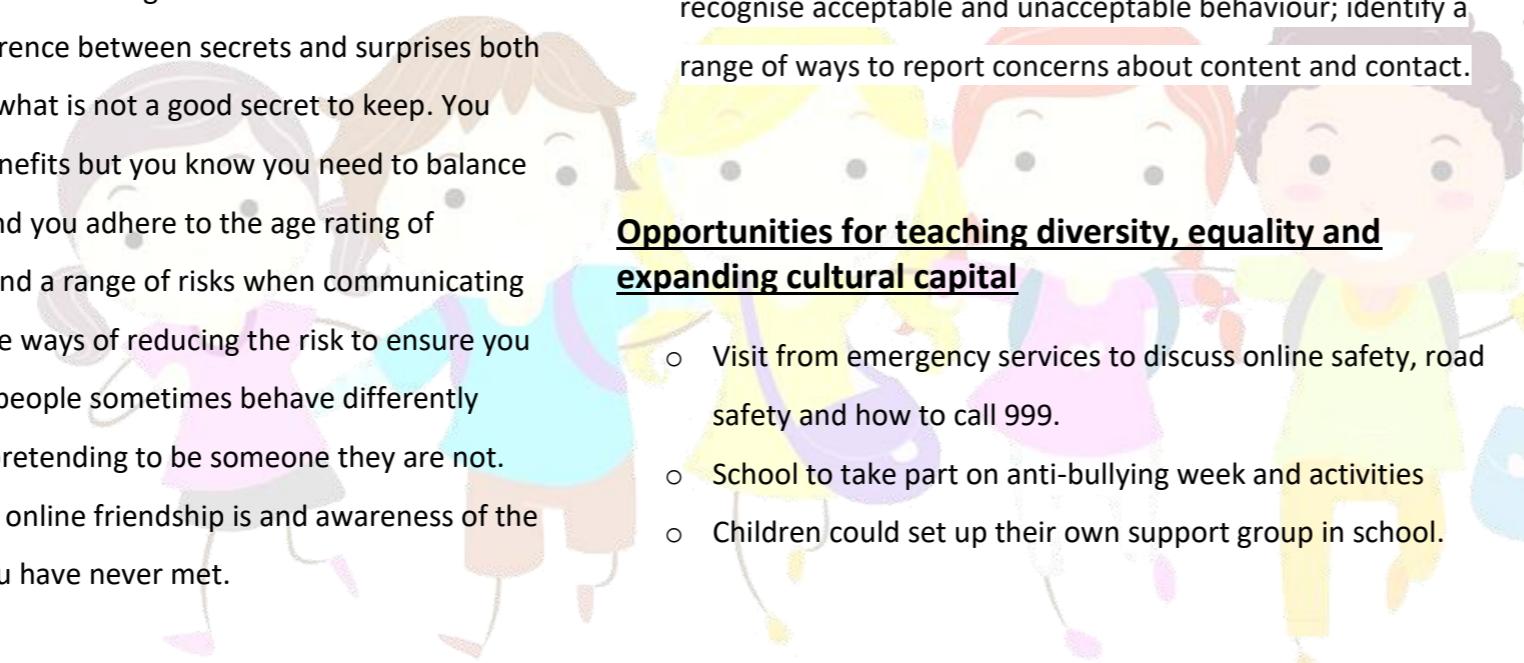


Keeping Myself Safe (Y3)

What you have already learnt in Year 2:

You can use simple skills which will help to maintain your personal safety both on and offline. You understand that all drugs can be harmful if not used properly. You know simple rules about medicines and other substances used in the home, including solvents which can be harmful if not used properly. You can recognise and say what is right and wrong both on and offline. You understand that pressure to behave in an unsafe way can come from a range of people, including people I know and online. You know how to ask for help when you need it and can name a range of people who can help you including how to call 999 in an emergency. You know the difference between secrets and surprises both on and offline and understand what is not a good secret to keep. You know the internet has many benefits but you know you need to balance my time spent on and offline and you adhere to the age rating of computer games. You understand a range of risks when communicating online and you can demonstrate ways of reducing the risk to ensure you am safe online. You know that people sometimes behave differently online, including friends or by pretending to be someone they are not. You understand what a healthy online friendship is and awareness of the risks associated with people you have never met.



