



Subject PSHE

Theme Keeping Safe

Term Spring 1

### What should I already know?

- I know a range of situations which are safe or unsafe.
- I know strategies to help stay safe.
- I know the difference between danger and risk.
- I know how to deal with a risky situation.
- I know that my body can give me a sign when something doesn't feel right, and who to talk to if this happens.
- I know what appropriate online and offline behaviour looks like.
- I know what personal information is, and when it is not appropriate or safe to share it.

### What should I be able to do by the end of the unit?

- I can suggest and use strategies for managing dares.
- I can identify and manage risk.

### What should I know by the end of the unit?

- I know what is meant by the word 'dare'.
- I know the key risks and effects of smoking and drinking alcohol.
- I know that increasing numbers of young people are choosing not to smoke, and that not all people drink alcohol.
- I know who to ask for help in managing risk.
- I understand that medicines are drugs.
- I know how to stay safe when taking medicines.
- I know how to limit the spread of infectious diseases.

### Key Vocabulary

<b>dare</b>	A challenge set by someone else, often to prove courage.
<b>risk</b>	A situation exposing someone to danger.
<b>medicine</b>	A drug prescribed to treat or prevent disease.
<b>drug</b>	A medicine or other substance which has a physiological effect on the body.
<b>disease</b>	A condition that impairs the proper function of the body or one of its parts.