**Lesson 2:**

Keeping Safe in relationships Learning outcomes:

* To recognise their increasing independence brings increased responsibility to keep themselves and others safe (KS2: H11)
* Know and understand about keeping themselves safe when involved with risky activities (KS2: H14)
* To recognise that they might experience conflicting emotions and when they might need to listen or overcome these.
* To understand the concept of „keeping something confidential or secret‟ when we should or should not agree to this and when it is right to „break a confidence‟ or „share a secret‟ (KS2: R9)

**Activity 1:**

Think about what “keeping safe” means? How do you feel when you are safe?

Who are the people you feel safe with?

Make a list of the people you feel safe with. What are the characteristics of someone you feel safe with, someone you trust?

What do you do if someone you trust lets you down?

Here are some examples when this might happen

e.g. your best friend forgets to meet you at the park, your friend shares something you have told them in confidence, your sister says gets cross and calls you names, your brother laughs when you get 3 out of 10 in a spelling test. What can you do? Who can we tell?

**Activity 2**:

Begin to focus on trust in relationships with particular consideration to understanding secrets that should and should not be kept. Ask children what “keeping a secret means”. What sort of secrets might we keep?

Should we always keep secrets? When should we tell someone about a secret?

Make 2 headings on paper or in your green book; **Secrets you should keep** and **Secrets you should tell someone.** Sort the list.

* A surprise birthday party for mum
* A leaving card for someone in your class
* Your friend has told you they fancy someone in your class
* A friend tells you someone is hurting them at home
* Your friend is being bullied
* Someone is asking you to do things you do not want to do and tells you not to tell
* You saw your brother hit his girlfriend
* An older friend gives you a present for telling a lie
* A friend tells you they have made friends with someone online and are going to meet them at the park

Discuss what to do about the secret you think you should tell someone about. Who can you tell? If someone asked you to keep a secret you felt was not a safe one who would you go to for help? Can we always trust adults?