

How does Speak out Stay safe link to the Curriculum for Excellence in Scotland?

NSPCC Speak out Stay safe Second Level – 7-11 assembly, lesson plan and 9-11 year old workshop

SOSS success criteria

- I can explain the different types of abuse.
- I know abuse is never a child's fault.
- I know I have the right to get help if I need it.
- I know who to talk to if I need help.
- I know the Childline number and how to access the Childline website.

Curriculum for Excellence: Health and wellbeing – Experiences and Outcomes

- I know that all forms of abuse are wrong, and I'm developing the skills to keep myself safe and get help if I need it.
HWB 2-49a
- I'm aware of and able to express my feelings and am developing the ability to talk about them.
HWB 2-01a
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave, and I'm learning ways of managing them.
HWB 2-02a
- I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.
HWB 2-03a
- I understand that my feelings and reactions can change depending upon what's happening within and around me. This helps me to understand my own behaviour and the way others behave.
HWB 2-04a
- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.
HWB 2-08a
- As I explore the rights to which I and others are entitled, I'm able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.
HWB 2-09a

RSHP.Scot lesson plans

What is consent?

<https://rshp.scot/wp-content/uploads/2019/10/Part-1.-What-is-consent-Activity-plan.pdf>

My body is mine

<https://rshp.scot/wp-content/uploads/2019/10/Part-2.-My-body-is-mine-Activity-plan.pdf>

When I feel safe/unsafe

<https://rshp.scot/wp-content/uploads/2019/09/Part-1.-When-I-feel-safe-feel-unsafe-Activity-plan.pdf>

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Continued

RSHP.Scot lesson plans

My five trusted individuals

<https://rshp.scot/wp-content/uploads/2019/08/Part-2.-My-5-trusted-individuals-Activity-plan.pdf>

Bullying

<https://rshp.scot/wp-content/uploads/2019/08/Part-3.-Bullying-Activity-plan.pdf>

Physical abuse and neglect

<https://rshp.scot/wp-content/uploads/2022/06/Part-4.-Physical-abuse-and-neglect-Activity-plan-1.pdf>

Sexual abuse

<https://rshp.scot/wp-content/uploads/2022/06/Part-5.-Sexual-abuse-Activity-plan-1.pdf>

UNCRC link 'Rights Respecting Schools'

Article 12 – You have the right to an opinion and for it to be listened to and taken seriously.

Article 13 – You have the right to find out things and say what you think, through making art, speaking and writing, unless it breaks the rights of others.

Article 19 – You have the right to be protected from being hurt or treated badly.

Article 24 - You have a right to the best health possible and to medical care and to information that will help you to stay well.

Article 27 - You have the right to a good enough standard of living. This means you should have food, clothes and a place to live.

Article 34 - You have the right to be protected from sexual abuse.

Article 36 - You have the right to protection from any other kind of exploitation.

Article 37 - You have the right not to be punished in a cruel or hurtful way.

Article 39 - You have the right to help if you have been hurt, neglected, or badly treated.