



PSHE and Citizenship

Health and Wellbeing | Safety First

Safe Secrets and Surprises



Aim

- I know what I can share and what I should keep private to keep myself and others safe.

Success Criteria

- I know that some secrets and surprises are safe.
- I can list things I should keep private to keep myself and others safe.
- I can explain what to do if I feel unsafe or uncomfortable.

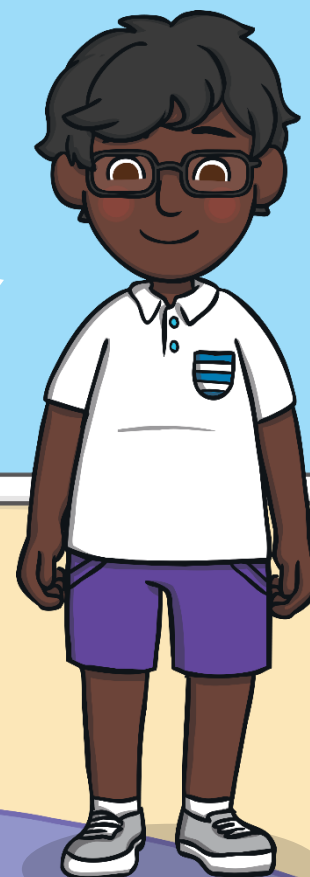
The Big Questions



What types of things should I share with others or keep private from them?

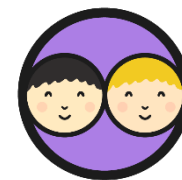


What can I do if I feel unsafe or uncomfortable in a situation?



Reconnecting

Secret or Surprise?

The background of the slide is a vibrant party scene. At the top, a string of colorful triangular bunting (pink, blue, and yellow) hangs across the frame, with several long, thin streamers (pink, blue, and yellow) hanging down. Below the bunting, there are three round tables covered with blue and pink scalloped tablecloths. The left table has a white cake with red frosting and a plate of colorful candies. The middle table has a pink bowl with a spoon, a white pitcher, and several white cups. The right table has a black speaker system and a plate of food. The entire scene is set against a light yellow background.

