Keeping myself Safe (Y4)

What you have already learnt in year 3:

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

Opportunities for teaching diversity, equality and expanding cultural capital

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

Skills and knowledge I may use from other subjects:

English

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

Computing

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

Key Skills

Personal Effectiveness

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

Interpersonal and social effectiveness

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

Managing risk and decision making

- o   Making decisions

- o   Identification, assessment and management of positive and negative risk to self and others.
- o   Reliance (including self motivation, perseverance and adaptability)
- o   Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms.
- o   Strategies for identifying and accessing appropriate help and support.

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

- o   I can describe what risk means to me both on and offline
- o   I can take responsibility for my own behaviour and safety and realise that actions have consequences both on and offline
- o   I can recognise, predict and assess risk, relating to myself and others and know how to get help (includes risks in the home, road, farm, water, rail, online, electricity and personal safety) and I know how to call 999 in an emergency
- o   I have some effective strategies to cope with peer influence and peer pressure both on and offline
- o   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 social media and computer games
- o   I know that not everything on the internet is true and know what to do if I access something that makes me unhappy or uncomfortable
- o   I understand the need to keep some information private in order to protect myself when communicating online and I can implement strategies to do this
- o   I recognise how online communications (including from friends) may be used for manipulation or persuasion and I have ways of managing this
- o   I know how to recognise and display respectful behaviour 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.

Danger – something which will definitely cause harm – *e.g. jumping off a cliff.*

Health - the overall condition of the body.

Hazard – something which could cause harm – *e.g. a busy road.*

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

Predict – to guess a possible outcome in advance based on observation, experience or reasoning.

Responsibility – the quality of being dependable and responsible.

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

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.

Strategies – a careful plan or method.

Substances – a physical material from which something is made.

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

Overview

We should take care with medicines (and all drugs). Alcohol and cigarettes contain drugs that can be extremely harmful. We should know important facts about them.

In order to keep ourselves safe, we should understand dangerous situations – recognising the dangers, hazards and risks. We should think ahead in order to manage risks.

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.

Health

Managing Medicines

We can find lots of information on the packages and bottles of medicines. We should pay close attention to this information at all times, as medicines used incorrectly can be extremely harmful.

The package/ bottle tells people what the medicine is called and what it is for. It will also say the dose (how much/ how often it should be taken) and how to take the medicine.

They also list side effects: things that may happen to the body after taking the medicine.

Alcohol and Cigarettes

Cigarettes contain nicotine, which is addictive. Cigarettes are harmful, as the tar from them can stick in people's lungs. Cigarettes can also stain people's teeth and fingernails. Smoking on the UK is on the decline – 20% of adults in the UK were smokers in 2012, down from 26% in 2012.

People often start smoking because they think it makes them look cool, but once they become addicted they are unable to stop.

Drinking alcohol can also be damaging to the human body. For example, it can cause great damage to the liver. In the short term, too much alcohol can affect people's balance, speech, and thinking, and can make people feel very sick.

In the UK, it is illegal to buy alcohol or cigarettes if you are under the age of 18. It is illegal to smoke in public places such as offices and shops.

Wellbeing

Dangers, Risks and Hazards

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 risks are not all bad – good things can come from taking risks (e.g. performing in front of lots of people, and doing well!)

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

We should learn to recognise when a situation is dangerous.

Examples of dangerous situations include:

- There is a risk of someone being physically hurt;
- There is a risk of someone's feelings being hurt;
- There is a risk of someone being taken advantage of;

Top Tips for Staying Safe

Ask a trusted adult or a trusted friend for help

It's ok to say no to something if doing it would make you feel unsafe

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

Relationships and staying safe online

Challenges and Dares

A challenge is something that we try to succeed at, that cannot be completed easily.

A dare is when someone tries to get someone else to complete a challenge. Some dares are positive, but some dares can make people feel uncomfortable.

You should not feel pressured to do things just because someone has dared you to do it, especially if it is dangerous, mean, or unfair.

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

Picture Wise

It is important to remember that once a photo is posted online it can easily be copied and sent on to others.

Photos can be altered digitally to ridicule or embarrass others.

A photo shared in a public forum online can be downloaded and viewed or used by anyone in the world. Always ask permission before 'tagging' someone else in a photo.

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

Recall and Remember

Continue to add to your knowledge mind map at regular intervals throughout this unit to record what you have learnt so far.

At the end of the unit, create a double page spread about everything you have learnt.

Here are some things to think about:
- Who are your support networks and now do they help you?
- Friendships and how you manage fall outs both online and offline.
- Simple and safe routines you might have to stop the spread of bacteria and viruses and why this is important.