

Key concepts

Year 1 - Safety and the changing body

emergency	When someone is badly hurt or very ill or there is danger and urgent help is needed.
medicine	Something you take into your body to make you better if you are ill.

hazards

Things or situations that are likely to be dangerous.

physical contact

In an emergency the police, fire service or ambulance can help.

Getting help

In an emergency, use a phone to call 999 and ask for the emergency service you need.

Safety tips

When you are out, stay close to the adult you are with.

If you get lost, look for an adult you trust, such as a police officer or someone who works in a local shop.

Different people like different physical contact. If someone touches you in a way you do not like, you can say no.

Some people have jobs that help to keep us safe, such as school crossing patrol and the police.

We should only take medicines that an adult we trust gives us.

Strangers are people we do not know.