

PSHE Progression of skills Key Stage 1

Keeping safe

Focus on:

- Online safety
- Safe and unsafe touches
- Medicine - what it does
- Medicine - how to keep safe
- Keeping safe in my environment
- Appropriate touches

Pupils should:

- about how the internet and digital devices can be used safely to find things out and to communicate with others (Project Evolve – communicating safely)
- about the role of the internet in everyday life
- know about online safety and understand age appropriate content, personal information etc. (Project Evolve – age restrictions)
- that household products (including medicines) can be harmful if not used correctly
- learn about medicines (vaccinations, immunisations and supportive allergy medicines).
- understand safety at home including around electrical appliances.
- learn about ways of keeping safe in familiar environments (beach, shopping centre, park, swimming pools etc)
- know about how to respond if physical contact makes them feel uncomfortable or unsafe
- know about knowing there are situations when they should ask for permission and also when their permission should be sought
- know about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)

PSHE Progression of skills Lower Key Stage 2

Keeping safe

Focus on:

- Decision making skills
- Peer pressure
- Drugs
- [Online safety – internet safety](#)
- Understanding the norms of drug use (cigarette and alcohol)
- Outside influences

Pupils should:

- recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves
- learn that everyone, including them, should expect to be treated politely and with respect by others.
- [understand the impact of bullying, including offline and online, and the consequences of hurtful behaviour](#) (Project Evolve – online relationships)
- [learn strategies to respond to hurtful behaviour experienced or witnessed, offline and online \(including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others\); how to report concerns and get support](#) (Project Evolve – online bullying)
- understand healthy friendships/relationships make people feel included not isolated; recognise when others may feel lonely or excluded; strategies for how to include them
- learn what peer pressure looks like
- learn about what drugs are – good and bad including medicines
- know about drugs such as cigarette use and alcohol

PSHE Progression of skills Upper Key Stage 2

Keeping safe

Focus on:

- **Online safety**
- Norms around the use of legal drug use
- Media and drug use
- Support networks
- Online safety (inappropriate content)
- Online privacy
- How to report concerns
- Laws around drug use

Pupils should:

- **know the impact of bullying, including offline and online (Project Evolve – bullying (online bullying))**
- **know the consequences of hurtful behaviour**
- **have strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others) (Project Evolve – privacy (privacy and security))**
- **learn how to report concerns and get support**
- **learn about mixed messages in the media about drugs, including alcohol and smoking/vaping.**
- **know organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.**
- **about how text and images in the media and on social media can be manipulated or invented (Project Evolve – online fraud – managing online information)**
- **strategies to evaluate the reliability of sources and identify misinformation (Project Evolve – safer searching – managing online information)**