



KEEPING MYSELF SAFE



KNOWLEDGE ORGANISER

Overview and Recap

Keeping Myself Safe

We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.

You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind.



There are many ways that we can live a healthy lifestyle, e.g. a healthy, varied diet.

-When we have a bad feeling about something or feel unsafe, trusted adults can help us.
-It is important for our wellbeing that we know how to respond in different situations.

-We should learn the difference between good and bad touches. We should also learn the difference between good and bad secrets, and when secrets should be kept or not.

Health

Varied Diet

Eating a varied diet is an important part of living a healthy lifestyle. Food and drinks fall into the following groups:

-Fruit and vegetables: e.g. apples, tomatoes, lettuce
They contain vitamins and minerals.

-Carbohydrates: e.g. starchy foods like bread and pasta.
They give us lots of energy!

-Proteins: e.g. beans, fish, eggs, meat. They help build muscle.

-Dairy: e.g. milk, butter, cheese. Contain calcium for bones.

-Fats and Sugars: Add fat storage for energy. Try not to have as much of these.



Illness and Medicines

-Even if we live a healthy lifestyle, we all sometimes get ill (we are likely to get ill much more when we don't live a healthy lifestyle).

Medicines can help to make us feel better. Remember that:

-Medicines should be kept out of reach of children

-Make sure an adult looks after the medicine

-Always take the correct dose. If you don't know this – don't take it!

-Only use a medicine when it's needed. If the illness is only mild, consider an alternative.



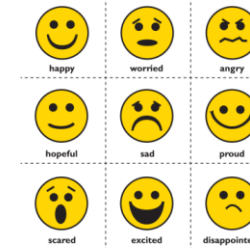
Wellbeing

Feeling Safe

-We can experience lots of different feelings. Often, we can tell how someone is feeling from things like their facial expression and body language.

-Sometimes, we can feel anxious, scared, worried or nervous about something. This often happens when we feel unsafe. Things that can happen to our bodies at this time include: feeling hot, feeling sweaty, butterflies in the tummy, feeling sick, needing the toilet, hands shaking, going red in the face, or shaking.

-There are several things that we can do when we do not feel safe, including removing ourselves from dangerous situations. Trusted adults can help us when we do not feel safe.



Knowing How to Respond

-It is important for our mental wellbeing that we feel comfortable



responding in certain situations. You can learn to use the following responses:

Yes – When you feel comfortable about something.

No – When you do not feel comfortable about something

I'll ask – When you are unsure about something, and want to ask a trusted adult for advice.

I'll tell – When you know that something is wrong/ dangerous, and so should tell a trusted adult.

Relationships

Likes and Dislikes

There are nice ways that we can touch other people and bad ways. It is ok to tell people when a touch is not nice – even family and friends.

Remember to Follow the PANTS rule

P = Privates are private

A = Always remember, your body is yours

N = No means no

T = Talk about secrets

S = Speak up, someone can help

If that person does not listen, tell a trusted adult.

Secrets

-A secret is when someone tells us not to tell something.



-Secrets can sometimes be bad.

-We don't have to keep secrets if they make us feel uncomfortable. Our bodies can tell us when secrets are bad (e.g. feeling sick, going red).

-Trusted adults can help.

Key Vocabulary

Secret

Safe

Unsafe

Trust

Food Groups

Personal Details

Protein

Carbohydrate

Dairy

Medicine

Drug

Online Safety