

### Keeping Myself Safe (sticky knowledge)

- Understand what it means by the terms **danger**, **risk** and **hazard** and know that they are used interchangeably but have their own distinct definitions.
- Identify dangerous, hazardous and risky situations.
- Identify images that are safe/unsafe to share online.
- Photos can be **geotagged**, tagged and **captioned**.
- Identify steps need to take to improve online safety.
- When someone **dares** you to do something they are asking you to do something risky which you feel uncomfortable with and might get you into trouble or cause harm and strategies for dealing with this.
- Understand that **medicines** are **drugs** and know how to use them safely.
- Know alternatives to taking medicine.
- Know strategies for limiting the spread of diseases e.g. hand washing.
- Know the key risks of smoking and drinking alcohol.
- To know what happens to our bodies when we feel unsafe—sweaty, hot, flushed, butterflies in stomach, needing the toilet, feeling sick, legs shaking)
- Top tips for keeping safe—ask a trusted adult or friend for help, its ok to say NO, listen to your feelings.
- Understand that we can be **influenced** both positively and negatively.
- Understand the consequences of behaving in an unacceptable, risky or unhealthy way.



If I feel unsafe my body lets me know.

Here is how!



If I feel unsafe, I must tell a trusted adult on my Safety Network



### Key Vocabulary

**Danger:** the possibility of suffering harm or injury

**Risk:** a situation involving exposure to danger

**Hazard:** a danger or risk

**Geotagged:** the exact location of a photo will be recorded and could be shared with others.

**Captioned:** commented on

**Dare:** challenge someone to do something

**Assertiveness:** confident and forceful behaviour

**Self-Respect:** pride and confidence in oneself

**Drug:** a medicine or other substance which has an effect on the body.

**Medicine:** a drug used for the treatment or prevention of disease

**Influenced:** hearing or seeing something that makes a person want to copy

### What I should already know

- Understand that medicines make us feel better.
- Identify situations where you feel safe/unsafe.
- Identify situations where you need to say yes, no, I'll ask or I'll tell.
- Identify types of touch they like or don't like.
- Identify safe/unsafe secrets.
- Recognise the importance of telling someone they trust about a secret

### What I will learn next

- Explain what a habit is and how a habit can be hard to change.
- Recognise there are positive and negative risks.
- Demonstrate strategies for face to face and online bullying.
- Define what is meant by a dare and suggest ways of standing up to someone who gives a dare.
- Identify risky situations
- Consider what information is safe/unsafe to share online.
- Consequences of not keeping personal information private.
- Know that all medicines are drugs but not all drugs are medicines.
- Understand the actual norms around smoking.
- Identify risk factors in certain situations involving smoking.