



Keeping Myself Safe

-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.

Managing Medicines

A collection of medical icons on a teal background. The icons include: a large syringe with a multi-colored pill inside; a row of various pills (yellow, blue, red, green, white); a white first aid kit with a red cross; a red heart with a white ECG line; a stethoscope; a clipboard with a checklist and a pen; and a blister pack of green pills.

Alcohol and Cigarettes – The Facts



Dangers, Risks and Hazards



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

- 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

-Listen to your feelings. They are there to tell you whether something is safe or not.

Relationships and Staying Safe Online

Challenges and Dares

-You can talk to a trusted adult or a friend if you feel uncomfortable about a dare.

Picture Wise



- We should not reveal anything personal or private about ourselves in photographs.

Key Vocabulary

Online Safety