

Health and Wellbeing | Safety First | UKS2

Key Knowledge

Responsibilities

As we grow older, we become more independent. This means it is our **responsibility** to help to keep ourselves and others safe. We can do this by making informed **choices** about how to behave and what to do. These informed **choices** can help keep us physically and mentally well. We can make informed **choices** by thinking about past experiences, what we have been taught and what we understand to be safe. We can then decide what we do, where we go, who we spend time with, what we eat and drink, what we watch and how we spend time online.



Managing Risk

We need to understand the **hazards**, **risks** and **dangers** that may be around us so we can make decisions about what we do. The **risk** of a **hazard** or a **danger** causing us harm can be small or large, so knowing how to assess **risks** and how great the **risks** are is very helpful. Our brain is often able to subconsciously assess situations which we are familiar with, such as staying safe near roads, avoiding hot objects and staying with our trusted grown-ups. When a situation is new we can assess **hazards**, **risks** or **dangers** based on our past experience and on what we have been told by our trusted adults and support network. If we feel we are in a situation which makes us uncomfortable and carries **risk** of harm or **danger**, it is important we stop, listen to our feelings, think about what to do and make an informed decision. It is important to get help from a trusted adult if we find ourselves in a **risky** situation.

Key Vocabulary

choice:	Something we have the power to make when there is more than one possibility.
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 .
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 .
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.
social media:	Websites and applications where people can share images and comments and join online communities.

Pressure

Sometimes we may feel pressure to behave in a certain way or do a certain thing. We may even be challenged to do something - this is called a **dare**. Relationships that make us feel pressured can make us unhappy and affect our mental health and **wellbeing**. Being able to identify and understand this can help. Pressure can come from lots of places including friends, other children, advertisements, the media, **social media** or older children. Sometimes, people feel pressured to make choices they know are not right or not safe. This can put them in danger. Although these situations can be difficult, it is important to remember that the brave and mature thing to do is to say no, listen to our instincts and get help from a trusted adult.

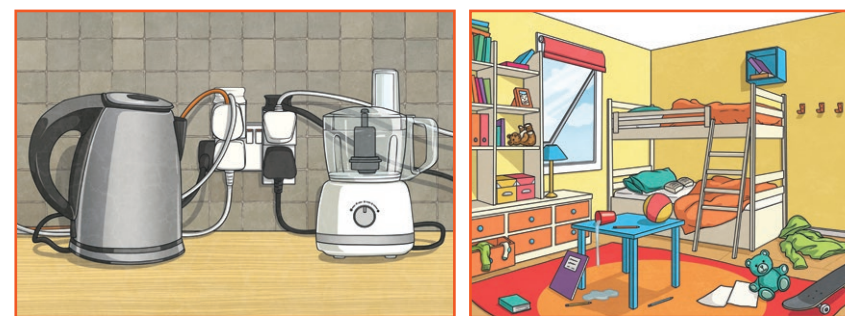
Emergencies

If someone is hurt, it is important they get the help they need quickly. This might mean getting help from a trusted adult or calling the **emergency** services on 999 or 112. We can learn to recognise an **emergency** situation and respond appropriately. After checking if it is safe to help a casualty, we should follow DR ABC. To do this we need to assess the **danger** and check for **hazards**, try to get a response from the casualty, check their airways, see if they are breathing and check their circulation to see if they are bleeding. Some minor injuries can be treated through **first aid**.



