



PSHE KNOWLEDGE ORGANISER KS2



PSHE topic in focus:

What keeps us safe?

HEALTH AND WELLBEING

Key Terms

Household products

Everyday items you find in your house.

Medicine

A substance which treats illness. This can come in liquid or tablet form.

Prescription

A form given and signed by a doctor to allow someone to have a medicine.

Cleaning product

Any spray, powder or liquid which is used in the home to clean things like floors, windows, surfaces, toilets, sinks etc.

Hazard

A danger or risk

Fatal

Something which kills somebody.

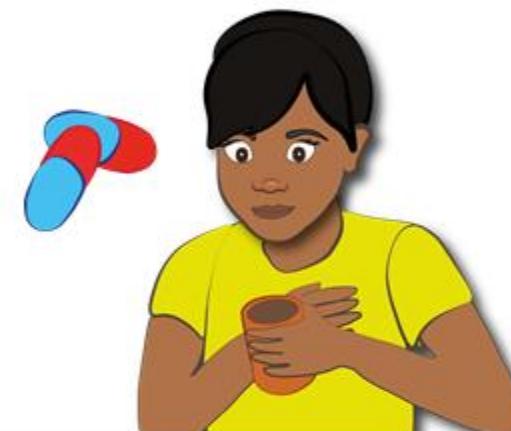
Consent

to give permission for something to happen.

Home Safety Hazards



- | | | | |
|---|--|----|---|
| 1 | Keep candles away from flammable objects. | 6 | Medicines should be safely stored, high up and out of the reach of children. |
| 2 | Handles of pots and pans should be turned to the side while cooking. | 7 | Throw away any medicines if the instructions are damaged or unclear. |
| 3 | Keep the floor clear of any choking hazards. | 8 | Knives should be stored safely using child-locks on drawers. |
| 4 | Washing detergents should be kept out of the reach of children. | 9 | Rat or mouse poison should be placed in a secure bait box. |
| 5 | Keep all electrical devices away from water. | 10 | Keep all cupboards and drawers closed. Use child-locks to protect small children. |



HELP AND SUPPORT:

Adults who can help:

- Parents/guardians
- Teachers and school staff
- GP (doctor) or practice nurse

NHS Website:

<https://www.nhs.uk/>

ROSPA

The Royal Society for the Prevention of Accidents

<https://www.rosipa.com/home-safety>

CAPT

Child Accident Prevention Trust

<https://www.capt.org.uk/>

In an Emergency call 999!



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Medicines

Uses - For Information Purposes Only



Steroid Inhaler

Steroid inhalers are used to treat asthma. Asthma is a type of illness that affects the lungs and sometimes makes it difficult to breathe.



Cough Syrup

Cough syrup is a medicine that can be taken to help reduce the symptoms of coughing. There are different types of cough medicine, some of which contain a slippery substance called glycerol.



Antihistamine

Antihistamines are used to treat the symptoms of allergies. During the summer months, some people develop an allergy to pollen called hay fever. Symptoms often include itchy eyes, a runny nose and sneezing.



Paracetamol

Paracetamol is a drug that is used to treat pain. It is often given to children in liquid form, while adults often prefer to take tablets. Paracetamol can also help to lower a high temperature.



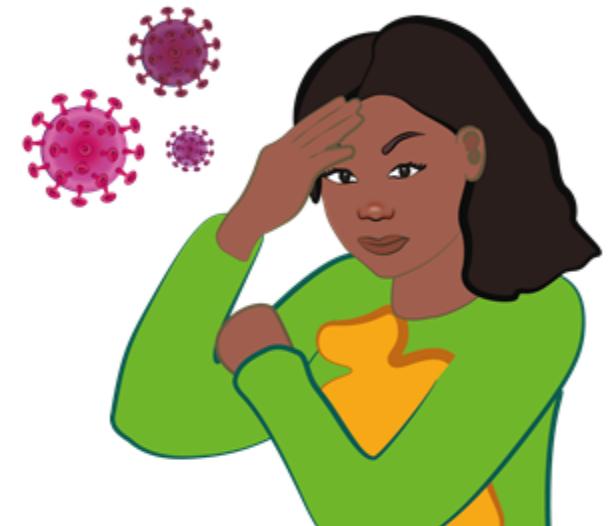
Ibuprofen

Ibuprofen is a type of painkilling drug. It reduces pain and swelling and is used to treat symptoms like aches and pains. It is often given to children in liquid form, but it can also be found in tablets. Ibuprofen creams and gels can also be rubbed into the skin to help treat muscular aches and pains.



