

PSHE - Safety and the Changing Body

Please help your child with their learning by going through this fact sheet with them.
They will be quizzed on this at the end of half term. We appreciate your support.

In an emergency, you can call 999.
For medical advice that is not urgent, you can call 111.

If somebody has an allergic reaction, you should get help as quickly as possible.

If you are not sure about a decision, it is helpful to talk to someone you trust about it.

Anaphylaxis is a severe allergic reaction to something.

We must stop, look and listen before we cross the road.

'Influence' means to have an effect on someone else's decision.

'Fake' is when something is not real.

Cyberbullying is bullying that takes place online.

Suspicious emails are known as 'spam' emails.



WEMBITES

Bullying is when someone repeatedly causes physical and/or emotional pain to someone else.

Key Vocabulary

- ⇒ **Allergy** - an overreaction of the body's immune system to something harmless such as pollen, bees and nuts.
- ⇒ **Reaction** - the way your body responds to something. A mild allergic reaction could be itching or sneezing. A severe allergic reaction could be not being able to breathe.
- ⇒ **Epipen** - an injector tool to be used on someone who is suffering from anaphylaxis.
- ⇒ **Medical** - anything relating to a person's physical or mental health.
- ⇒ **Online** - anything done over the internet. This includes phones, tablets, game consoles, computers and many other electronic devices.