

## Key Words

Safe  
Unsafe  
Feelings  
Body signals  
Trusted adult  
Help



# Emscote Infant School Knowledge Organiser Protective Behaviours Taking Care Project KS1



## Our Important Messages

- We all have the right to feel safe all the time
- We can talk to someone about anything

### 😊 **My Feelings**

Happy  
Sad  
Angry  
Scared  
Worried  
Confused

👉 Feelings can change and all feelings are okay

### 💛 **Early Warning Signs**

Butterflies in my tummy  
Heart beats fast  
Want to cry or hide  
Sweaty hands  
Feeling shaky

👉 This means I might not feel safe

### 🚦 **Safe or Not Safe?**

- Safe – I feel happy and calm
- Not sure – Something feels strange
- Not safe – I feel scared, upset, worried or hurt

### 🗣️ **I Can Talk to Someone**

I can tell a trusted adult  
I can keep telling until someone helps  
It is never my fault

Remember my network hand!



### 🚫 **My Body Rules**

My body belongs to me  
I can say "No"  
I can move away  
I can ask for help

### ★ **What Can I Do?**

Stop 🙅  
Tell 🗣️  
Get help 🆘