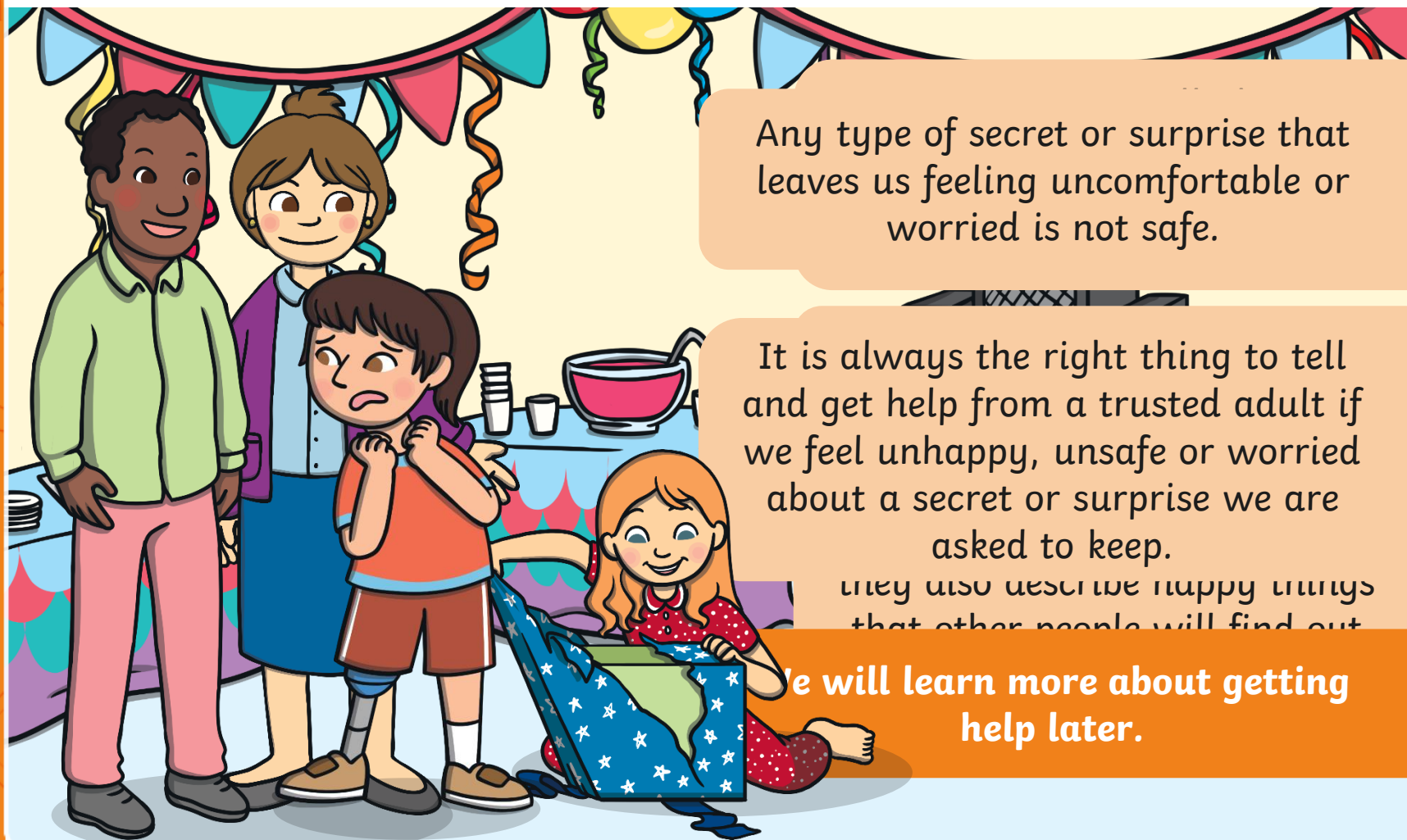
Secret

Surprise

Grown-ups and children often use the words secret and surprise to mean the same thing.

Keeping secrets and surprises can be exciting and can make people happy. These would be safe secrets and surprises to keep.

Secret or Surprise?

