



Be the best that we can be.

EBJ Knowledge Organiser PSHE and RHE

Spring 2 Safety and the Changing body



Learning objectives

In this unit, children will learn how to stay safe in emergencies, including making sure they are safe before helping others and knowing what to do if someone is bitten or stung. They also practise writing kind, helpful emails and learn how to deal with unkind behaviour online and spot fake emails.

- Show an understanding that they must consider their own safety before helping others in an emergency.
- Understand how to help someone who has been bitten or stung.
- Write an email with instructions written using positive language.
- Create a decision tree showing how to deal with unkind online behaviour and cyberbullying.
- Send an email that describes some of the best ways to avoid being tricked by fake emails.



When we cross the road we need to remember to:
Stop , Look  and Listen .

Key facts

Some people can have an allergic reaction to a bite or a sting. If this happens, you need to get help as quickly as possible.

Some emails are fake, and we should not reply or click on links if we do not know who they are from.

It is important to be kind online as well as face to face.

There are some choices we can make for ourselves, and other things will be decided for us.



Other people might influence the choices we make.

Safety Tips

If you receive a suspicious email, mark it as spam, delete it or report it to an adult. If you are not sure about a decision, talk it over with someone you trust.

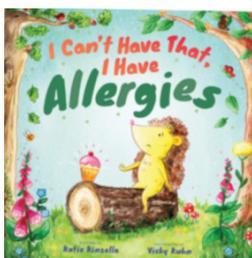
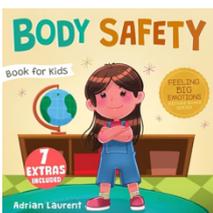
Key Vocabulary

Allergic, anaphylaxis, bullying, casualty, cyberbullying, fake, influence.

Read all about it! Can you find these books in your local library?



Getting help



In an emergency, call 111 or 999.



If you are worried about something, talk to an adult you trust at home or at school.

Contact: Childline
www.childline.org | 0800 1111 | Calls DO NOT show on the phone bill.