

## PSHE Year 3 (Autumn 2) #WWSafe

Prior Learning: In Year 2 children will have learnt how to play games safely on and offline – Identify what the difference is between safe and unsafe play is. The children will understand what is meant by the word bullying and how to ask for help when friendships become unsafe.

**We will learn how to identify risk, manage our own personal safety through developing knowledge, skills and understanding within the “#WWSafe” within the theme of our PSHE Education.**

This includes learning about keeping ourselves and others safe in our environment with a first aid focus on bites, stings, burns and scalds and being able to call for help. We will also be recognising the signs of bullying and knowing how to ask for support and who from. Consent focus: Safe and Unsafe boundaries.

### 1. **TWAL: What is First aid?**

We will be able to explain what first aid is and to be able to outline the role of a first aider. We will understand the responsibilities of being a first aider, the emotions we may experience when administering First aid and we will learn what basic information an emergency service will need from us. We will also know how to identify First aiders in our school and where the First aid room is in school. **(Assess and record in books)**

#### Recommended Resources

St Johns Ambulance – PSHE Association



### 2. **TWAL: How to apply First aid to a bite or a sting**

We will be able to recognise the different symptoms for an animal bite or sting, We will learn what and how to apply the appropriate treatment and when to call an ambulance. We will be able to explain that the treatment we apply is to relieve swelling and pain. We will be able to discuss further complications such as a severe allergic reaction and stings to the mouth or throat. (See St John’s ambulance lesson plans and resources)



- An allergic response to a bite or sting can be serious and we must act calmly to get help, assist and monitor a casualty until help arrives.
  - The signs of a serious allergic reaction (anaphylaxis).

#### Recommended Speakers

Mrs Colley – School Welfare Officer

St Johns Ambulance – First Aid responder volunteer



### 3. **TWAL: How to apply First aid to a scald or a burn**

We will learn how to ensure the safety of ourselves and others, be able to identify and recognise the differences between a burn and a scald. We will learn to be able to give first aid to a casualty who has sustained a burn or scald and be able to seek medical help if required. (See St John’s ambulance lesson plans and resources) **(Assess and record in books)**



A burn is caused by dry heat (an iron, fire or hot sun)

A scald is caused by contact with wet heat (steam, hot cup of tea, boiling water) The priority is to cool the burn as quickly and safely as possible



### 4. **TWAL: To recognise the signs of bullying**

We learn to identify and recognise the differences between a rude person, a mean person and a bully. We will be able to explain the different types of bullying (Physical, Verbal, Social and Cyber bullying) **(Assess and record in books)**



Physical bullying is anything that hurts you by touching you (hitting, kicking etc)

Verbal bullying is any form of bullying that is enacted through speech, or use of the voice, and does not involve any physical contact.

Social bullying is spreading rumours or excluding people from friendship groups

Cyber bullying is bullying that takes place on line

#### External support for children

NSPCC <https://www.net-aware.org.uk/>

<https://www.nationalbullyinghelpline.co.uk/>

<http://www.childline.org.uk/>

<https://www.safe4me.co.uk/support-services/>



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### 5. TWAL: Different strategies to deal with bullying

We will be able to discuss a variety of strategies to be able to deal with bullies, to support a friend who is being bullied and to be able to know who can help us and which external providers can also offer further help and expertise.



Stay safe and tell an adult  
Remember your positive attributes as a person  
Be kind and treat others as you would like to be treated

**STOP**  
BULLYING

### 6. TWAL: To recognise safe and unsafe boundaries (Consent focus)

Please see additional planning overview x 2 sessions

### Words we will know!

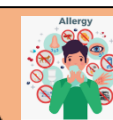
Symptom



Casualty



Allergy



Scald