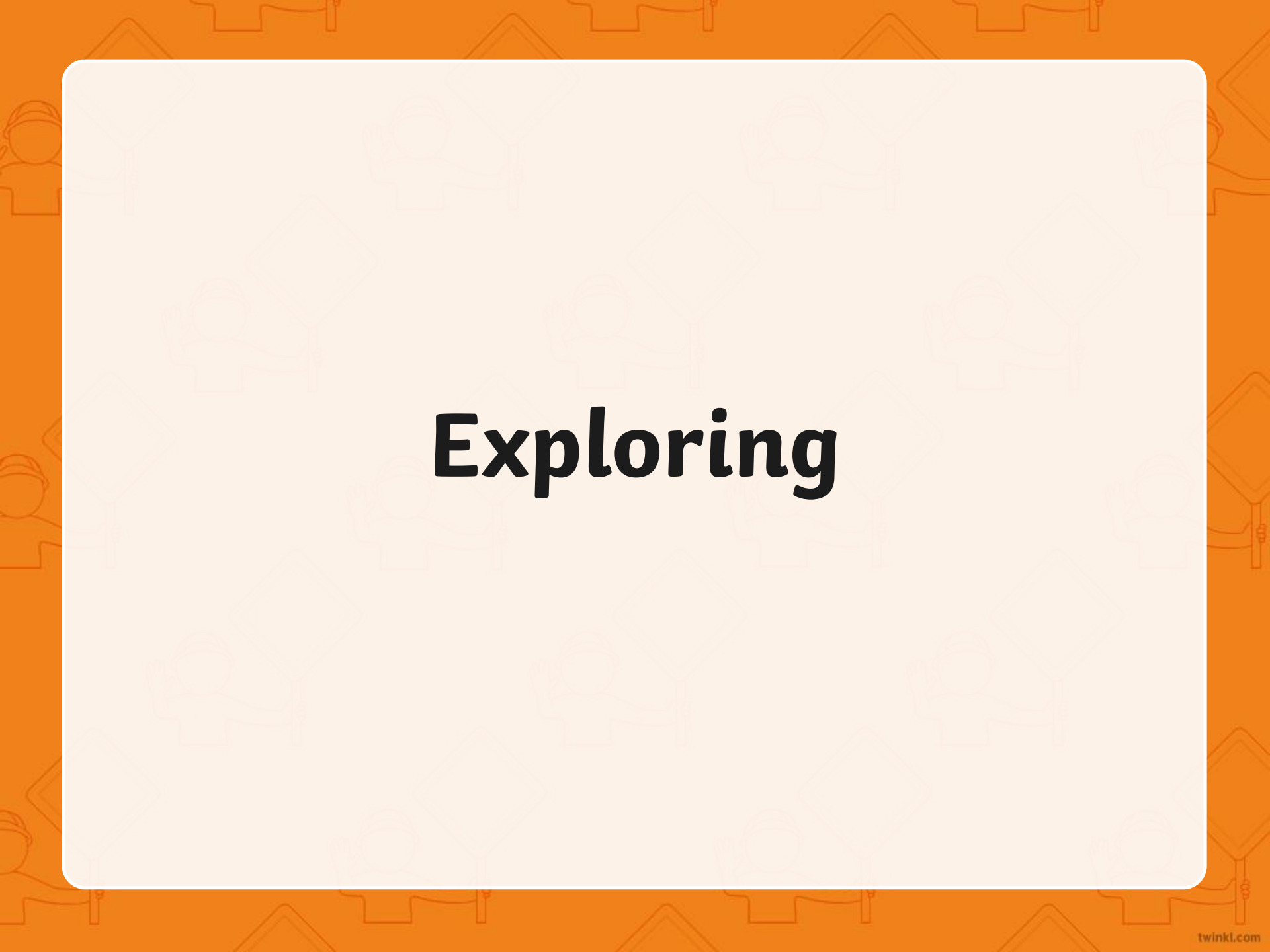


Any type of secret or surprise that leaves us feeling uncomfortable or worried is not safe.

It is always the right thing to tell and get help from a trusted adult if we feel unhappy, unsafe or worried about a secret or surprise we are asked to keep.

They also describe happy things that other people will find out.

We will learn more about getting help later.

The background of the slide is a solid orange color. It features a repeating pattern of a white line-art icon. The icon depicts a person from the waist up, wearing a hard hat and holding a rectangular sign on a stick with both hands. The person's right hand is also raised in a gesture. This pattern is visible behind the central white box and extends to the edges of the slide.

Exploring

Keeping Things Private



There are some things that we might choose to keep private in order to keep ourselves safe.

Keeping things private means we don't tell or show others things that are private to us.

This is different to keeping secrets.

personal information
about ourselves

online passwords
and codes

What things should we
keep private from other people?

