

YEAR 2 PSHE - DRUGS

KNOWLEDGE ORGANISER



Overview and Recap

At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'

We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.

You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind.



There are many ways that we can live a healthy lifestyle, e.g. a healthy, varied diet.

- When we have a bad feeling about something or feel unsafe, trusted adults can help us.
- It is important for our wellbeing that we know how to respond in different situations.

How to keep myself safe at home and at school

We need to be able to identify Hazards in our home and at school and to ask for help when we come across something that we think may be unsafe or dangerous.

<https://firstaidchampions.redcross.org.uk/spot-the-danger/>

What would you do if you came across:

- A broken bottle on the field at school
- A medicine at home without the lid on
- A pan on a hot stove



Hazard symbols

Many household items, such as cleaners and bleach, have Hazard symbols on them. These help us to know that they contain something that could hurt us or damage our skin.



Irritant (may irritate skin)



Flammable (may catch fire)



Corrosive (may damage skin)



Toxic (may damage health)



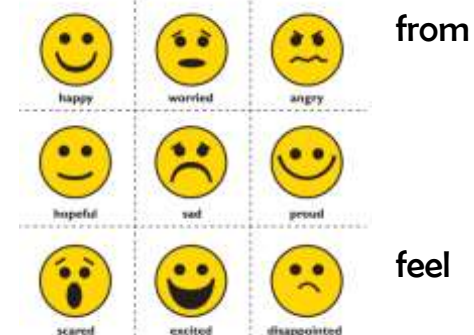
Explosive (may explode)

These products should only be used by an adult and they should be stored properly in a cupboard that children cannot access.

How to keep ourselves safe

Feeling Safe

-We can experience lots of different feelings. Often, we can tell how someone is feeling things like their facial expression and body language.



-Sometimes, we can feel anxious, scared, worried or nervous

about something. This often happens when we feel unsafe. Things that can happen to our bodies at this time include: feeling hot, feeling sweaty, butterflies in the tummy, feeling sick, needing the toilet, hands shaking, going red in the face, or shaking.

-There are several things that we can do when we do not feel safe, including removing ourselves from dangerous situations. Trusted adults can help us when we do not feel safe.

Knowing How to Respond

-It is important for our mental wellbeing that feel



comfortable responding in certain situations. You can learn to use the following responses:

Yes – When you feel comfortable about something.

No – When you do not feel comfortable about something

I'll ask – When you are unsure about something, and want to ask a trusted adult for advice.

I'll tell – When you know that something is wrong/ dangerous, and so should tell a trusted adult.

Taking risks and assessing situations

Sometimes we have to take risks! But we need to know what risks are good and what risks are bad. We need to look at a situation and think through the risks before we decide what to do next:

- Playing on a slide
- Touching a hot pan
- Reading a book
- Riding a bike
- Crossing the road
- Picking up a broken bottle
- Talking to a stranger



Key Vocabulary

risk safe unsafe stranger substance hazard household items flammable irritant toxic