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

**PSHE – Keeping Safe**

Year 5

Spring 1

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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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| Health |
| **Habit**-A habit is a pattern of behaviour that is repeated – it is often done routinely. -Some habits are a good thing, e.g. brushing our teeth every morning and evening. However, there are some habits that can be bad for our health and wellbeing, e.g. eating too many fatty foods or spending too much time on video games.-An addiction is a habit that someone finds exceptionally difficult to stop.Addictions are not normally good for our health and/ or wellbeing. We can become addicted to many things, but some products contain addictive substances |
| Vector Illustration Sign Forbidden Smoking Drugs Alcohol. Royalty ...**Cigarettes and Drugs**-These days, fewer and fewer young people are smoking. -The main reasons are because people are more aware of the risks, they would like to stay healthy, they don’t think it is cool and laws have become tougher.-Many smokers state that they began smoking to fit in with friends when they were younger. It is now illegal to sell cigarettes and alcohol to anyone aged under 18. Shops can be fined for doing so. |

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| Wellbeing |
| **Managing Dilemmas**Risk concept on speedometer. Vector | Concept, Vector, Texture vectorRisk – an action which is taken in a hazardous situation *e.g. taking a difficult route on a BMX trail or taking the lead role in a school play.*Dilemma – when we need to make a difficult choice.  To manage the risk, we should consider:1. What is the situation? 2. What is the risk level? 3. How can I make the situation safer? 4. Which choice is the safest? 5. What is the risk level now?-We should remember that not all risks are bad – good things can come from taking risks (e.g. performing in front of lots of people, and doing well!)-There are several things that we can do to inform our decision, for example getting some more information or asking a trusted adult. | **Spotting Bullying**Bullying is when someone is repeatedly unkind or hurtful to another person. There are different types of bullying:1.Calling names/ saying hurtful things;2.Hurting by hitting, punching, kicking, 3.Leaving someone out of something;4.Sending hurtful messages or photos on technology (cyber-bullying)-Bullying can sometimes be difficult to spot as bullies may mix bullying behaviour with kindness, or it may get gradually worse over time. |

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| Staying Safe Online |
| **Being Assertive**Sometimes, people want us to do things that we are not comfortable with.Being assertive is about speaking up for ourselves in a way that is confident and honest about how we feel.Being assertive is a healthy way of communicating, but does not come naturally to everyone. To Be Assertive-Stand firm, speak clearly, be friendly & polite, stay calm & confident, negotiate, relax, give eye contact. | **Playing Online**Playing games online can be fun, but it is important to play safely: Have specific times in the day for gaming, so that it doesn’t take over life! ; Turn it off at night, so that you can sleep ; Use passcodes on phones and other devices so that others can’t access accounts or their personal information. -Remember that it is far safer to only chat to people you know in real life. |