the parts of our body
covered by our underwear



Keeping Things Private



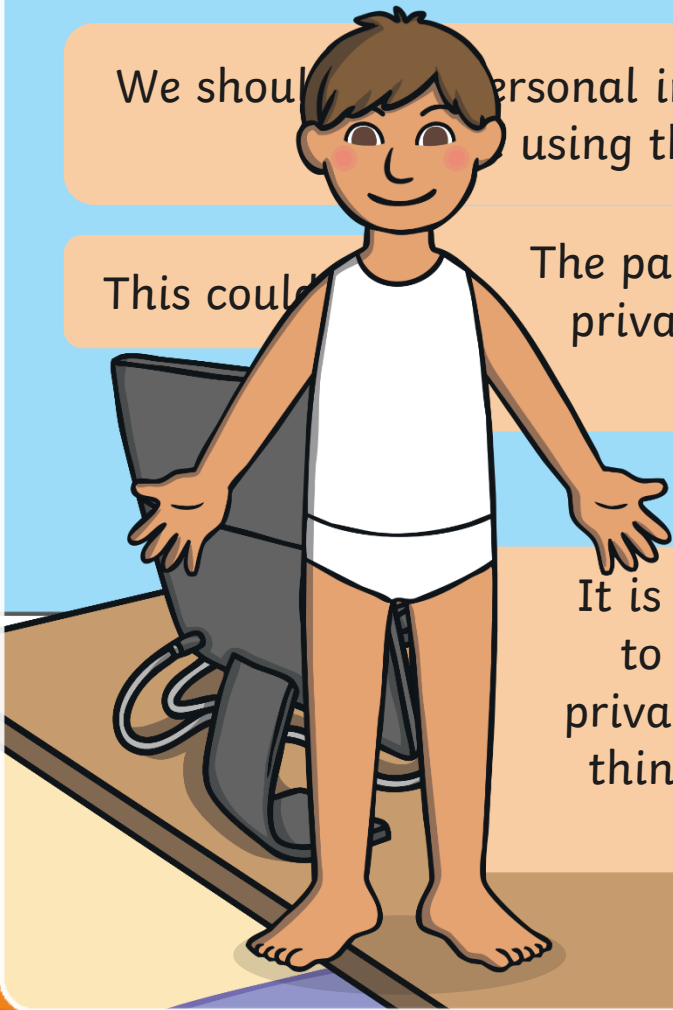
We should keep personal information about ourselves private when we are using the Internet or online gaming.

This could be the parts of our body that we cover with pants are private. In fact, some people even call them our 'private parts' or 'privates' for short.



Sometimes, we are trusted with passwords and codes.

It is important to keep all of these things private to keep ourselves safe. We should respect the privacy of other people by letting them keep these things private and we should expect them to do the same for us.



Private Parts



The Underwear Rule helps us to remember how to keep the parts of our body that we cover with pants private and safe.

The first thing you need to know and remember is that **your body belongs to you.**

This means that **no one** can touch it without your permission.

There are **no safe secrets or surprises** about touching your body.

