



Be the best that we can be.



# EBJ Knowledge Organiser PSHE and RHE Year 4

## Spring 1 Safety and Changing body



### Learning Objectives

- Understand the reasons for legal age restrictions.
- Understand how quickly information can spread on the internet and some of the risks associated with that.
- Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack.
- Understand the difference between private and public, and secrets and surprises.
- Understand how search engines work and whether information is useful.
- Understand the changes they have already gone through and aware of some changes to come.
- Understand that they will change physically as they develop into adults.
- Understand some of the risks of smoking and some of the benefits of being a non-smoker.

### PANTS Rule

Remember the **PANTS** rule:

**P** - Privates are private.

**A** - Always remember your body belongs to you.

**N** - No means no.

**T** - Talk about secrets that upset you.

**S** - Speak up - someone can help.



### Online Safety



Surprises are positive as they are usually something nice. Secrets are often negative as they are things people want to hide.



Search engines do not always list the most useful or reliable websites first.

Sharing information and images on the internet can be risky.

When you look for information online, think about whether the website is reliable.

### Getting Help

#### Getting help

If you are worried about something, talk to an adult you trust.

In an emergency, call 111 or 999.

Contact: Childline [www.childline.org](http://www.childline.org) | 0800 1111  
Calls **do not** show on the phone bill.



### Key Vocabulary

age restriction	A rule that says you can only do or use something when you are a certain age.
asthma	A common lung condition that causes breathing problems. <b>If someone is having an asthma attack, keep them calm and help them to use their inhaler.</b>
law	Rules enforced by the government that define what we can and cannot do.
tobacco and smoking	Tobacco is a plant used to make cigarettes. Smoking tobacco can harm your lungs, heart and body. It also contains nicotine, which makes it hard to stop smoking.
genitals	The external sex organs. This word is used for both males and females.
hygiene	Keeping clean helps people stay healthy and feel fresh.
puberty	The physical and emotional changes a child goes through to become an adult.

