



UKS2 Spring 2: We are Safe

We are learning....

- That we need to understand the hazards, risks and dangers that may be around us so we can make decisions about what we do. 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.
- That 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. Pressure can come from lots of places including friends, other children, advertisements, the media, social media or older children; we will learn what to do if we experience this pressure and who we can talk to, to support us.
- 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 will look at what to do if someone is hurt e.g. after checking if it is safe to help a casualty, we should follow DR ABC (and will be confident to say what this means)



- Basic first aid skills including the recovery position, CPR, controlling bleeding and supporting suspected breaks.

Quiz questions:

- Who can you speak to in school if you are worried about something?
- What would you do if you felt you were being pressured to do something that you didn't want to do?
- What does DRS ABC stand for?
- What is the recovery position?
- What are the numbers to call in an emergency?



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.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.