**Keeping Myself Safe**

**Year 5**

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| In Spring 1 we will be learning all about keeping myself safe |
| This is what we will be learning about | •Explain what a habit is, giving examples•Describe why and how a habit can be hard to change•Recognise that there are positive and negative risks•Explain how to weigh up risk factors when making a decision•Demonstrate strategies to deal with both face-to-face and online bullying•Demonstrate strategies and skills for supporting others who are bullied•Recognise and describe the difference between online and face-to-face bullying•Define what is meant by a dare and why someone might give a dare•Explore and share their views about decision making when faced with a risky situation•Reflect on what information they share offline and online•Recognise that people aren’t always who they say they are online•Know how to protect personal information online•Understand some of the complexities of categorising drugs•Know that all medicines are drugs but not all drugs are medicines•Understand ways in which medicines can be helpful or harmful and used safely or unsafely•Understand the actual norms around smoking and the reasons for common misperceptions of these•Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation•Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these. |
| Here is some of the vocabulary we will be using | Habit, pros, bullying, dare, assessing risk, personal information, drugs, norms, risk taking, addiction, cyberbullying, pressure, privacy settings, cigarettes, perception, assertive, weigh up risk, resist, pressure, influence, alcohol, risk taking  |
| You can support your child by talking to them about different types of medicines, ways you stay safe online and the difference between legal and illegal drugs. |
| If you have any questions about this learning or would like to view the resources we will be using in lessons, please speak to your child’s Class Teacher.  |