

Health and Wellbeing: What helps us to stay safe?

PSHE

Year 2: Spring 1

Sticky Knowledge

Why do we have rules?

Can you name different rules for different places?

To keep us safe. Rules in school, by water, when cycling, in the kitchen etc

What can or can't you share on the internet?

A: Don't share: photographs, addresses, full name, bank numbers, passwords etc.

Name risky situations at the seaside, pool, railway, roads, park. Know how to avoid these dangers.

A: Remove themselves from the situation, tell a trusted adult.

What do you do if you are worried?

A: Tell a trusted adult at School, Masjid or Home.

BE SMART ONLINE Childnet International

S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information - or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk.

A ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

Water Safety Code

Stop and think - spot the dangers

Stay together

In an emergency: Float

Call 999 or 112

Stop look Listen live

THE GREEN CROSS CODE

1. THINK FIRST

2. STOP

3. USE YOUR EYES AND EARS

4. WAIT 'TILL IT'S SAFE TO CROSS

5. LOOK AND LISTEN

6. ARRIVE ALIVE

Key Vocabulary

Vocabulary

Definition

restrictions	to keep within limits.
safe	to stay protected
risk/risky	a situation involving exposure to danger
fire service	an organisation responsible for preventing and fighting fires
unsafe	dangerous
pressure	attempt to persuade (someone) into doing something
fake news	false or misleading information presented as news