others in the online world. Why it is very important not to over share, share things that are personal or may hurt other people. The ways that some people can be unkind online. about following sensible online rules.			Safe behaviours in their day to day world such as not talking to or meeting strangers and how this applies in the online world. What a username and password is and that they must keep them private.
Pol-ED		How can I keep safe in new places? How can I speak up? How can I use things at home safely? What is 999?				

		What is private information? Who are my trusted adults?				
Year 2	Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments		Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas
ESafety	About safe and unsuitable sites/apps. e.g. PEGI rating. To talk to a trusted adult before sharing personal information online and using strong passwords. That the characters and people they interact with may be computer generated / including games. The differences between the		Sending a message and why it is important to communicate in a polite manner. That login details and passwords should only be shared with trusted adults. What personal information is and that they need to talk to a trusted adult before sharing online.			How some information may be inaccurate or untrue. to independently use a search engine, navigate a website, use favourites, bookmarks or typing the URL. That you can be connected to many people in your life (real life and online). to ensure a trusted adult is aware of who they are interacting with online. To explain

	Internet and the physical world.					some of the potential risks when posting something to the internet. that once something is posted others can read the post and share it
Pol-Ed		How can I keep safe online? What are different types of meetings? What are medicines? What are private body parts? What is fire safety?	What are the risks of video gaming?			
Year 3	Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is	Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Nutrition for the Human body	Getting on and Falling Out Girlfriends and boyfriends	Being unique Having a baby Girls and puberty Confidence in change Accepting change
ESafety	The SMART rules about using the internet safely and responsibly. What personal information is and what they		How to send and reply to online messages, such as email, respectfully and understand the			The need to have a balanced approach to their use of technology. To make good choices about how long they spend

	shouldn't be sharing. They should pause before posting and consider the potential consequences. who they should seek help from about online concerns. the correct and sensible choice when presented with hypothetical scenarios.		difference between online and face-toface. How to use the safety features of websites as well as reporting concerns to an adult they trust. What online bullying/ cyberbullying is and some of the forms it can take. How to report any concerns and who they consider a trusted adult.			online. to recognise websites and games appropriate for their age. E.g. PEGI rating. Online accounts need to be signed in to and why passwords should never be shared. What makes a secure password and why they are important. How to use a password security checking tool. what represents an online identity E.g. images, username, information shared and digital footprint. to post positive comments online.
Pol-Ed		What is bullying?	How can I share my worries? What are emergency services? What are emergency situations? What do we mean by risk? When should I break a secret?	How can vaccinations support our health?		

Year 4	Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Enjoying and respecting other cultures	Goals in different cultures	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change
Esafety	The potential risks and ways they can protect themselves and friends from harm online. The safety features of websites and apps. e.g. block or report. they should report concerns to a trusted adult. The Internet is a great place to develop rewarding relationships. Not to reveal private information to a person they know only online. that friends/followers		The term 'digital footprint' and that the information they put online leaves a digital footprint or "trail" which can be positive and negative. To search for their own name and usernames in Google to test their digital footprint. how they should act appropriately & respectfully online. how to deal with online bullying.			How photos can be altered digitally and the creative upsides of photo alteration, as well as its power to distort perceptions of beauty and health. why copyright laws exist and presenting others work as one's own is called plagiarism. The positive and negative effects technology may have on their health. Why they need to ask a trusted adult before downloading files and games from

	profiles may not reflect the truth about their real lives.					the Internet. E.g. virus. to choose a secure passwords. Why using an avatar and online name is advisable.
Pol-Ed		How can I keep safe in my local area? How can we keep safe on the road? What are hazards in the home? What is first aid? Who do I encounter?		What is hate crime? How do my choices help me to be healthy? What are healthy habits? Why is food fuel? How can I be a hygiene hero? How does school build my character? What is my body trying to tell me?		
Year 5	Children's universal rights Feeling welcome and valued Choices, consequences and rewards Anti-social behaviour	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict		How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting

					with technology use	
ESafety	To demonstrate and explain the importance of communicating kindly and respectfully. About the negative online behaviours such as bullying, trolling, griefing and harassment. about empathy and the effects of online bullying.	**Ariel Trust – Grassing & Grooming**	Anything they post online can be seen, re-shared, re-used and may have a negative effect on others. About the 'Digital 5 a Day' plan and that they need to have a balanced approach to their use of technology. What makes a secure username and password.			Why people set up fake accounts or copy others identities. What an online identity or internet persona is, e.g. social identity in online communities and websites (Facebook, Instagram, YouTube etc) including photos and posts. how to avoid being tricked by scammers online. E.g. Phishing emails. The child can explain why an app may be free but have in-app purchasing and what that is. **Take a Selfie – Ariel Trust**
Pol-Ed		What is grooming? What is media influence? What is media influence?	How can we keep our things safe? How can we use our phones sensibly? What are deep fakes?	What do I know about drugs?	How might being online affect the way I feel? How might my activity levels impact the way I feel?	

