**Keeping Myself Safe**

**Year 3**

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| In Spring 1 we will be learning all about keeping myself safe |
| This is what we will be learning about | * Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them
* Identify situations which are either dangerous, risky or hazardous
* Suggest simple strategies for managing risk
* Identify images that are safe/unsafe to share online
* Know and explain strategies for safe online sharing
* Understand and explain the implications of sharing images online without consent
* Define what is meant by the word 'dare'
* Understand that medicines are drugs
* Suggest alternatives to taking a medicine when unwell
* Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines)
* Understand some of the key risks and effects of smoking and drinking alcohol
* Describe stages of identifying and managing risk
* Understand that we can be influenced both positively and negatively
* Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way
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| Here is some of the vocabulary we will be using | Trust, danger, risk, internet safety, decisions, medicines, safe, drugs, browsing, private, drugs, unsafe, feelings, cigarettes, phishing, public, strategies, harmful, nicotine, search engine, profile, helpful, consequence, alcohol, fake news, personal information, instructions, internet safety  |
| 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.  |
| 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.  |