



PSHE KNOWLEDGE ORGANISER KS2



PSHE topic in focus:

How can we manage risk in different places?

HEALTH AND WELLBEING

Possible experiences:
Anti-bullying Week, includes cyberbullying awareness
Career event
Internet Safety
Road Safety, includes Bikeability

Prior learning: What keeps us safe? in Year 3



Peer pressure can be a positive thing when it helps challenge or motivate you to do your best.

Peer pressure can cause someone to doubt themselves and can lead to them having lower self-esteem. Keeping a secret can be very stressful, especially if it leads to telling lies.

One of the biggest signs of an unhealthy friendship is one which makes you feel bad about yourself rather than good about yourself

RULES

Many rules are there to keep everyone safe. We are constantly assessing situations around us for risk or danger.

If we understand the dangers and hazards around us, it can help us avoid them and stay safe.

Wearing a seatbelt in the car is compulsory and can be the difference between life and death in a serious car accident.

In any risky situation, the most important thing to do is get help quickly.

Always give yourself time to think about a situation before rushing into something that could be risky in some way.

Not joining in with something you are comfortable with it not being a coward - it is the bravest thing you can do.

Playing on the railway is dangerous. Between July 2017 and July 2018, seven children died and 48 received life-changing injuries on the railway. 999 is the emergency number to call in the UK.

Photos, videos and comments we post on social media are impossible to completely delete.



HEALTHYPLACE.COM



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PSHE topic in focus:

How can we manage risk in different places?

Vocabulary:

Recognising/managing risk (hazards)

Online safety: how to keep yourself safe when using the Internet.

Peer pressure: Peer pressure means feeling like you have to do something because people around you want you to or expect you to. It can be positive or negative.

Staying Safe Online

Dos

- Check that your online privacy settings are set to the maximum.
- Ask your parent's permission before accepting a new friend request online.
- Stay aware and be clear about your personal boundaries.
- Use the 'report' and 'block functions'.
- Tell a trusted adult.

Don'ts

- Don't make unkind or personal comments.
- Don't overshare. Keep personal information private.
- Don't accept friend requests without asking an adult for permission.
- Never send images of yourself to someone that you don't know online.



Hey, how old are you? Send me a picture!



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>

How can I set clear boundaries with my friends?

Be firm.

If a friend behaves in a way that upsets you, you should tell them to stop.

Be respectful.

Don't snap or say something rude that you may regret.

Be clear.

Give examples of what is and isn't okay.

Be polite.

Think carefully about the words that you use.