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| Health |
| Our Bodies  -Our bodies are made up of lots of different parts. Each of these body parts has an important job to do.  -Our bodies need regular exercise, a balanced diet and lots of sleep in order to stay fit and healthy.  -Our bodies need food, water and oxygen for energy.  -There are some things, however, that can cause harm to our bodies. For examples, exercising without warming up and eating too many sugary or fatty foods |
| **Alcohol and Cigarettes**  - A drug is a substance that people take to change the way they think, feel or behave. Medicines are drugs. Drugs can helpful or harmful.  -There is a drug inside beer, wine and spirits (alcohol). This can affect a person’s brain so that they are not in control of their bodies.  -Nicotine is in cigarettes. The tar from cigarettes can stick in people’s lungs. Cigarettes can also stain people’s teeth and fingernails. |

**Working together to be the best that we can be**



**PSHE – Keeping Safe**

Year 3

Spring 1

**Golden Thread:**

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| Keeping Safe |
| We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.  Active Life Icons Images, Stock Photos & Vectors | Shutterstock You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind. |

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| Wellbeing | |
| **Managing Risk**  A risk is something that may cause loss or injury. It is important that we learn to identify and manage risks in our lives. Follow this process:   1. What is the situation? *Crossing a busy road with fast traffic.* 2. What is the risk level? *May be high because of the chance of being hit by a vehicle. Traffic may be moving too fast to cross safely.* 3. How can I make the situation safer? *Cross at a zebra or pelican crossing; cross with an adult; wait until there are no cars coming; cross at a bridge or a subway.* 4. Which of these would be the safest? Why? 5. What is the risk level now? *Depending on what action we have taken it may now be medium or low risk.* | **Choices**  -A choice is when we have to pick from more than one option.  -Having a choice can be a good thing, but it can also be difficult to know what to do!  -When we make choices, it is important that we weigh up the pros (positives) and cons (negatives) of each option. It sometimes helps to write these down in a list.  -In your cons list, you should think about the risks associated with any option – our health and safety should always come before anything else! |

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| Staying Safe Online |
| Children Working On Computer Laptop Vector - Staying Safe Online ...Information about you, your family and your friends is personal. You should never share this information with people that you do not know really well. This is especially true when we are online. Keep profiles private.  Top Tips for Online Safety  -People you don’t know are strangers, they are not always who they say they are.  -Keep your personal information private, don’t give away personal information.  If you ever get an ‘uh-oh’ feeling, you should tell an adult you trust. |