

## VOCABULARY DOZEN!

**risk**

Risk is a situation that involving exposure to danger.

**emergency**

An emergency is a serious, unexpected and often dangerous situation that needs immediate action.

**Well-being**

Well-being is the state of being comfortable, happy or healthy. Well-being can be physical or emotional.

**Basic first aid**

First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury.

**Physical risks**

Physical risks are where your body might get hurt.

**Social risks**

Social risks are where a relationship might suffer.

**Emotional risks**

Emotional risks are where your feelings might get hurt.

**Fight or flight**

Fight or flight is a survival response. Flight means to run away from the situation and fight means to stand and fight.

**Mental health**

Mental health includes our emotional, psychological and social well-being. It affects how we think, act and feel. It also determines how we handle stress, relate to others and make choices.

**accident**

An event that happens by chance (is not planned) that is usually harmful. Accidents can result in damage to people and property.

**prevent**

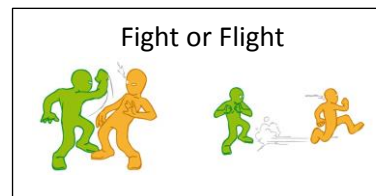
Prevent means to stop something happening.

**Responsibility and Liberty**

This means freedom of speech for everyone, having the right to make our own choices and taking responsibility for our actions.

## KEY AREAS OF LEARNING

- We will discuss when it might it be good for our mental health for us to take a risk.
- We will think about the possible benefits and consequences of taking physical, emotional and social risks.
- We will learn that we are responsible for our own safety as we get older and how we can help to keep others safer.
- We will reflect on how we can I safely get the attention of a known or unknown adult in an emergency?
- We will learn how to carry out basic first aid in common situations, including head injuries.
- We will discuss the benefits of cycling and walking on our own and how we can stay safer.
- We discuss how being outside can support our wellbeing & how we keep ourselves safe in the sun.
- We will reflect on the benefits of using public transport and how we can stay safe near railways.
- We will learn how we can prevent accidents at school and at home, now that we can take more responsibility.



This topic links to the British Values of: Responsibility and Liberty

YEAR 6 – Personal Development – Managing safety and risk