

Dear Parent/Guardian,

The safety of our youngsters today is paramount. It is now so extremely important that Personal Safety Messages are extended to young children in Key Stage 1. The E.M.U.S (Education Making Us Safe) programme is designed to equip young children with the knowledge and skills to make good choices in a range of potentially unsafe situations.

The E.M.U.S programme encourages the development of self-awareness, positive self-esteem and confidence to enable children to:

- Stay as healthy as possible
- Keep themselves and others safe
- Have worthwhile and fulfilling relationships
- Respect the differences between people
- Develop independence and responsibility
- Say no to the things that they know they should not be involved in.

The E.M.U.S. programme helps at Key Stage 1 in the development of social and moral responsibility, community involvement and some basic preconditions of citizenship. The benefits of this programme framework will help children to:

- Value their achievements
- Assess and deal with certain types of risk
- Meet the challenges of life, both now and in the future
- Identify their values and strive to live up to them

There are two broad areas for assessment of the E.M.U.S. programme:

- The children's knowledge and understanding, e.g. of health, safety, rules, and consequences
- How well children use their knowledge and understanding in developing skills and attitudes

E.M.U.S. helps our youngsters to:

- Develop self-esteem, confidence, and responsibility
- To make the most of their abilities
- Prepare to play an active role in citizenship
- Develop a healthier, safer lifestyle
- Develop good relationships and to respect the differences between people
- Resist the bad pressures of society

Social gains of the E.M.U.S programme are:

- Healthier and more active children
- Children who are confident in what they do in society
- Reduction in crime, alcohol and drug related incidents

E.M.U.S. is an exciting weekly educational programme delivered by a retired primary school teacher with 14 years' experience in Year 2. The programme consists of 10 lessons, each being a regular weekly input of about 45 minutes duration and is delivered in conjunction with the class teacher. Each lesson focuses sharply upon the safety of each child and looks closely at stranger-danger, safety in the home, safety whilst playing, how to deal with syringes, personal safety, what to do in an emergency, safety around water, internet safety.



Summary of EMUS lessons

Lesson 1

Rules

Why we have rules and regulations - school rules, home rules, laws, etc.
What is Safety? 'Being safe means freedom from risks or dangers'
Responsible Adult - a person your mum or dad would trust to look after you

Lesson 2

Assessing the situation

Finding dangerous items, i.e. guns, knives, syringes, drugs, etc.
Dealing with the situation safely. Safe places to play

Lesson 3

Home Alone and Safety in the home

Making emergency calls.
How to contact parents/responsible adult
Benefits of smoke alarms. Get out and Stay out. Call 999
Stop, Drop and Roll.
Safety in the kitchen - Electrical safety - do not overload sockets, etc.

Lesson 4

Road, Railway and Water Safety

Crossing places - Zebras, pelicans, toucans, etc.
Cycles & Skateboards - safe use, maintenance, protective equipment, etc.
Seatbelts - overloading of the rear seats of cars/estate car luggage areas.
Train speeds - stopping distances, etc. Railway trespass
Safety around water

Lesson 5

Medicines and Drugs

Why we need medicines, tablets and ointments, etc.
Why it is important to follow the instructions on the label
Who should give them to you?
Alcohol, Tobacco and non-medication drugs and their effects

Lesson 6

Playing safely - outside/on the park, etc.

Who is a stranger? - not all strangers are dangerous. The Buddy System
Letting your parents/guardian know just where you are
Not accepting gifts or lifts from strangers

Lesson 7

Lost & Forgotten

Who do you go to when you are lost?
What you should do if you are not collected after school/training/club.

Lesson 8

Bullying & Avoiding violent situations

How to deal with your anger
Ways to avoid violent situations

Lesson 9

Internet Safety

Don't give out personal information
Online friends
Tell a grown up

Lesson 10

No One Should Touch You

No one should touch you where your bathing suit fits or in a way you do not like
Who can touch you where your bathing suit fits
Who you should tell - It is not wrong to tell about it no matter what you have been told!

Certificates will be presented to those children who have successfully completed the E.M.U.S course. This presentation may take the form of a Graduation Ceremony to which parents may be invited or they may be presented during a normal School Assembly.