			What are the risks with money? Why are our special people important? What is media literacy?		How might school impact the way I feel? How can drugs and alcohol make people feel?	
Year 6		Prejudice and discrimination My values and those of others Challenging stereotypes Discrimination in school How prejudice and discrimination fuels bullying Being inclusive Road Safety		Healthy choices about my emotional health Managing stress Manging my choices around substances Managing my nutritional choices Medicines and immunisation Healthy choices about physical activity and rest/sleep	Developing positive relationships What external factors affect relationships, e.g. media influences? Assertiveness in relationships The changing role of families	My changing body and feelings What is self-image? Coping during times of change My changing ways of thinking Managing my changes in mood Body Health - Science
ESafety	The advice they should/would give friends about making good choices online. The consequences of making poor online choices. E.g. Online bullying, Inappropriate comments (racially or		The way men and women can be stereotyped in movies and TV. when to seek help from a trusted adult and not to try and deal with online situations on their own. How to block and report			How to maintain healthy positive relationships with others while online. Behaviours and strategies to prevent and stop online bullying.List the websites and agencies they can contact in case they need help. what steps they can take to create a

	sexually orientated), uploading inappropriate material (adult / illegal / anti-social), accessing inappropriate sites (anti-social or illegal behaviour / adult content) and breaching copyright laws. **Ariel Trust A knock at the door**		inappropriate comments or behaviour online.			'positive online image' including defining acceptable and unacceptable online behaviour and the benefits this will have to them now and in the future **Grassing and Grooming Ariel Trust**
Pol-Ed	Bonfire Night Halloween Night	What is spiking? What is the issue with addiction? (Vaping/ smoking)? Why does media have age restrictions?		How can I re-frame my thinking? How can I seek support for my mental health? How can I manage moving to high school positively? What is grief?		
Safety enhancements	School Nurse – parent drop ins Healthy lifestyles assembly Picture News Allergies Assembly – Benedict's Law Healthy Living Workshops	School Nurse – parent drop ins Swimming Year 5/6 Anti-bullying week – Bullybusters Year 4/5 Mini medics	School Nurse – parent drop ins Healthy Living Workshops Swimming Y3/4 Year 1/2 Road Safety	School Nurse – parent drop ins Knife Crime Prevention Y6 Virtual decisions Crucial crew Y5 Forest school – Fire safety &	School Nurse Parent drop ins Forest school – Fire safety & poisonous plants/fungi	School Nurse Parent drop ins Bikeability – Bike safety Y5/6 Anthony Walker Foundation – Racism NSPCC – Speak Out Stay Safe

	Dental Health YR & Y2 Crucial Crew Y6 Bike to school Friday -Oct 26 Year 6 Playleader training Community Police – Halloween/Bonfire safety School Nurse parent drop ins Fire Station Programme Forest school – Fire safety & poisonous plants/fungi Knife Crime workshop Y5/6	Children in Need Sport's Safe – PE check CELLs project – Criminality, anti-social behaviour/serious youth violence Forest school – Fire safety & poisonous plants/fungi	Forest school – Fire safety& poisonous plants/fungi	poisonous plants/fungi Road safety		Forest school – Fire safety & poisonous plants/fungi RNLI – water safety
Agencies we liaise with…	Butterflies Listening Ear Barnardo's – Bereavement Community Police CAMHs Bikerite- Bikeability Y5/6 School Nurse Local Women's Refuge – Helping Hands Course					

	RNLI NSPCC EFC Tackling the Blues Fire Services project Crucial Crew Ariel Trust
Core school systems	Fire evacuation drill – PEEPS for key children Lock Down practice Risk assessments EYFS Risk assessments/ SEND children
Schemes of work:	PSHE Curriculum – Jigsaw Published Scheme of work – updated for Sept 2026 Computing – Knowsley Scheme of work Science - Snapp Science scheme of work Forest School Pol-Education Picture News