**THE WELLBEING CURRICULUM: KNOWLEDGE ORGANISERS**

**CHAPTER 5 HEALTHY LIFESTYLE CHOICES: PERSONAL SAFETY**

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| **Key vocabulary****Alcohol**: alcohol is a liquid found in drinks like beer and wine. It can slow the reactions of the brain. **Tobacco**: usually found in cigarettes, tobacco contains nicotine and is an addictive substance.**Drugs**: drugs are substances or chemicals that change the way our bodies work. Some are legal, others are illegal.**Addiction**: addiction means a constant urge to do something and not being able to control or stop it very easily.**Bacteria**: microscopic organisms, or living things, which can make you unwell. There are also ‘good bacteria’ which can be good for our health and the environment.**Viruses**: a virus is a tiny particle which can cause a disease in a person or animal. |
| **Road safety**Choose a safe space to cross the road:* A zebra or pelican crossing or other designated safe space.
* Use a crossing patrol if you have one.
* Never cross between parked cars. Drivers cannot see you.

Wear something bright to make you appear more visible.Always act safely and responsibly while walking along the pavement. | **Why should we be concerned about road safety?** However safe you might be, a speeding car is not safe. Also, it is difficult to judge the speed of a car coming towards you on a road.As you reach secondary school age, you will be travelling more independently than you did at primary school. You have further to travel and more roads to cross. Mobile phones are a distraction when crossing a road.  |
| **Who keeps us safe?**It is important to know which adults keep us safe and who we can trust if we are in danger.Your teachers and teaching assistants may have a badge or a lanyard to show they are trusted people.A position of responsibility can also be a sign of trust: police officer, fire fighter, paramedic or doctor.If you are in a sports club or a community group, your coaches and your leaders will also be in a responsible and trustworthy position. | **Why should we be concerned about people we do not know?**Sometimes there are adults and young people who are unkind and may want to hurt or upset children.Does this mean all strangers are dangerous? Or does it mean that we do not know what they are like?Always be polite, but never accept gifts or invitations from a stranger. Always tell an adult, preferably a parent, if this happens to you. They will know how to help you and to stop you worrying. Never share your name or personal details. |
| **Bacteria and viruses**Bacteria can be treated with antibiotics. If you have had an ear infection you will have had this medicine to make the infection go away. Viruses are harder to deal with. Chicken pox, colds, coughs and influenza (‘flu’) are caused by a virus and can be easily spread. Antibiotics do not cure a virus. Only a vaccine can help people become immune to the effects of a virus. | **Why should we be concerned about spreading infection?**Covid-19 has made us all very aware about the threat a virus can pose. There are other viruses to be aware of too, especially those that make us sick or have a tummy upset.Proper handwashing is important, especially just after visiting the toilet. Coughs and sneezes should be caught in a tissue which should then be thrown away. Your school cook can demonstrate to you how food is prepared safely and the spread of germs prevented. |
| **Alcohol, tobacco and drugs** Adults sometimes consume alcoholic drinks. Alcohol can make people feel relaxed and happy but can also make them aggressive and sad. Too much can make someone physically unwell. The legal age for the purchase of alcohol is 18. The Department for Health recommends that children under the age of 16 should not drink alcohol.Tobacco contains nicotine and is addictive. The legal age to buy cigarettes is also 18. Drugs might be prescribed by a doctor if someone is unwell. If a person takes something they should not have done, it can make them very unwell.Your teacher will talk more about alcohol, tobacco and drugs when your school believes it is the right time to do so. | **Why should we be concerned about alcohol, tobacco and drugs?**Though alcohol is legal, it is also a poison and can be dangerous. It can slow the brain’s reactions. Anyone who has drunk alcohol should not drive a car. Alcohol can cause weight gain, cause diabetes and cause damage to the nervous system if excessive amounts are consumed. Smoking cigarettes can cause some cancers. It can also cause cancers in non-smokers who have been near others who smoke for extended periods of time. They can also cause problems with the heart and arteries.If a doctor prescribes medicine, it should only be taken by the person it is given to. If you have asthma, you should only use your inhaler, not one belonging to someone else. |
| **Peer pressure** Your peers are your friends or people of the same or similar age to you. They might be in your school but could also be other children near where you live or who are in the same club or group as you are.Peer pressure is when one or a group of peers might try to persuade somebody to do something they normally would not or should not do. It might be in the form of a dare, being made to feel left out or a threat of some kind, which in this case would be bullying.Some children recognise when they are under peer pressure, but others do not. These children could be vulnerable to getting in trouble or feel they have to take the blame for something another child did which was wrong.Speak to your teacher about peer pressure and perhaps have a discussion in class. |