

## What should I already know?

- How to keep myself healthy.
- How to name emotions I am feeling – happy, sad, cross/angry, scared/worried, excited, frightened.

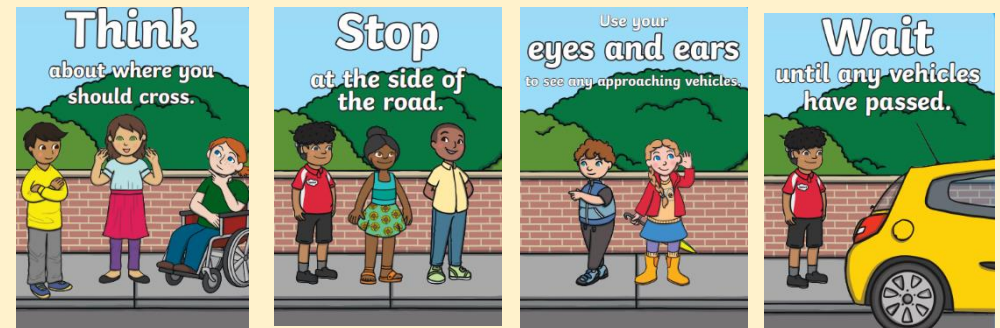
## Key Knowledge

- To understand simple safety rules for when I am at home, at school and when I am out and about.
- To know that I can say 'No!' if I feel unsure about something and it does not feel safe or good.
- To know what I have to keep safe from.
- To understand how I know if something is safe or unsafe.
- To know who the people are who help to keep me safe.
- To know what goes on to and into my body and who puts it there.
- To know why people use medicines.

## Key Vocabulary and Definitions

|                     |                                                                                                                                                                                                                                                                       |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| safe                | protected from or not exposed to danger or risk; not likely to be harmed or lost.                                                                                                                                                                                     |
| unsafe              | dangerous, not safe.                                                                                                                                                                                                                                                  |
| early warning signs | signs and feelings in your body that make you think something doesn't feel right.                                                                                                                                                                                     |
| medicines and drugs | medicines are types of drugs. A medicine is something you take if you aren't feeling well. Medicines can make us feel better. Medicines can be liquids in bottles, small things called tablets or creams and lotions. But some medicines and drugs can be bad for us. |
| trust               | the people we trust are the people that we rely on to help us.                                                                                                                                                                                                        |

## Crossing a road

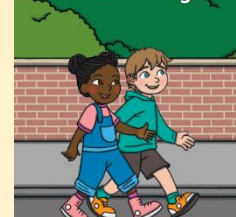


## Look and Listen again to make sure all is clear.



## Cross

the road. Keep looking  
and listening.



## Lollipops

Only cross the road  
when the lollipop  
person says so!



## Pelican Crossings

Press the  
button and  
wait!



## Zebra Crossings

Wait before you cross.  
Look and listen all the time.  
Only cross when all the traffic has  
stopped or there is no traffic  
at all.

