

Dear Parent/Guardian,

The safety of our youngsters today is paramount. It is so important that personal safety messages need to be delivered to young children as early as possible. 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.

E.M.U.S. is an exciting, fun and informative weekly educational programme delivered by a retired primary school teacher with 14 years' experience in Year 2. The programme consists of 10 lessons, delivered weekly, each lasting approximately 45 minutes-1 hr. Each lesson focuses sharply upon the safety the child and equipping them with the knowledge and skills to make themselves safe in a variety of potentially dangerous situations. The programme teaches stranger awareness, safety in the home, safety whilst playing, personal safety, what to do in an emergency, fire safety, safety around water, age-appropriate awareness of the potential dangers of addictive substances, internet safety and how to deal with bullying.

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 with the development of social and moral responsibility, community involvement and basic citizenship. The benefits of this programme include encouraging the 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



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

Safe places to play and assessing the situation

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

Lesson 3

Home Alone, Safety in the home and how to call the emergency services

Safety in the kitchen
How to contact parents/responsible adult
Introduction to the emergency services. Making emergency calls.

Lesson 4

Fire safety

Benefits of smoke alarms.
What to do if there's a fire. Get out and Stay out. Call 999
Stop, Drop and Roll.

Lesson 5

Road, Railway and Water Safety

Crossing places - Zebras, pelicans, puffins, etc.
Cycles & Skateboards - safe use, protective equipment, etc.
Seatbelts
Train speeds - stopping distances, etc. Railway trespass
Safety around water

Lesson 6

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?
Light touch age-appropriate: Alcohol, Tobacco, Vapes non-medication drugs and effects
Playing safely - outside/on the park, etc.

Lesson 7

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

Recognising bullying & how to report it
How to deal with your anger without hurting others

Lesson 9

Internet Safety

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

Lesson 10

Body Safety- No one Should Touch You

No one should see/ touch you where your bathing suit fits (private parts)
or in a way you do not like
Who can see/touch you where your bathing suit fits (parents helping with
washing, dressing, doctors with parents present)
Who you should tell

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 or Class Assembly.