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Exemplar PSHE / Relationships Education Lesson Summary
Unit: Keeping Safe
Lesson: Trusted Adults and Asking for Help
Phase: Primary
Developmental Stage: Formal

What will learners learn?
Learners will learn:

- Who the trusted adults are in their lives
- The difference between feeling safe and unsafe
- That they can ask for help when something worries them
- That it is always okay to speak to a trusted adult if they feel uncomfortable, scared or confused
- How to identify adults who can support them at home, school and in the community

Key Vocabulary

- Trusted adult
- Safe
- Unsafe
- Help
- Worry
- Choice

Learning activities

- Story-based discussion about a character who needs help
- Identifying trusted adults using photographs, symbols or communication aids
- Sorting activities: "safe choice" or "unsafe choice"
- Role-play or supported scenarios to practise asking for help
- Creating a personal "people who help me" card

How is the lesson adapted for learners?
Activities are personalised according to communication and learning needs and may include:

- Visual supports and symbols
- Objects of reference
- Social stories
- Communication boards or AAC
- Structured role-play
- Small group teaching

Safeguarding Message
Children are taught that:
"If something worries me, I can tell a trusted adult."
Learners learn that they should continue to seek help until an adult listens and supports them.

Links to Relationships Education
This lesson helps learners to:

- Build positive relationships

- Understand personal boundaries
- Recognise when they need support
- Know how to keep themselves safe

What might pupils communicate after this lesson?

- "… helps me at school"
- I can tell… if I am worried"
- "I know who to ask for help"
- "I can tell an adult if something does not feel right"

Why is this lesson important?

Learning about trusted adults and asking for help supports children's safety, wellbeing and independence. It helps learners develop the confidence to seek support when they need it and forms part of our wider Relationships and Health Education curriculum.