**Keeping Myself Safe**

**Year 4**

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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 * Describe some of the possible outcomes of taking a risk * Demonstrate strategies to deal with both face-to-face and online bullying * Demonstrate strategies and skills for supporting others who are bullied * Define what is meant by a dare and why someone might give a dare * Recognise which situations are risky * 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 * 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 * 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 | Danger, privacy, dare, medicine, choices, persevere, influence, dangerous, assertive, drug, social norm, consequences, risk, security, risky, hazard, hazardous |
| You can support your child by talking to them about different types of medicines and ways to keep themselves healthy. You could talk about how to manage risks and dares. | |
| 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. | |