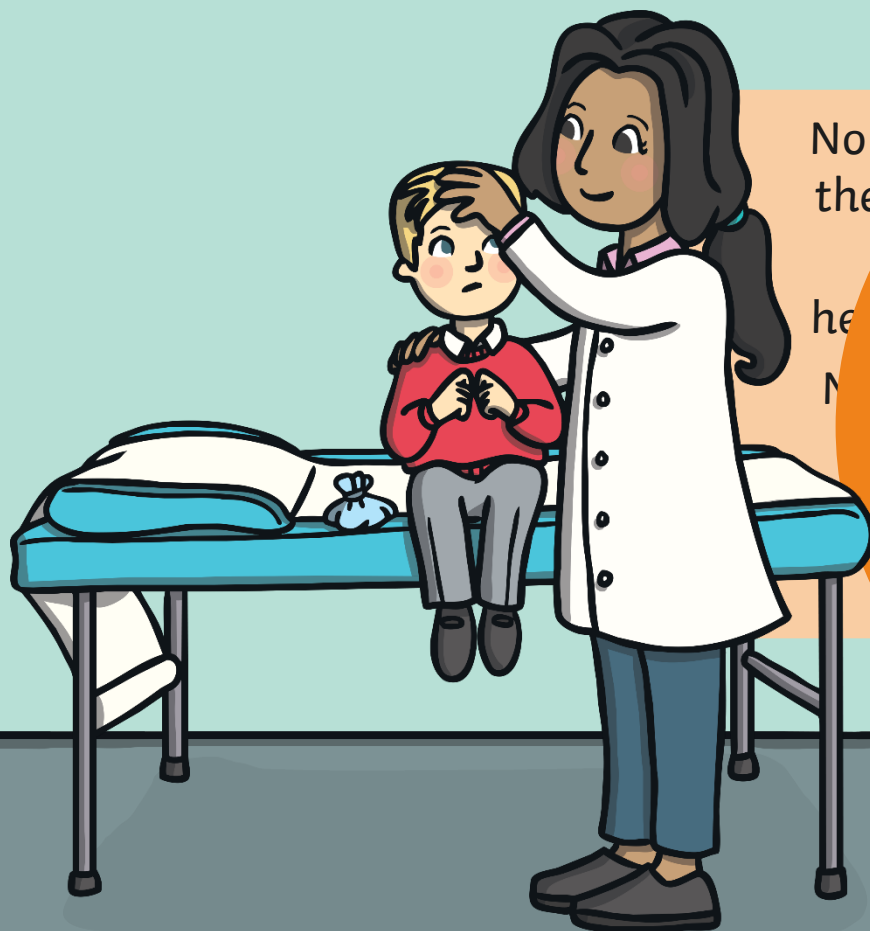


Private Parts



No one should touch
the private parts of your body.

There are no safe
secrets or surprises
Remember!
about touching
your body.



