



Holy Family Halewood

Year 5/6 RSHE
Theme: Health and Wellbeing
Topic: Keeping Safe



Learning Objectives

- To know how to protect personal information online
- To identify potential risks of personal information being misused
- To develop strategies for dealing with requests for personal information or images of themselves
- To identify types of images that are appropriate to share with others and those which might not be appropriate
- To know that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be
- What to do if they take, share or come across an image which may upset, hurt or embarrass them or others
- How to report the misuse of personal information or sharing of upsetting content/images online
- About the different age rating systems for social media, T.V, films, games and online gaming
- Why age restrictions are important and how they help people make safe decisions about what to watch, use or play
- About the risks and effects of different drugs
- About the laws relating to drugs common to everyday life and illegal drugs
- to recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs
- About the organisations where people can get help and support concerning drug use
- How to ask for help if they have concerns about drug use
- About mixed messages in the media relating to drug use and how they might influence opinions and decisions

Key Vocabulary

Medicine - A drug or remedy that may be prescribed by a health professional or purchased over-the counter.

Dose - The amount of medicine to be taken at one time. This can follow a health professional's instructions or the instructions that come with over-the counter medicines.

Allergy - When the body reacts to certain things such as pollen, animals, foods or insect bites. Allergic reactions might include breathing problems, skin rashes, swelling, or itching.

Immune - Protected from an illness, either because a person has had the illness before or because they have received a vaccine.

Vaccine - A medical preparation that protects a person from an illness by making them immune

Bacteria - A small organism, some of which can cause infections and/or cause people to feel ill (though not all!)

Virus - A small particle that can cause infections and/or cause people to feel ill



Key Vocabulary

Drug	Something a person can take to change the way they think, feel or behave.
Legal drug	Substances such as caffeine, alcohol or over-the-counter medication, these may have age-restrictions.
Illegal drug	Substances that a person can be charged for if they possess it or supply it to someone else. These are not subject to quality controls so it is hard to know what is in each batch of a drug, which can increase risk
Caffeine	A drug found in tea, coffee and soft drinks that makes people feel alert. Children should only consume caffeine in moderation.
Alcohol	A drug found in drinks such as beer and wine, measured in units.
Nicotine or tobacco	Nicotine is a drug found in tobacco and other products such as e-cigarettes/vapes. Nicotine and tobacco can make a person ill. Adults can get help from their doctor to stop smoking.