

# 1decision PSHE Knowledge Organiser

## Module: Keeping/Staying Safe

Topic: Staying Safe, Leaning out of Windows, and Summative Assessment



Cycle  
A

### Key Facts

- Families are important for children growing up because they can give love, security and stability
- It is important to respond safely and appropriately to people who you do not know very well
- It is important to recognise who to trust and who not to trust
- There are emergency services in place to help us

### By the end of these topics, I should:

- know ways to keep yourself and others safe
- be able to recognise risky situations
- be able to identify trusted adults around you
- understand the differences between safe and risky choices
- be able to recognise a range of warning signs
- be able to spot the dangers we may find at home
- know the importance of listening to our trusted adults
- be able to understand ways we can keep ourselves and others safe at home
- know the differences between safe and risky choices

### Ask me a question!

- Should we trust everyone we know?
- Who could we talk to if we were worried about someone we had just met?
- Can you name some dangers that you may find at home?
- Who is available to help if we call 999?

### I will learn the following new words/phrases:

PCSO	<i>Police Community Support Officer.</i>
Appliances	<i>A device or piece of equipment designed to perform a specific task.</i>
Dangerous	<i>Able or likely to cause harm or injury.</i>
Chemicals	<i>A substance that is created when two or more other substances act upon one another.</i>
Warning sign	<i>A type of sign that indicates a potential hazard, obstacle, or condition requiring special attention.</i>
Pressured	<i>To strongly persuade someone to do something they do not want to do.</i>
Permission	<i>Officially allowing someone to do a particular thing; consent or authorisation.</i>

# 1decision PSHE Knowledge Organiser

## Module: Keeping/Staying Healthy

### Topic: Medicine and Summative Assessment

Cycle  
A

#### Key Facts

- Vaccinations can prevent you from certain diseases
- There are associated risks with legal and illegal harmful substances

#### I will learn the following new words/phrases:

Medicine	<i>A drug or other substance used to treat disease, injury, pain, or other symptoms.</i>
Allergies	<i>When you have an unusual reaction to something, like dust or certain foods.</i>
Vaccination	<i>A special medicine that helps protect your body from certain diseases.</i>
Antibodies	<i>A protein in blood that reacts to toxic substances by destroying them or making them ineffective.</i>
Research	<i>Studying something carefully to find out more information about it.</i>
Immune System	<i>The system of the body that fights infection and disease.</i>
Doctor	<i>A person who is qualified to treat people who are ill.</i>

#### By the end of these topics, I should:

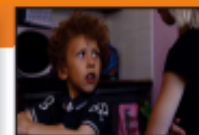
- know, understand, and be able to practise simple safety rules about medicine
- understand when it is safe to take medicine
- know who we can accept medicine from
- understand the differences between healthy and unhealthy choices



#### Ask me a question!

- Why do we take medicine?
- Who should we take medicine from?
- What else can make you feel better when you are poorly?
- What is a vaccination?





### Key Facts

- It is not always right to keep secrets if they relate to being safe
- Each person's body belongs to them
- It is important to seek help or advice if a relationship is making you feel unsafe or unhappy
- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to understand how to report concerns or abuse

### I will learn the following new words/phrases:

<b>Communicate</b>	<i>To exchange or share information or ideas.</i>
<b>Situation</b>	<i>What is happening now.</i>
<b>Penis</b>	<i>The part of a male's body that is used for urinating.</i>
<b>Testicles</b>	<i>Two round male organs that produce sperm.</i>
<b>Vagina</b>	<i>The part of a woman's body that connects her outer organs to her uterus.</i>
<b>Vulva</b>	<i>External female genitalia that surround the opening to the vagina.</i>
<b>Anus</b>	<i>The external opening of the canal through which excrement leaves the body.</i>
<b>Private parts</b>	<i>A person's genitals.</i>
<b>Appropriate</b>	<i>Suitable or acceptable for a particular situation.</i>

### Ask me a question!

- Can you name the different human body parts?
- If you know of somebody who is upset about the way someone treats them, what could you do?
- If you feel uncomfortable in a relationship, who could you talk to?

### By the end of these topics, I should:

- understand the difference between appropriate and inappropriate touch
- know why it is important to care about other people's feelings
- understand personal boundaries
- know who and how to ask for help
- be able to name human body parts



# 1decision PSHE Knowledge Organiser

## Module: Being Responsible

### Topic: Stealing and Summative Assessment



Cycle  
A

### Key Facts

- The characteristics of a friendship include: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- It is important to recognise when a friendship is making you feel unhappy or uncomfortable
- It is important to give and seek permission in relationships with friends, peers, and adults

### I will learn the following new words/phrases:

<b>Borrowing</b>	When you take and use something that belongs to someone else, with their permission. After using it, you return it.
<b>Stealing</b>	When you take something from someone without permission and do not intend to return it.
<b>Consequence</b>	The result or outcome of an event or action.
<b>Irresponsible</b>	Not thinking enough or not worrying about the possible results of what you do.
<b>Responsible</b>	Having good judgement and the ability to act correctly and make decisions on your own.

