



Knowledge



As we grow and become more independent, we have new opportunities and **responsibilities**. These include responsibilities to keep ourselves and others safe, happy and healthy. It is our responsibility to follow rules and restrictions (including age restrictions) which keep us safe and well. This includes restrictions on social media, television programmes, films, games and online gaming.

Relationships and friendships can make us feel happy and safe or unhappy and unsafe, including those online. If we feel uneasy at any time, it is important that we tell a trusted adult.

Sometimes our friends may put pressure on us to do something that we know is unsafe or wrong. If you feel uncomfortable, ask for help from someone you trust.

Risks, hazards and dangers

Hazards are things that can cause us harm, injury or **risk** in the home and when we are out and about. We must learn to foresee and manage risk in the different situations we find ourselves in, in order to keep ourselves and others safe and out of **danger**. If we find ourselves in a risky situation, we need to act responsibly, make safe choices and tell an adult we trust.



Dangerous Substances



It is important we take **medicines** correctly and use household products safely, following given instructions at all times.

Legal drugs include **medicines, alcohol, cigarettes and e-cigarettes**.

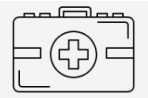
Illegal drugs carry risks and can have harmful effects on the human body.

Some drugs are illegal to own, use and give to others. If you are worried about yourself or a friend or have problems with dangerous **substances**, then speak to a trusted adult or organisation such as childline.

In an Emergency:

999

First Aid **DR ABC**



D is for **Danger** - check for hazards to assess the danger to you and your casualty

R is for **Response** - talk to the casualty and try to get a response.

A is for **Airway** - check the casualty's airway and clear it if safe to do so.

B is for **Breathing** - check that the casualty is breathing.

C is for **Circulation** - check the casualty for bleeding.

Vocabulary Tier 2

Alcohol, choice, cigarette, vaping, danger, dare, drugs, emergency, first aid, hazard, medicine, peer pressure, responsibility, risk, wellbeing.

Vocabulary Tier 3

Response, airway, breathing, circulation, recovery position, substances.

