

Knowledge Organiser –Keeping myself safe- Spring Term 1 2024



Sticky Knowledge – What I already know

I know when medicines might be harmful (e.g overdose, if not needed, another persons medicine)
I know who a trusted adult is



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

- 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
- I will know about specific risks of smoking, vaping and alcohol

Key Question Themes

- Managing Risk
- Drugs and their risks
- Understanding the norms of drug use (cigarette and alcohol use)
- Influences



The Acorn Partnership

Marston Montgomery Primary School
Long Lane C of E Primary School

Key Vocabulary	Definition
Medicines	a drug or other substance used to treat a disease, injury, pain, or other symptoms
Drugs	chemicals or substances that change the way our bodies work
Harmful	likely to be damaging
Helpful	giving help or aid
Instructions	advice and information about how to do or use something
Risk	a challenge that a child can see and chooses whether or not they want to engage in that challenge
Safer	providing protection from harm, loss, or danger
persevere	to Keep trying
Risk taking	choosing whether or not to take a risk
Assertive	being forward or aggressive in speech or action

Key Vocabulary	Definition
Assessing risk	a process used to identify potential hazards and analyse what could happen if a disaster or hazard occurs
Pressure	a strong influence or burden on the mind or emotions
Influence	the power or invisible action of a thing or person that causes some kind of effect on another
Alcohol	a chemical substance found in some drinks such as beer and wine
Short- term effects	the effect of things that will last for a short time
Long- term effects	the effect of things that will last for a long time
norms	an accepted behaviour that an individual is expected to conform to in a particular group, community, or culture