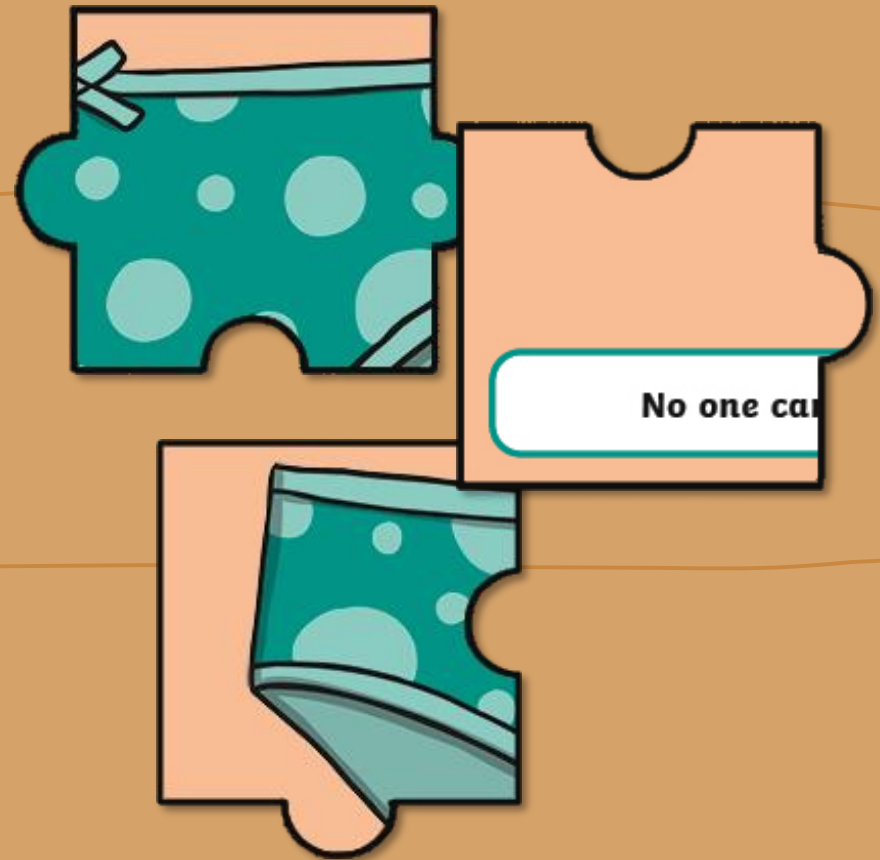
Private Parts



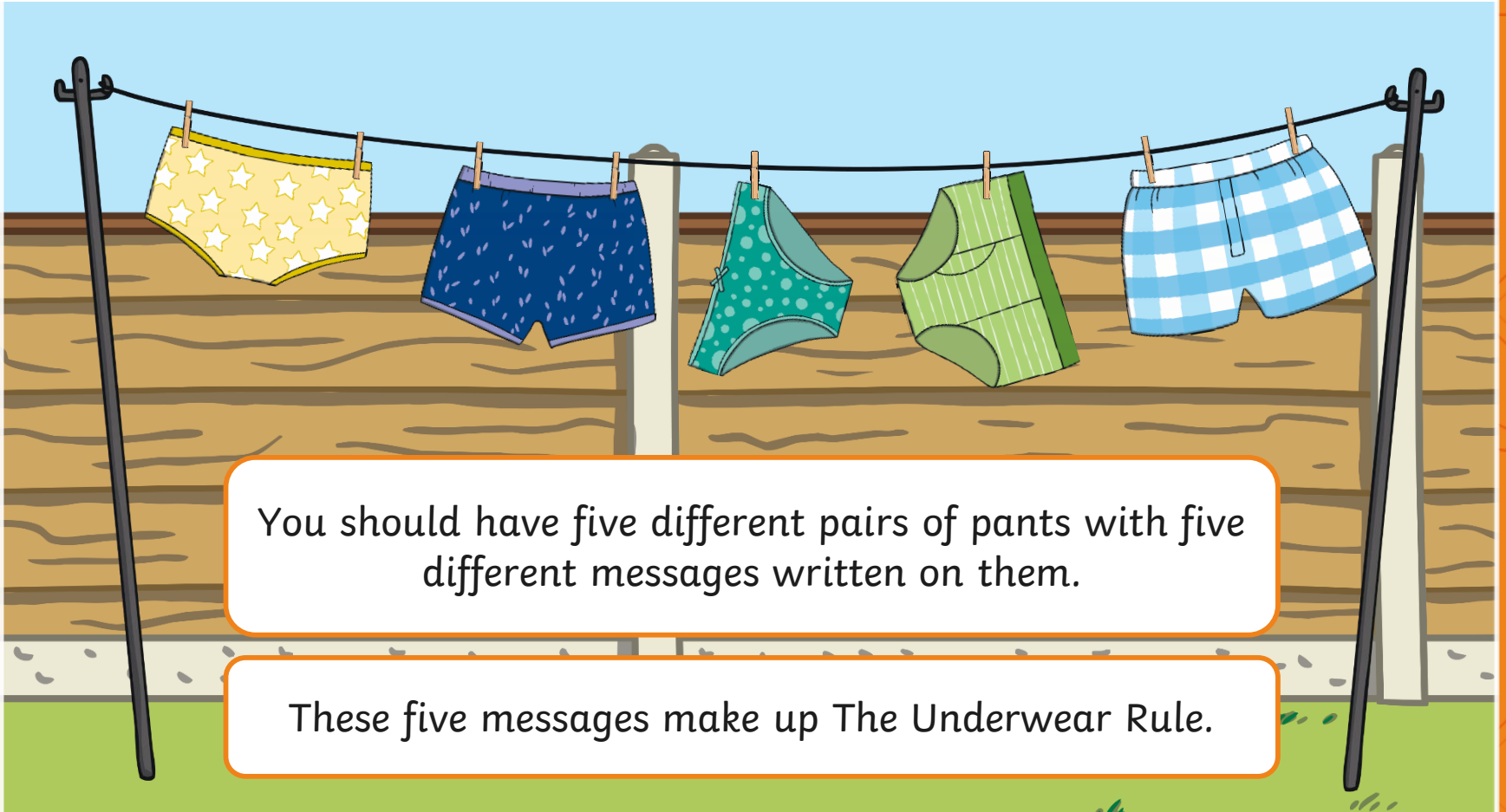
In your groups, you have got a challenge to complete – a pants puzzle!

