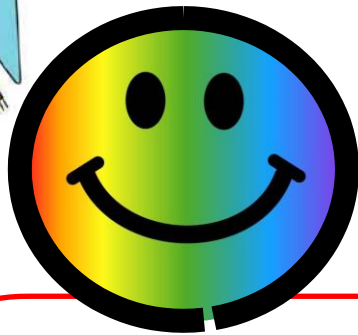




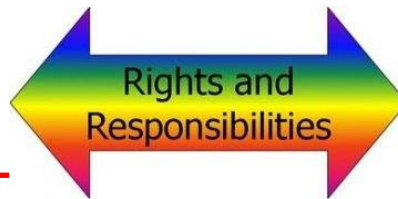
“Whatever you do, work at it with all your heart”

Colossians 3:23



Keeping Safe

Year 3
Spring

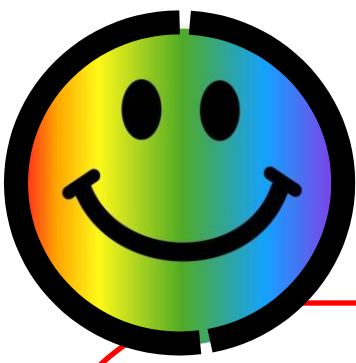


Key Knowledge

To know that:

- **A trusted adult can help if a situation is unsafe.**
- **There are potential risks associated with browsing online.**
- **There are health risks associated with smoking and drinking alcohol.**
- There are situations which are safe or unsafe;
- Listening to your feelings, saying no and talking to someone you trust are strategies for keeping safe.
- Strategies for dealing with a risky situation are stop, take a breath, weigh up the consequences, think, think a bit more and decide.
- Statements relating to online safety must be validated as they are not always correct
- Potential risks associated with browsing online are accessing inappropriate content, not knowing who you are talking to, being scammed, accessing inaccurate information.
- Strategies for safe browsing online are to use 3 sources to check information, ask an adult, check in a book and use the search term 'for kids'
- Medicines are drugs and that they can be helpful or harmful.
- Nicotine and alcohol are both drugs.
- Nicotine affects a person's breathing and can stain fingers and teeth.
- Alcohol can affect a person's brain and it can damage your liver.
- Most people choose not to smoke cigarettes; (Social Norms message)





Key Vocabulary:

Trust - To believe someone will be kind, honest, and do the right thing.

Safe - Being protected from harm or danger.

Unsafe - Not safe; something that could hurt you or make you feel scared.

Danger / Dangerous - Something that could cause harm or get someone hurt.

Risk / Risky - A chance that something bad or unsafe might happen.

Feelings - The emotions we have, like happy, sad, worried, angry, or excited.

Strategies - Plans or ways to help us solve a problem or stay safe.

Consequence - What happens because of a choice or action.

Safer - Less likely to cause harm; more protected than before.

Internet Safety - Ways to stay safe when using the internet, apps, and games.

Search Engine - A tool that helps you find information online (like Google).

Phishing - When someone pretends to be friendly or real online to trick you into sharing information.

Browsing - Looking at websites or information on the internet.

Fake News - Stories that are not true but are made to look real.

Misinformation - Wrong information shared by mistake.

Disinformation - Wrong information shared on purpose to trick people.

Medicines - Things that help people feel better when used the right way by adults.

Harmful - Something that can hurt your body or feelings.

Drugs - Substances that can change how your body or brain works; some are medicines, others are unsafe.

Helpful - Something that makes things better or safer.

Instructions - Steps that tell you how to do something safely and correctly.

Cigarettes - Small sticks people smoke that are very harmful to the body.

Nicotine - A harmful chemical in cigarettes that can make people addicted.

Alcohol - A drink for adults only that can be harmful to children.

