



KEEPING MYSELF SAFE

Y5 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. Our relationships with other people are important for our health, wellbeing and happiness.

Habits are repeated behaviours, which can be positive or negative. When a person loses control of a habit, they can become an addiction. Many things can be addictive, including some drugs.

-In order to solve dilemmas, we should take active steps to consider the risks of each option. We should understand that taking some risks can be a good thing and we can ask a trusted adult if we are unsure.

-We do not have to do things that we are uncomfortable with – being assertive is a positive way to approach this. We should always be safe when playing games online.



Health

Habit

- A habit is a pattern of behaviour that is repeated – it is often done routinely.
- Some habits are a good thing, e.g. brushing our teeth every morning and evening.
- However, there are some habits that can be bad for our health and wellbeing, e.g. eating too many fatty foods or spending too much time on video games.
- An addiction is a habit that someone finds exceptionally difficult to stop.
- Addictions are not normally good for our health and/ or wellbeing. We can become addicted to many things, but some products contain addictive substances (e.g. nicotine in cigarettes). Once a person has a certain amount of nicotine, they crave more nicotine. This makes it very difficult to stop smoking.



Cigarettes and Drugs Facts

- These days, fewer and fewer young people are smoking. Only 3% of young people aged between 11 and 15 are smokers. This used to be around 10% in 2001.
- The main reasons are because people are more aware of the risks, they would like to stay healthy, they don't think it is cool and laws have become tougher.
- Many smokers state that they began smoking to fit in with friends when they were younger. It is now illegal to sell cigarettes and alcohol to anyone aged under 18. Shops can be fined for doing so.
- A drug is a substance people take to change the way they think, feel or behave. Many drugs are helpful when used properly (e.g. to treat a medical condition) but can also be harmful when misused.
- Many drugs need a doctor's prescription, but others can be bought freely from shops and pharmacies.



Wellbeing

Managing Dilemmas

Risk – an action which is taken in a hazardous situation *e.g. taking a difficult route on a BMX trail or taking the lead role in a school play.*

Dilemma – when we need to make a difficult choice.



Often, when we have a dilemma, it is important to weigh up the risks. 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 not all risks are bad – good things can come from taking risks (e.g. performing in front of lots of people, and doing well!)

-There are several things that we can do to inform our decision, for example getting some more information (e.g. what is the BMX trail route? or How many lines does the leading role need to remember?) or asking a trusted adult.

-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.

Spotting Bullying

Bullying is when someone is repeatedly unkind or hurtful to another person.
There are different types of bullying:

1. Calling names/ saying hurtful things;
2. Hurting by hitting, punching, kicking,
3. Leaving someone out of something;
4. Sending hurtful messages or photos on technology (cyber-bullying)

-Bullying can sometimes be difficult to spot as bullies may mix bullying behaviour with kindness, or it may get gradually worse over time.

-When bullying is taking place, we should challenge it. One way is to tell an adult.

-With cyber-bullying, you should not respond to the hurtful messages, and can block the other person.

Relationships and Staying Safe Online

Being Assertive

Sometimes, people want us to do things that we are not comfortable with.



Being assertive is about speaking up for ourselves in a way that is confident and honest about how we feel.
Being assertive is a healthy way of communicating, but does not come naturally to everyone. Some people are passive: they try to avoid confrontations and do not speak up for themselves. Others may be too aggressive, communicating too forcefully.

To Be Assertive

-Stand firm, speak clearly, be friendly & polite, stay calm & confident, negotiate, relax, give eye contact.

Playing Online



Playing games online can be fun, but it is important to play safely:

- Have specific times in the day for gaming, so that it doesn't take over life!
- Turn it off at night, so that you can sleep.
- Use passcodes on phones and other devices so that others can't access accounts or their personal information.
- Remember that it is far safer to only chat to people you know in real life.
- If anything online upsets or annoys you, speak with a trusted adult.

Key Vocabulary

Influence

Risk

Choice

Norm

Cigarettes

Alcohol

Drug

Decision

Dilemma

Assertiveness

Personal Information