On your tables, you have lots of puzzle pieces. Your task is to fit the pieces together to make five different pairs of pants.

There are some important messages on the pants, which we will share when you have put the puzzles together.



Private Parts



You should have five different pairs of pants with five different messages written on them.

These five messages make up The Underwear Rule.

Let's read them out loud so we all understand The Underwear Rule.

Private Parts



So, what is The Underwear Rule?

Tell a trusted adult if you are worried about anything.



Help and Hear Me



Sometimes, using other parts of our body to hit or kick may be a way to say no if we feel very unsafe.

No



Can we tell how safe or trustworthy a person is just from what they look like?

Help and Hear Me



You could tell a parent, carer, grandparent, older brother or sister, teacher, police officer, neighbour or any adult that you trust.

If you don't know where is anyone you can call

Consolidating 111.

They have people who answer the calls, listen to your problems and give you advice.

Reflecting



Consolidating

The Underwear Rule



To help us to remember The Underwear Rule, complete **The Underwear Rule Activity Sheet**.

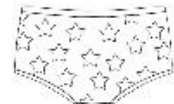
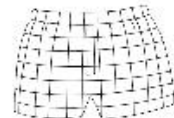
Read through the key parts of The Underwear Rule and fill in the missing words.

The words appear at the bottom of the sheet to help you!

The Underwear Rule

Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to _____.
2. The parts of my body covered by underwear are _____.
3. If we do not want to be touched, we say _____.
4. We do not have to keep _____ that upset us.
5. We can tell a trusted _____ if we are worried.
6. I know that there are trusted adults at _____ that I can speak to.



school
private

me
no

secrets
adult

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)



PSHE and Citizenship LKS1-11 Health and Wellbeing



Reflecting

Keeping Safe Secrets and Surprises



Earlier in the lesson, we learnt that secrets and surprises are likely to be safe if they can be shared with other people in time and leave us feeling happy.

We are going to read through some scenarios to decide if each situation is a safe secret, a surprise or if it would leave us feeling uncomfortable or worried and therefore be an unsafe secret.

Keeping Safe Secrets and Surprises

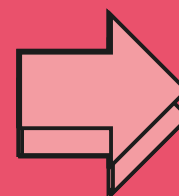


Safe Secrets and Surprises

Unsafe Secrets and Surprises



a family trip kept secret from
your little sister until you go
keep it secret



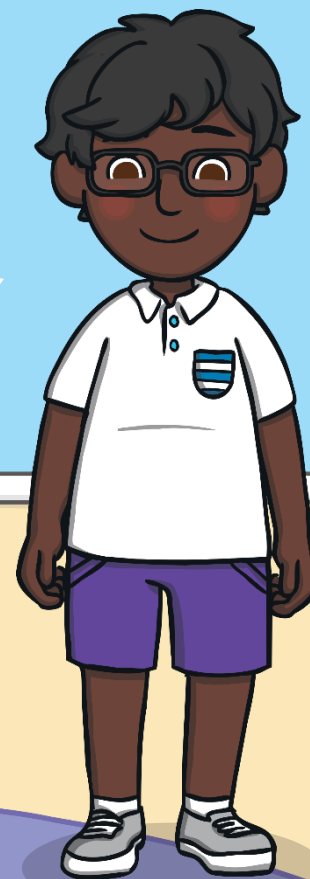
The Big Questions



What types of things should I share with others or keep private from them?



What can I do if I feel unsafe or uncomfortable in a situation?



What have you learnt today that will help you to stay safe?

Aim

- I know what I can share and what I should keep private to keep myself and others safe.

Success Criteria

- I know that some secrets and surprises are safe.
- I can list things I should keep private to keep myself and others safe.
- I can explain what to do if I feel unsafe or uncomfortable.

