

# KEEPING MYSELF SAFE 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 should take care with medicines (and all drugs). Alcohol and cigarettes contain drugs that can be extremely harmful. We should know important facts about them.

-In order to keep ourselves safe, we should understand dangerous situations - recognising the dangers, hazards and risks. We should think ahead in order to manage risks.

-We do not have to do things that we are uncomfortable with. We should remember that when we post photos online, we lose control of them and they are there for everyone to see.

#### Health

#### **Managing Medicines**

- -We can find lots of information on the packages and bottles of medicines. We should pay close attention to this information at all times, as medicines used incorrectly can be extremely harmful.
- -The package/ bottle tells people what the medicine is called and what it is for. It will also say the dose (how much/ how often it should be taken) and how to take the medicine.



-They also list side effects: things that may happen to the body after taking the medicine.

#### Alcohol and Cigarettes - The Facts

- Cigarettes contain nicotine, which is addictive. Cigarettes are harmful, as the tar from them can stick in people's lungs. Cigarettes can also stain people's teeth and fingernails. Smoking on the UK is on the decline - 20% of adults in the UK were smokers in 2012, down from 26% in 2012.



- -People often start smoking because they think it makes them look cool, but once they become addicted they are unable to stop.
- -Drinking alcohol can also be damaging to the human body. For example, it can cause great damage to the liver. In the short term, too much alcohol can affect people's balance, speech, and thinking, and can make people feel very sick.
- -In the UK, it is illegal to buy alcohol or cigarettes if you are under the age of 18. It is illegal to smoke in public places such as offices and shops.

#### Wellbeing

### Dangers, Risks and Hazards

<u>Danger</u> – something which will definitely cause harm – e.g. jumping off a cliff.



Hazard – something which could cause harm – e.g.  $\alpha$ busy road.

Risk - an action which is taken in a hazardous situation e.g. crossing a busy road.

We should be able to determine actions that are high risk, medium risk or low risk. To manage the risk, we should consider:

- 1. What is the situation? 2. What is the risk level?
- 3. How can I make the situation safer? 4. Which choice is the safest? 5. What is the risk level now?
- -We should remember that risks are not all bad good things can come from taking risks (e.g. performing in front of lots of people, and doing well!)
- -We all have to deal with chance events in our life and need to manage those in a way which helps us and keeps us safe

#### **Keeping Ourselves Safe**

We should learn to recognise when a situation is dangerous. Examples of dangerous situations include:

- -There is a risk of someone being physically hurt;
- -There is a risk of someone's feelings being hurt:
- -There is a risk of someone being taken advantage of:

Top Tips for Staying Safe

- -Ask a trusted adult or a trusted friend for help
- -It's ok to say no to something if doing it would make you feel unsafe
- -Listen to your feelings. They are there to tell you whether something is safe or not.

# Relationships and Staying Safe Online

## **Challenges and Dares**

-A challenge is something that we try to succeed at, that cannot be completed easily.



- -A dare is when someone tries to get someone else to complete a challenge. Some dares are positive, but some dares can make people feel uncomfortable.
- -You should not feel pressured to do things just because someone has dared you to do it, especially if it is dangerous, mean, or unfair.
- -You can talk to a trusted adult or a friend if you feel uncomfortable about a dare.

# **Picture Wise**

-lt is important to remember that once a photo is posted online it can easily be copied and sent on to others.



- -Photos can be altered digitally to ridicule or embarrass others.
- -A photo shared in a public forum online can be downloaded and viewed or used by anyone in the world. Always ask permission before 'tagging' someone else in a photo.
- We should not reveal anything personal or private about ourselves in photographs.

# **Key Vocabulary**

Influence Risk Choice Smoke **Cigarettes** Safe/Unsafe Alcohol Dare Image Drug Online Safety