



KEEPING MYSELF SAFE

Y6 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 and alcohol.

-All people have emotional needs that we would like to be met. Recognising these helps us to become confident and secure individuals. We should also learn to become independent and responsible.

-We should think carefully before we post anything online. Any information that we share can spread rapidly. The traffic lights system is a good way of maintaining online safety.



Health

Habits

-A habit is a pattern of behaviour that is repeated – it is often done regularly.
-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.



Drugs

Drugs can be grouped into categories. Some drugs fall into more than one category:
-Some drugs have a medical use, for example the drugs in medicines; Some drugs have a non-medical use and are legal, for example alcohol and nicotine; Some drugs have a non-medical use and are illegal.
-Note that some legal drugs are illegal for certain people (e.g. alcohol for under 18s). There are many laws to control the use of drugs in the UK. Those caught breaking these laws could face fines, a prison sentence and a criminal record.

Alcohol

-The short-term effects of alcohol include: feeling drunk, affecting sleep, loss of balance & coordination, feeling nauseous and feeling sick.
-The long-term effects include increased risks of heart and liver disease, raised blood pressure, and some cancers.
-Fewer young people are drinking alcohol compared to 10 years ago.



Wellbeing

Emotional Needs

We all have emotional needs that need to be met in order for us to feel safe, healthy and happy. Some examples of our emotional needs are:



By recognising that we have basic human emotional needs and the ways we can get those needs met can help us to be more confident and secure individuals.

1. I need to feel that I am good at some things
2. I need to have friends
3. I need to feel part of a group
4. I need to try new things
5. I need to have some choice over what I do
6. I need to give and receive attention
7. I need some time on my own
8. I need to feel safe and secure

We should be aware that life is full of ups and downs, good times and times of challenge and hardship. At times when we do not feel that our emotional needs are being met, we should speak to a trusted adult.

Independence and Responsibility

Independence is about being able to do things for yourself. For example, you can show independence when you complete your homework without being asked to!



Responsibility is about being dependable, making good choices, and being accountable for your actions. For example, you may be given the responsibility of being a prefect for younger children in your school.

Part of becoming an adult is about gaining more independence and taking on more responsibility. It helps to keep ourselves and others safe.

Staying Safe Online

Think Before You Click

-Remember that information can spread rapidly on the internet.
-Even posts, messages or photographs that have been sent privately can be captured and spread by others around the internet. Here, the whole world may see it.
-It can be extremely difficult to remove something once it has been posted. Things that you post now could even resurface many years later – something that may seem funny at the time may not do so later on.
-We should always think about our own safety and should never post anything that may hurt or embarrass someone else.



Traffic Lights

When online, we should use the traffic lights system to maintain safety - 'STOP', 'THINK', 'GO'
STOP: when faced with a situation where we are being asked for personal information
THINK: is it ok to share this information? What information is being asked? Who is asking for it? Have I checked with an adult?
GO: I have checked with an adult, I know what information is safe to share



Key Vocabulary

Emotional

Physical

Need

Positive

Negative

Influence

Decision

Misperception

Personal

Image

Private

Illegal