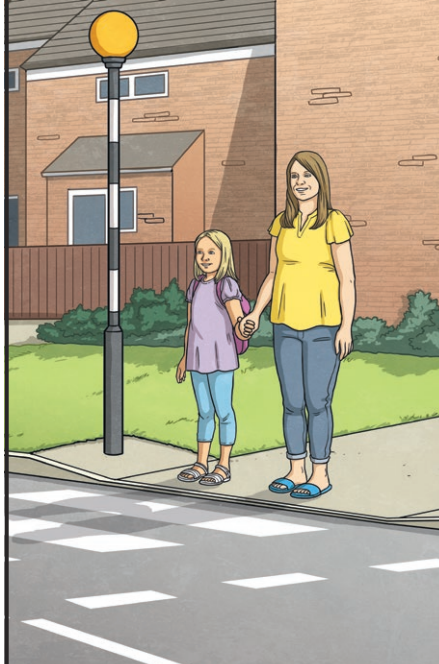


Health and Wellbeing | Safety First

Key Knowledge

Responsibilities

As we grow and become more independent, we have new opportunities and responsibilities. These include responsibilities to keep ourselves and others **safe**, happy and healthy. It is our **responsibility** to follow rules and restrictions (including age restrictions) which keep us **safe** and well. This includes restrictions on social media, television programmes, films, games and online gaming.



Risks, Hazards and Danger

Hazards can cause us harm, injury or **risk** in the home and when we are out and about. It is important that we predict, assess and manage **risk** in the different situations we find ourselves in, so we can keep ourselves and others **safe** and out of **danger**. One way in which we can reduce **risk** and keep ourselves **safe** is to make sure we respond and communicate appropriately to adults we meet whom we do not know. This includes those we might meet online. If we find ourselves in a **risky** situation, we need to act responsibly, make **safe choices** and tell an adult we trust.

Pressure

Relationships and friendships can sometimes make us feel unhappy or unsafe, including those online. It is important that we tell an adult we trust and ask for help if we are in this situation. Sometimes, others put **pressure** on us to do things that are unsafe or that make us feel uncomfortable, including **dares**. We can say no and choose not to do these things. If this is difficult, we need to ask for help from someone we trust to keep ourselves and others **safe**, including online.

Key Vocabulary

alcohol

Alcohol is an ingredient in many adult drinks. It is illegal to buy alcoholic drinks if you are under 18 years old.

choice

Something we have the power to make when there is more than one possibility.

cigarette

A cylinder of finely cut tobacco rolled in paper for smoking. It may also contain other substances. Smoking **cigarettes** causes many health problems.

danger

Something which can cause harm, injury or suffering.

dare

A challenge given by someone. **Dares** can put **pressure** on someone to do something that could put them in **danger**.

drugs

A **medicine** or other substances which affect the body when taken. There are legal (allowed by law) and illegal (not allowed by law) **drugs**.

e-cigarette

An electronic **cigarette**. Instead of smoke, the user breathes in vapour. Using an **e-cigarette** is often called 'vaping'. Some dangerous chemicals have been found in them.

emergency

A serious and often **dangerous** situation. People in **emergency** situations need help straight away.

first aid

The first help given straight away to someone who is ill or injured.

hazard

Something that could cause harm or **danger**.

Safety

There are things we can do to keep ourselves and others **safe** in the home, online, in the local environment and in places which are unfamiliar to us. It is important we know about these and make **choices** which help to protect our **safety** and **wellbeing**.



Dangerous Substances

It is important we take **medicines** correctly and use household products **safely**, following given instructions at all times. There are legal **drugs** (including **medicines**, **alcohol**, **cigarettes** and **e-cigarettes**) and illegal **drugs** which carry **risks** and can have harmful effects on the human body. **Drug** use can become a habit which can be difficult to break. There are laws about the use of legal **drugs** and some **drugs** are illegal to own, use and give to others. There are people and organisations that can help if people are worried about or have problems with **dangerous** substances.

Key Learning Point: The Primary Survey

We should follow the steps in the primary survey (with DR ABC) to help a casualty. The primary survey includes a series of checks to help the first-aider decide if there are any urgent threats to life. These checks are in order of importance. It is always best we shout for help and ask someone to dial 999 or 112 if possible while we work through these steps.

1. **D** is for **Danger** - check for **hazards** to assess the **danger**.
2. **R** is for **Response** - talk to the casualty and try to get a response.
3. **A** is for **Airway** - check the casualty's airway and clear it if necessary.
4. **B** is for **Breathing** - check that the casualty is breathing.
5. **C** is for **Circulation** - check the casualty for bleeding.



medicine

A drug or other remedy to treat, help or prevent illness.

peer pressure

The **pressure** people can feel to behave in a certain way because their friends or people they spend time with expect it.

responsibility

The control we have over our actions and **choices**.

risk

A possibility of **danger** or harm.

safety

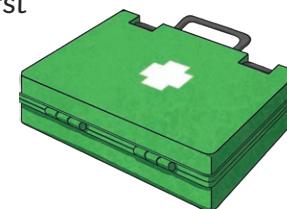
Being protected or kept safe from **danger**, **risk** or harm.

wellbeing

How comfortable, happy and healthy we feel and how able we are to cope with daily life.

Injuries and Emergencies

We can learn how to recognise an **emergency** situation and respond and react appropriately, including calling the **emergency** services. There are two numbers we can call to reach the **emergency** services: 999 and 112. After checking if it is **safe** to help a casualty, we should follow DR ABC (**Danger**, Response, Airway, Breathing and Circulation) to help us decide the best course of action. **First aid** involves being one of the first people at a scene when someone is injured or ill and using techniques for dealing with common injuries and illness.



Disclaimer

We hope you find the information on our website and resources useful. This resource is provided for informational or educational purposes only. It is intended to offer general first aid advice and is not a substitute for professional medical advice specific to your circumstances. As first aid advice is situation-specific and can change, we do not warrant that the information provided is correct or will meet your or your students' specific health or medical requirements. You and your students should not rely on the material included within this resource and we do not accept any responsibility if you or your students do. It is up to you to contact a suitably qualified health professional if you are concerned about your health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their health.