



Knowledge Organiser –Keeping myself safe - Spring Term 1 2025 GC



Sticky Knowledge – What I already know

I know what a trusted adult is and can name someone
I know the PANTS rule

I know what to do if I see something that doesn't feel right when online
I know there are somethings I should not touch or put in my mouth

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

- I know how to keep safe online
- I know about how to be safe around medicine
- I know there are good and bad touches
- I know what to do if I feel unsafe or uncomfortable
- I can name some trusted adults
- I know there are different types of secrets and
- that some are good and some are bad

Key Question Themes

- How Our Feelings Can Keep Us Safe
 - Medicine Safety
 - Safe and Unsafe Secrets
 - Appropriate Touch



Key Vocabulary	Definition
Safe	Feeling loved, valued, and cared for by trusted adults
Worried	To feel anxious, troubled, or uneasy
Trusted Adult	An adult you can go to if you feel worried or upset
trust	A feeling that somebody or something can be relied upon
tell	When you speak to someone
Chemist	Someone who is trained to give medicine
Doctor	Someone who helps treat you when you are ill
medicine	Something you are given to help you get better when you are ill

Key Vocabulary	Definition
private	Something that is just for you
harmful	Actions which cause you to feel upset or be hurt
uncomfortable	A feeling that something doesn't feel right
hurt	When something causes harm
Touch	When you feel something with your skin,
Secret	Something you keep to yourself or only share with a few people. It's like a little surprise or idea that not everyone knows about
surprise	Something you didn't know or expect to happen
Unsafe	Something that is not safe

