**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
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| 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.  |