

Year 1 - Safety and the changing body

Emergency

When someone is badly hurt or very ill.

Medicine

Something you take to make you better if you are ill.

Hazards

Dangerous things that should be avoided if possible.



Getting help

Safety tips



In an emergency, dial 999 and ask for the emergency service you need.



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

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

Key concepts

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

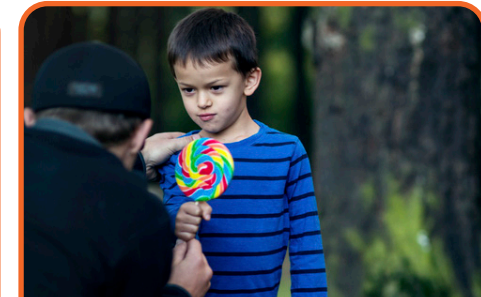


Different people like different physical contact. If someone touches you in a way you do not like, you can say no.

Some people have jobs which 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.