



PSHEE	Safety First	Year 3	Term: 1
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New Responsibilities, Risks, Hazards and Dangers and Safety When Out and About

- What new opportunities and responsibilities could increasing independence bring?
- Why should you follow and comply with regulations and restrictions (including age restrictions)?
- How do you ensure your wellbeing is protected when using social media, watching TV/films and going on games?
- What could cause harm, injury or risk in your home?
- What can you do to reduce risks and keep safe?
- How can you respond safely to adults you may encounter (online and in person) whom you do not know?
- Do you know any strategies for keeping safe in the local environment or unfamiliar places (rail, water, road)?
- What should you do to keep safe around fireworks?
- Do you know how to safely use digital devices when out and about?

Under Pressure

- How can you recognise if family relationships are making you feel unhappy or unsafe? Do you know how to seek help or advice?
- Can you recognise if a friendship (online or offline) is making you feel unsafe or uncomfortable?
- Can you recognise pressure from others to do something unsafe or that makes them feel uncomfortable? Do you have any strategies for managing this?
- Do you know where to get advice and report concerns if worried about your own or someone else's personal safety?

Injuries and Emergencies

- What is meant by 'First Aid'?
- Do you know how to help with common injuries e.g. a graze?
- How should you react in an emergency situation?
- Do you know when to call the emergency services?
- How do you contact the emergency services?

Dangerous Substances

- *It is important to take medicines correctly and use household products safely.*
- Do you know about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines)?
- Can you name any of the laws surrounding the use of legal drugs? *Some drugs are illegal to own, use and give to others.*
- Can you think about why people might choose to take or not take drugs (including smoking, alcohol and medicines) and how things like social media might affect this?
- Can you name any of the organisations that can support people if they have concerns?

Activities you could complete

- Create a responsibility tree thinking about how you keep yourself safe and healthy.
- Create a story board that talks about someone being dared or pressured to do something they don't want to. How are they going to overcome this?
- Create a poster telling people how to stay safe around railways, roads and water.