



KEEPING MYSELF SAFE

Y3 PSHE

KNOWLEDGE ORGANISER



Overview and Recap

Keeping Myself Safe

We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.

You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind.

We need to look after our bodies. It is important that we have a balanced diet and that we regularly exercise. We should take care with medicines (and all drugs) as they can be harmful.

- When we have a bad feeling about something or feel unsafe, trusted adults can help us.
- It is important that we learn to manage the risks in our life and make suitable choices.

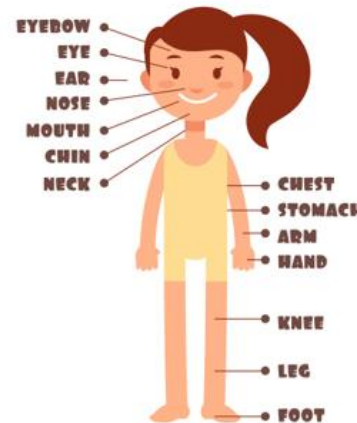
- We should never give out our personal details online, and should set our profiles to private. We should remember that people are not always who they say they are online.



Health

Our Bodies

- Our bodies are made up of lots of different parts. Each of these body parts has an important job to do.
- Our bodies need regular exercise, a balanced diet and lots of sleep in order to stay fit and healthy.
- Our bodies need food, water and oxygen for energy.
- There are some things, however, that can cause harm to our bodies. For examples, exercising without warming up can cause things like muscle strains. Also, eating too many sugary or fatty foods can make us overweight, and put strain on our body parts.



Alcohol and Cigarettes

- A drug is a substance that people take to change the way they think, feel or behave. Medicines are drugs. Drugs can be helpful or harmful.
- There is a drug inside beer, wine and spirits (alcohol). This can affect a person's brain so that they are not in control of their bodies.
- Nicotine is in cigarettes. The tar from cigarettes can stick in people's lungs. Cigarettes can also stain people's teeth and fingernails.
- Alcohol and cigarettes can only be sold to people aged 18 or over. They are both addictive.



Key Vocabulary

Danger

Safe

Unsafe

Risk

Cigarettes

Alcohol

Appropriate

Helpful

Harmful

Drug

Online Safety

Wellbeing

Managing Risk

A risk is something that may cause loss or injury. It is important that we learn to identify and manage risks in our lives. Follow this process:

1. What is the situation? *Crossing a busy road with fast traffic.*
2. What is the risk level? *May be high because of the chance of being hit by a vehicle. Traffic may be moving too fast to cross safely.*
3. How can I make the situation safer? *Cross at a zebra or pelican crossing; cross with an adult; wait until there are no cars coming; cross at a bridge or a subway.*
4. Which of these would be the safest? Why?
5. What is the risk level now? *Depending on what action we have taken it may now be medium or low risk.*



Choices

-A choice is when we have to pick from more than one option.

-Having a choice can be a good thing, but it can also be difficult to know what to do!

-When we make choices, it is important that we weigh up the pros (positives) and cons (negatives) of each option. It sometimes helps to write these down in a list.

-In your cons list, you should think about the risks associated with any option – our health and safety should always come before anything else!



Staying Safe Online

Information about you, your family and your friends is personal. You should never share this information with people that you do not know really well. This is especially true when we are online.

Top Tips for Online Safety

- People you don't know are strangers, they are not always who they say they are.
 - Be nice to people online, like you would be in the playground.
 - Keep your personal information private, don't give away personal information.
- If you ever get an 'uh-oh' feeling, you should tell an adult you trust.

Keep your profiles private (not public). Remember that once something is posted, you lose control of it: it can be reposted by others. You can then never take it back.

