

## Questions

When do you feel safe? What does the word abuse mean? What types of abuse are there? What is the difference between deliberate and accidental harm? When is a game not a joke? Who might a trusted adult be?

What are drugs? Can you give any examples of any drugs you know? Is all alcohol bad for us? Is smoking tobacco bad for us? Can you explain any effects of these substances on the body? How can we look after the bodies God gave us?

What is First Aid? What should you do in an emergency situation?

## Sources: Life to the full-Ten Ten

[https://www.tentenresources.co.uk/units/lks2\\_2-4\\_keeping-safe/](https://www.tentenresources.co.uk/units/lks2_2-4_keeping-safe/)

## Key Vocabulary

Boundaries physical abuse joke deliberate accident on purpose emotional abuse criticising threatening shaming inappropriate touching trusted adult support drugs legal illegal recreational moderation addiction tobacco chemical Nicotine tar Carbon Monoxide Oxygen carcinogens cancer First Aid emergency 999 rest ice compression elevation

## Summer 1

Module 2: Created to love others

Unit 4: Keeping Safe.

Sessions: Safe in my Body.

Drugs, Alcohol and Tobacco. First Aid Heroes.

## Outcomes:

Children will learn:

- That their increasing independence brings increased responsibility to keep themselves and others safe
- How to use technology safely
- That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others
- How to report and get help if they encounter inappropriate materials or messages
- How to use technology safely
- That bad language and bad behaviour are inappropriate
- That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others
- To judge well what kind of physical contact is acceptable or unacceptable and how to respond
- That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest
- That medicines are drugs, but not all drugs are good for us
- That alcohol and tobacco are harmful substances
- That our bodies are created by God, so we should take care of them and be careful about what we consume
- That in an emergency, it is important to remain calm
- That quick reactions in an emergency can save a life
- How to help in an emergency using their First Aid knowledge

## Making connections to prior learning

### KS1-

That there are some safe and unsafe situations, including online

The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them

How to resist pressure when feeling unsafe

That they are entitled to bodily privacy

That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest

That medicines are drugs, but not all drugs are good for us

That alcohol and tobacco are harmful substances

That our bodies are created by God, so we should take care of them and be careful about what we consume

About what is and isn't an emergency

That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade That if they require medical help but it is not an emergency, basic first aid should be used instead of calling 999

Some basic principles of First Aid