Antibiotics

Antibiotics are used to treat bacterial infections. This means that the patient's symptoms are caused by a type of germ called bacteria. Antibiotics are often given to children in liquid form, but they can also come in tablets and creams.



OTC Medicines

Some medicines are available to buy over the counter in your local pharmacy. We call these drugs '**Over the Counter Medicines**' or **OTC Medicines** for short. Examples include painkilling medicines, antihistamines and cough syrup. OTC medicines can be very dangerous if misused.

Prescription Medicines

Prescription medicines have to be prescribed by a doctor. For example, antibiotics are usually only available on prescription. This is to check that you have a bacterial infection.



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Hazard Symbols

Hazards	Description	Products with this symbol	Staying Safe
 <p>Corrosive</p>	<p>Corrosive substances are very harmful to living tissues such as your eyes or skin. They will attack and destroy anything living that they meet.</p>	 <p>Household bleach Laundry detergent Spray cleaner</p>	 <p>Always wear protective gloves when using cleaning products.</p>
 <p>Serious Health Hazard</p>	<p>These substances are harmful to health and may result in on-going or long-term health issues. Some substances may be carcinogenic, meaning that they can cause cancer.</p>	 <p>Asbestos Benzene Vinyl chloride</p>	<p>Take care to keep all tablets and medicines out of the reach of children.</p> 
 <p>Irritant</p>	<p>Irritants can be harmful to the eyes, skin, and airways. You should always wear protective equipment when using products displaying this symbol.</p>	 <p>Household bleach Laundry detergent Window cleaner</p>	 <p>Harmful chemicals should be kept in a locked cupboard or stored in a locked shed or garage.</p>
 <p>Harmful to the Environment</p>	<p>Substances like household bleach often display this symbol. If released, they can be extremely harmful to all living things in the environment.</p>	 <p>Household bleach White spirit Creosote</p>	<p>Safety goggles can be used to protect your eyes from harmful chemicals.</p> 
 <p>Flammable</p>	<p>Flammable substances will catch fire very easily. You may have seen this symbol on the reverse side of a can of hairspray, or at the local petrol station.</p>	 <p>Hairspray Spray deodorant Spray polish</p>	 <p>If a chemical splashes into your eye, immediately flush it with clean, lukewarm tap water.</p>



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RELATIONSHIPS

KEY TERMS:

Consent - to give permission for something to happen.

Permission - allowing someone to do something.

Safe touch - physical contact or affection from a friend or family member that you consent to. Examples include a hug from a friend, or a kiss goodnight from a parent or guardian.

Unsafe touch - When someone touches the parts of your body that are covered by a bathing suit.

Asking for Permission

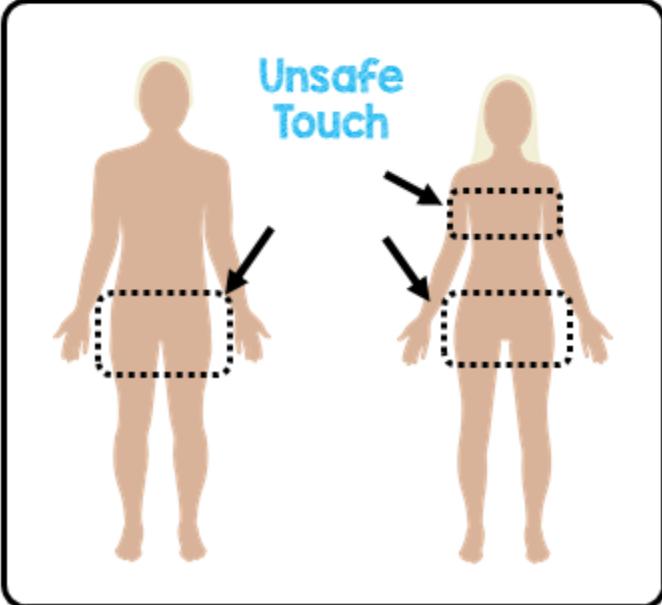


Is it ok if I give you a hug?

Yeah, that would be nice.
OR
Thanks, but not right now.



snip
snip



If I give my consent, can I change my mind?
Yes, you can! Say no at any point if you feel unsafe, uncomfortable, or you simply change your mind!
What should I do if someone says no when I ask for permission?
React calmly and respect their answer. Don't argue, ask questions, or try to persuade them to do what you want. Be polite and say something like, 'okay' to show that you understand.

Need help, support or more information?
NSPCC Helpline: 0808 800 5000 (24 hours, every day)
www.nspcc.org.uk
Childline Helpline: 0800 1111(24 hours, every day)
<https://www.childline.org.uk>