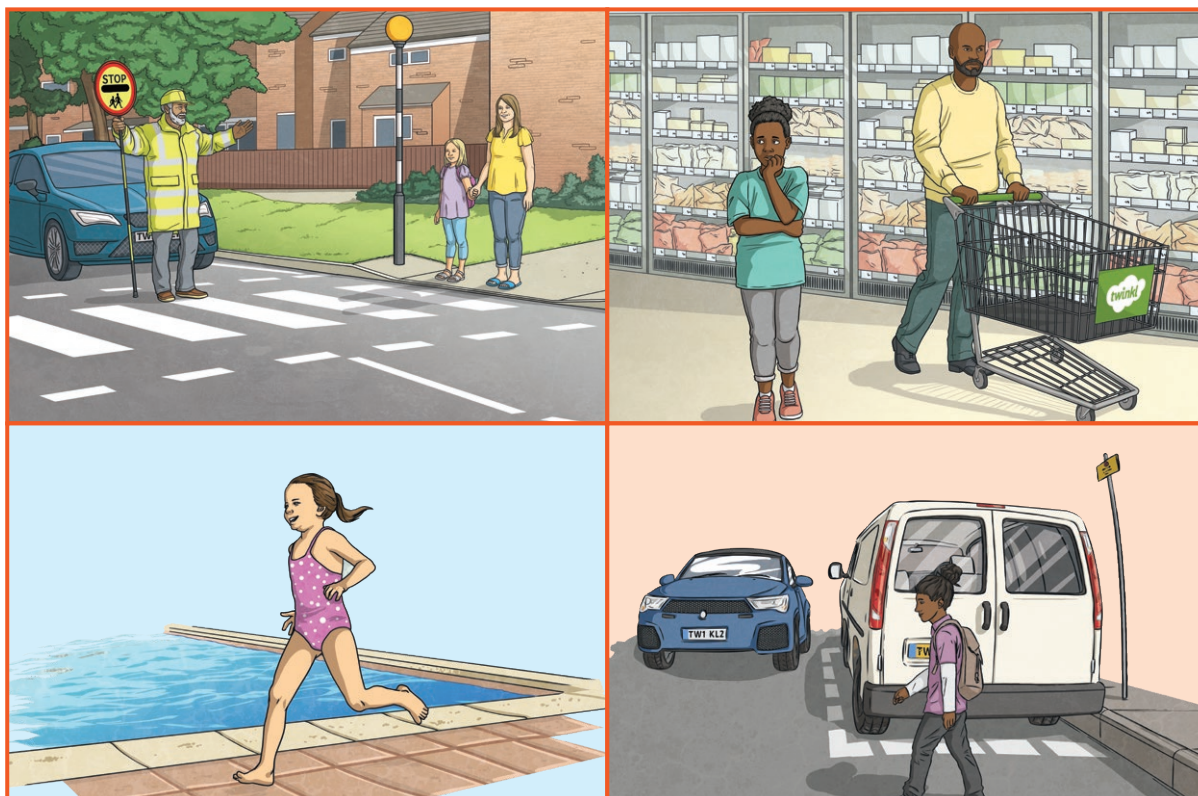
Safety Around the Home

Around the home we can make safe **choices** by understanding and assessing **risks**. For example, many household cleaning products found in kitchens and bathrooms contain chemicals so they must be stored out of the reach of children and only be used by adults. **Medicines** should always be stored safely and must only be used by the person they are prescribed for. There may be other **hazards** we notice as well. We can take action to remove or alter and reduce the **risk** of **hazards** we notice. This might mean we put things away, switch off electrical appliances or follow usage instructions.



Staying Safe While Out and About

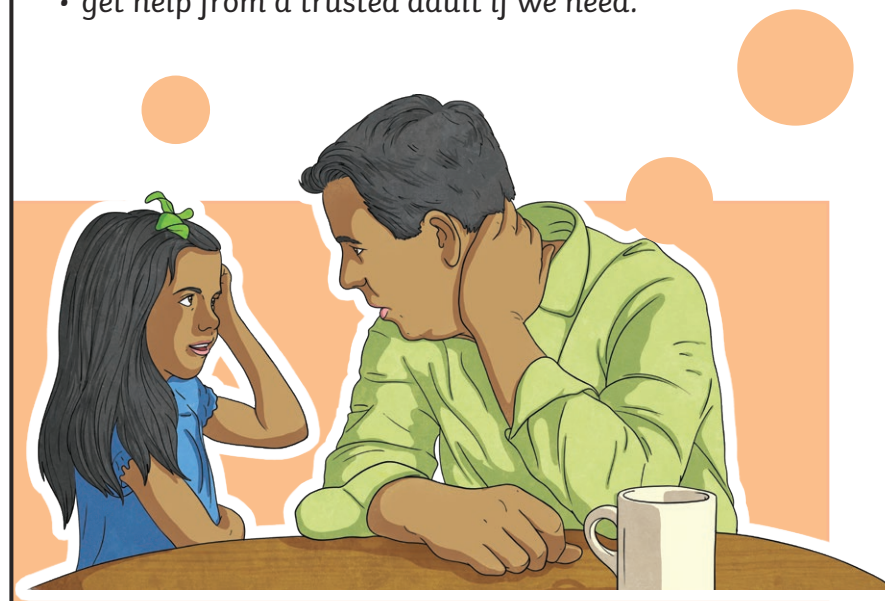
There are lots of ways we can help to keep ourselves safe when we are out and about. We can learn to assess **risk** and make responsible **choices** about how we behave. When near roads, we can walk sensibly and only cross at a safe place, taking time to think, stop, look, listen, then cross if it is safe. If we are cycling, we must always wear a helmet and cycle in the correct place on roads or footpaths. When using a railway, we can stand behind the yellow line on the platform, stand clear of closing doors, never try to get anything that has fallen on the track and instead, tell a member of station staff. If using a level crossing, we must stand clear if lights flash or alarms sound and only cross when this stops. To stay safe near water we can learn to swim, stay at a depth we can easily stand, use a floatation device if we cannot swim and understand what different colour flags mean when swimming in the sea. When spending time around water, we should walk and not run and use a lifejacket if asked to. To stay safe with fireworks, we can keep a safe distance from any display, wear gloves when holding sparklers and never return to fireworks when lit.



Key Learning Point: Keeping Ourselves and Others Safe

As we get older we may be given more independence. This means we can help by taking **responsibility** for keeping ourselves safe and making **choices** that help others too. To help keep everyone safe, we can:

- understand how to assess **risks**;
- consider whether the **risks** are large or small;
- identify if there is anything we can do to reduce or alter the **risks** we see;
- think about our past experience of this **risk**;
- make safe informed **choices** based on what we know and all we have learnt;
- get help from a trusted adult if we need.



Disclaimer

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