

HOW CAN WE LOOK AFTER OURSELVES?

Objectives:

- To deepen understanding of risk by recognising, predicting and assessing risks in different situations and deciding how to manage them responsibly.
- To know how to stay safe online.
- To recognise influences on our health and wellbeing.
- To recognise people who are responsible for helping them stay healthy and safe and ways that they can help these people.
- To recognise there are drugs (other than medicines) that are common in everyday life
- To understand that all friendships have their ups and downs and how to resolve this.
- To understand what bullying and cyberbullying are and how this can affect a person.

Relationships	The way in which two or more people, groups, countries, etc., talk to, behave toward, and deal with each other.
Drugs	Chemicals that change the way a person's body works.
Alcohol	A chemical substance that is used in science and manufacturing, and also an ingredient in many adult drinks.
Tobacco	A plant that can be smoked in cigarettes, pipes, or cigars. Nicotine, a chemical in tobacco, is addictive.
Risk	The possibility of suffering harm, loss or danger.
Danger	<ol style="list-style-type: none"> 1. Exposure or vulnerability to harm or risk. 2. A source or an instance of risk or peril
Online safety	The act of staying safe online.
Respect	A way of treating or thinking about something or someone.
Pressure	Feeling like you have to do something because people around you want you to or expect you to.
Rights	The collection of entitlements which a person may have and which are protected by the law.
Responsibility	Doing the things you are supposed to do and accepting the results of your actions.