Key Skills

Personal Effectiveness

- Reliance (including self motivation, perseverance and adaptability)
- Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms.
- Strategies for identifying and accessing appropriate help and support.

Interpersonal and social effectiveness

- Recognising evaluating and utilising strategies for managing influence.
- Using skills and attributes to build and maintain healthy relationships.

Managing risk and decision making

- Making decisions
- Identification, assessment and management of positive and negative risk to self and others.

Skills and knowledge I may use from other subjects:

English

- Increasing knowledge and understanding of more complex vocabulary.
- Developing discussion skills by taking turns and listening to the opinions of others to help shape their own ideas and beliefs.
- Further developments in writing, such as planning, drafting editing and improving; as well as sentence structure and use of vocabulary.

Computing

- To use technology safely, respectfully and responsibly; recognise acceptable and unacceptable behaviour; identify a range of ways to report concerns about content and contact.

Opportunities for teaching diversity, equality and expanding cultural capital

- Visit from emergency services to discuss online safety, road safety and how to call 999.
- School to take part on anti-bullying week and activities
- Children could set up their own support group in school.

What you will have learnt by the end of this unit.

- I can identify and explain how to manage risks in different situations including on and offline line
- I can make judgements and decisions and use basic techniques for resisting negative peer pressure both on and offline
- I can explain how my behaviour may have consequences for myself and others both on and offline
- I can demonstrate basic safety procedures when using medicines, sun protection, crossing roads, riding a bike, swimming etc
- I know school rules for health and safety, basic first-aid procedures and where to get help for myself and others in need including how to call 999 in an emergency
- I know the internet has many benefits but I know I need to balance my time spent on and offline and adhere to the age rating of computer games
- I have a growing understanding of a range of risks when communicating online and I can demonstrate ways of reducing the risk to ensure myself and my friends safe online.
- I know how to report concerns and get support with issues online.

What you will have learnt by the end of Key Stage 2:

You will be able to take responsibility for your own safety including basic first aid, how to call 999 in an emergency and online safety. You will understand your responsibilities you have due to increased independence online and offline. You will learn how to respond to challenges you face and be able to make informed decisions relating to risk. You will understand that you may experience pressures to behave in a certain way, but you will have the skills to respond and manage these responsibly. You will gain communication skills. You will be aware of the benefits of using the internet and understand how to balance time online. You will be able to explain what online abuse is and the negative impact this may have on someone.

Key Vocabulary

Decisions – the act of choosing or deciding.

Drugs – a substance used as a medicine or a substance that affects bodily activities often in a harmful way.

Emergency – an urgent need for help.

Environment – the surroundings around us.

Health - the overall condition of the body.

Medicines – a substance or preparation used to treat disease or infection.

Responsibility – the quality of being dependable and responsible.

Risk – the possibility of injury or loss

Rules – a guide for conduct or action.

Secrets – when someone tells us not to tell something.

Services – the work or action of someone who serves such as the police or ambulance staff.

Skills – abilities that come from training or practice.

Solvents – a substance capable of dissolving one or more other substances.

Substances – a physical material from which something is made.

Surprises – When something happens that you weren't expecting.

Overview

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.

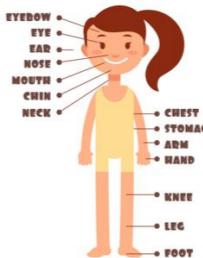
We should never give out our personal details online, and should set our profiles to private. We should remember that people are not always who they say they are online.



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 example, 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 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.

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.



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?



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!

Recall and Remember

Create a poster with the title "Keeping Myself Safe" and include pictures and short sentences about everything you have learnt in this unit.

We have learnt about:

- Risks and how to manage them safely
- How to make decisions and resisting peer pressure
- Rules and Safety Measures
- Internet safety
- Behaviour and consequences