PSHE Knowledge Organiser

Year 4	Safety and the changing body	Summer 1 and 2

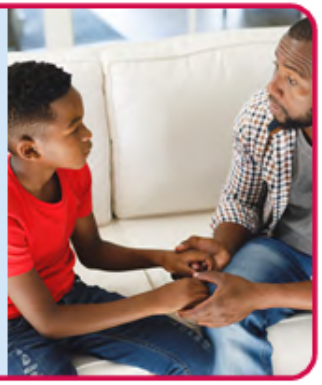
age restriction	A rule that says you can only do or use something when you are a certain age.
asthma	A common lung condition that causes breathing problems. If someone is having an asthma attack, keep them calm and help them to use their inhaler.
law	Rules enforced by the government that define what we can and cannot do.
tobacco and smoking	Tobacco is a plant used to make cigarettes. Smoking tobacco can harm your lungs, heart and body. It also contains nicotine, which makes it hard to stop smoking.
genitals	The external sex organs. This word is used for both males and females.
hygiene	Keeping clean helps people stay healthy and feel fresh.
puberty	The physical and emotional changes a child goes through to become an adult.

Getting help

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

In an emergency, call 111 or 999.

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



Age restrictions are there to protect children.

Some adults choose to smoke tobacco and this can harm their bodies.



Surprises are positive as they are usually something nice. Secrets are often negative as they are things people want to hide.



Search engines do not always list the most useful or reliable websites first.

Sharing information and images on the internet can be risky.

When you look for information online, think about whether the website is reliable.

Remember the **PANTS** rule:

P - Privates are private.
A - Always remember your body belongs to you.
N - No means no.
T - Talk about secrets that upset you.
S - Speak up - someone can help.