



Knowledge Organiser - Keeping Myself Safe Spring Term 1 2026 MC years 4,5,6

Sticky Knowledge – What I already know

- I will know that medicines are drugs and suggest how they can be helpful or harmful
- I will be able to identify risk in different situations
- I will know how to reduce or manage risk
- I will know who I can ask for help from when managing risk

Key Knowledge - What I will know at the end of the unit

- To recognise potential risks associated with browsing online linked to sharing pictures
- To reflect on the consequences of not keeping personal information private and the risks of the internet
- To explain some of the categories and uses of drugs (both medical and nonmedical)
- To explain some of the laws of drugs (both medical and nonmedical)
- To describe the different types of things that may influence a person to take a risk
- To recognise potential risks associated with browsing online.

Key Themes

Managing risk, Staying safe online, Drugs and their risks, Influences Managing risk, including staying safe online, Drugs: norms and risks (including the law)



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Word	Definition
Privacy	– Keeping your personal information safe and not sharing it with people you don't trust.
Privacy settings	– Controls on websites or apps that let you choose who can see your information, photos, or posts.
Security	– Ways of keeping devices, accounts and information safe, such as passwords and locks.
AI (Artificial Intelligence)	– Computer systems that can learn, make decisions or help people by copying some human thinking, like recognising voices or answering questions.
Personal information	– Details about you that should be kept private, such as your full name, address, school, passwords, or phone number.
Drug	– A substance that changes how the body or mind works.
Legal	– Allowed by the law.
Illegal	– Not allowed by the law.
Medical	– To do with medicine or treatment given by a doctor or nurse.
Non-medical	– Not for medicine or treatment; used for other reasons and not given by a doctor.
Drug laws	– Rules made by the government about drugs, including which are allowed and which are not.
Age restrictions	– Rules that say how old someone must be to use or buy certain things.
Possess	– To have something with you or to own it.
Supply	– To give or sell something to other people.
Produce	– To make or grow something.
Illegal	– Not allowed by the law.
Penalties	– Punishments given when someone breaks the law, such as fines or other consequences.

Word	Definition
Influence	– The power to affect how someone thinks, feels, or acts.
Consequences	– What happens as a result of an action or choice.
Influencer	– A person online who has lots of followers and can affect what people think or buy.
Aggressor	– A person who is being unkind or hurtful to someone else.
Target	– The person who is being picked on or treated badly.
Online bullying	– Being mean or hurtful to someone using the internet, apps, games, or messages.
Internet safety	– Staying safe when using the internet by protecting your personal information and making smart choices online.
Search engine	– A tool that helps you find information on the internet, such as Google or Bing.
Browsing	– Looking at different websites on the internet.
Phishing	– A trick where someone pretends to be trustworthy online to steal personal information like passwords or bank details.
Risk	– Something that could be dangerous or cause a problem.
Fake news	– Stories or information online that are not true and are made to trick people.
Misinformation	– Information that is wrong or untrue, but shared by mistake.
Disinformation	– Information that is false and shared on purpose to mislead people.