St Andrew's Church of England Primary School
Year 3/4 Knowledge Organiser – PSHE, RSE and Citizenship Term 2 – What keeps us safe?

Vocabulary	Definition
emergency	A serious and often dangerous situation. People in emergency situations need help straight away
hazard	Something that could cause harm or danger.
healthy	Being healthy is to be physically and mentally well.
hygiene	Hygiene is any practice or activity that you do to keep things healthy and clean.
permission	To give your approval and say that someone else can do something or something can happen.
peer pressure/ peer influence	When we are caused to think, say or act in a certain way because of how others around us are behaving or we think others around us expect us to behave. Often this comes from a feeling of wanting to fit in.
responsibility	The control we have over our actions and choices.
risk	The possibility that something bad or unpleasant (such as an injury) will happen.

Outcomes:

- how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe
- how to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers
- that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable
- how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)
- how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)
- how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns
- what to do in an emergency, including calling for help and speaking to the emergency services











As we grow and become more independent, we have new opportunities and responsibilities.
We can show we can be responsible for keeping ourselves and others safe, happy and healthy. We can follow rules and restrictions (including age restrictions) at home, in school and online.