### By the end of these topics, I should:

- understand the differences between borrowing and stealing
- be able to describe how you might feel if something of yours is borrowed and not returned
- know why it is wrong to steal
- be able to understand the differences between being responsible and irresponsible

### Ask me a question!

- What are the differences between borrowing and stealing?
- How can you be responsible?



# 1decision PSHE Knowledge Organiser

## Module: Feelings and Emotions

### Topic: Grief and Summative Assessment



Cycle  
A

#### Key Facts

- Families are important for children growing up because they can give love, security and stability
- There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- It is important to judge whether what you are feeling and how you are behaving is appropriate and proportionate
- Mental wellbeing is a normal part of daily life, in the same way as physical health

#### I will learn the following new words/phrases:

Grief	Great sadness, often following a death or loss.
Confusion	Uncertainty about what is happening, intended, or required.
Memory box	A special place where memories are stored.

#### Ask me a question!

- What are some of the reasons we might feel or experience grief?
- What other kinds of feelings could we experience if we were feeling grief?
- What could you do if you feel sad about losing someone or something?
- How could you help someone who is experiencing grief?
- How can manage other difficult emotions, such as worry, anger, and jealousy?

#### By the end of these topics, I should:

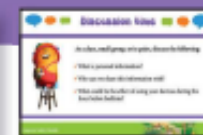
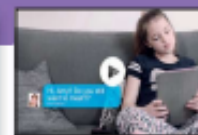
- be able to recognise and name emotions and their physical effects
- know the difference between pleasant and unpleasant emotions
- learn a range of skills for coping with unpleasant/uncomfortable emotions
- understand that feelings can be communicated with and without words



# 1decision PSHE Knowledge Organiser

## Module: Computer Safety

### Topic: Making Friends Online and Summative Assessment



Cycle  
A

#### Key Facts

- It is important to consider your online friendships and sources of information
- People sometimes behave differently online, including by pretending to be someone they are not

#### By the end of these topics, I should:

- be able to identify possible dangers and consequences of talking to strangers online
- know how to keep safe in online chatrooms
- be able to name the positives and negatives of using technology
- understand the difference between safe and risky choices online

#### Ask me a question!

- If you are worried or unsure about something you see online, what could you do? Who could you speak to?
- If you receive a message online from someone you do not know, what could you do?
- If someone was worried about something they had seen online, how could you help them?

#### I will learn the following new words/phrases:

Chatroom	A group of people living in the same place or sharing a common interest.
Report	Give a spoken or written account of something that one has observed, heard, done, or investigated.
Reply	Say something in response to something someone has said.
Respond	Do something as a reaction to someone or something.
Childline	A free, private and confidential service where you can talk about anything.





# 1decision PSHE Knowledge Organiser

Module: Our World

Topic: Looking After Our World and Summative Assessment



Cycle  
A

## Key Facts

- We all have shared responsibilities for caring for other people and living things
- There are ways of carrying out shared responsibilities for protecting the environment

## I will learn the following new words/phrases:

Reduce	<i>To make the size or quantity of something smaller.</i>
Re-use	<i>To use more than once.</i>
Recycle	<i>To convert waste into reusable materials or to use again.</i>
Environment	<i>The surroundings in which a person, animal, or plant lives.</i>
Carbon footprint	<i>The amount of carbon dioxide we produce.</i>
Carbon dioxide	<i>A gas released into the environment when we carry out certain activities, such as driving or using electricity.</i>
Global warming	<i>A change in the planet which can cause it to become warmer than usual.</i>

## By the end of these topics, I should:

- be able to explain the meaning of reduce, reuse, and recycle
- recognise how we can help look after our planet
- be able to identify how to reduce the amount of water and electricity we use
- understand how we can reduce our carbon footprint

## Ask me a question!

- What does the phrase 'reduce, re-use, recycle' mean?
- How can we save water?
- How can we reduce the amount of electricity we use?

## Module: Fire Safety (Special Module)

Topic: Baseline/Summative Assessment, Hoax Calling, Petty Arson, Texting Whilst Driving, and Fire Safety Documentary

### Key Facts

- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to recognise and talk about your emotions
- It is important to recognise and report feelings of being unsafe or feeling bad about any adult
- There may be occasions where you need to make a clear and efficient call to emergency services

### Ask me a question!

- Who can help keep us safe?
- What is an emergency?
- When might the Fire Service be needed?
- Why should you not distract a driver?

### By the end of these topics, I should:

- know what a 'hoax call' is and why it can be risky
- understand why our emergency services are an important part of our community
- be able to show my knowledge of fire safety to others
- be able to practise simple ways of staying safe and finding help
- be able to recognise how drivers can be distracted
- understand the importance of being responsible and how our actions/choice can affect others

### I will learn the following new words/phrases:

<b>Burgled</b>	<i>When a building is illegally entered and items are stolen.</i>
<b>Collapsed</b>	<i>A person or structure that suddenly falls down.</i>
<b>Flammable</b>	<i>Can easily catch fire.</i>
<b>Distraction</b>	<i>Something that prevents you from concentrating on something else.</i>
<b>Emergency</b>	<i>A crisis or dangerous situation that requires immediate action.</i>
<b>Hoax</b>	<i>When you trick someone into believing that something fake is real or genuine.</i>
<b>Declaration</b>	<i>An important spoken or written agreement.</i>

