PSHE Knowledge Organiser

Year 5	Safety and the changing body	Summer 1 & 2

Adults decide if they want to drink alcohol or not. There are risks related to drinking alcohol.

If someone is choking, we can help with back blows or tummy thrusts.

If someone is unresponsive but breathing, we should put them in the recovery position.



Respecting people online is as important as respecting them face to face.



THINK

Before sending online messages, remember:

- **T** - Is it **true?**
- **H** - Is it **helpful?**
- **I** - Is it **inspiring?**
- **N** - Is it **necessary?**
- **K** - Is it **kind?**

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Getting help

In an emergency, call 111 or 999.

If you are worried about something, talk to an adult you trust.

Contact: Childline
www.childline.org | 0800 1111
Calls **do not** show on the phone bill



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alcohol	A drink that can cause people to become drunk which can make people lose control of their behaviour.
cyberbullying	Bullying that occurs through the internet.
internet trolling	Posting rude, inappropriate or unkind things online with the intent of upsetting others.