



Year 5—Learning for Life

Keeping Me Safe



You have already learnt...

Give examples of people or things that might influence someone to take risks (e.g. friends, peers, media, celebrities), but that people have choices about whether they take risks.
 Say a few of the risks of smoking or drinking alcohol on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol.

Give examples of positive and negative influences, including

Key Knowledge

Give examples of things that might influence a person to take risks online.
 Know that I have a choice.
 Know the percentage of people aged 11-15 years old that smoke in the UK (3%) and give reasons why some people think it's a lot more than this.

Key Skills

Identifying risks

Key vocabulary	
cyberbullying	bullying or harassment using technology
addiction	a very strong urge to do something that is hard to stop or control
pressure	feeling a strong influence or burden on the mind or emotions
influence	someone affecting the emotions, opinions or behaviours of others
perception	using your senses to gather and understand information and respond to the



Cyber-bullying



Addiction



Perception

Next year you will learn...

Explain why emotional needs are as important as physical needs and what might happen if a person doesn't get their emotional needs met.
 Explain some ways of making sure that I keep myself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws relating to this.
 Explain why some people believe that more young people drink alcohol than actually do (misperceive the norm).