


Summer Term	Identity; Risk
<p>· Risk</p> <p>If I don't feel safe, I should speak to a trusted adult, even if this is about another adult.</p> <p>The people who keep us safe are:</p> <ul style="list-style-type: none"> · Teachers · The police force · Doctors and nurses. <p>Some dangerous things in my household are:</p> <ul style="list-style-type: none"> · Chemicals · Sharp objects · Electricity  <p><u>Online Strangers</u></p> <ul style="list-style-type: none"> • Don't talk to strangers online. • Don't give out personal information online including your name and pictures • U don't need to respond to strangers online to be polite. • Talk to a trusted adult when talking to someone online or if you ever have any worries or doubt. <p>My date of birth is: _____</p>	<p>Identity:</p> <p>As I get older, I will change.</p> <ul style="list-style-type: none"> · My body will get bigger. · My ideas might change. · I might like different things. <p>Many of the changes in my life and my body are irreversible</p> <p>As I grow, my personal identity might change.</p> <p>I have the power to choose the things I like and that I dislike. It is okay to like and dislike whatever I choose.</p> <p>I can cope with loss by seeking help, talking to others, and letting myself feel sad.</p> <p>I can have self-respect by:</p> <ul style="list-style-type: none"> • Speaking positively about myself • Taking care of myself physically, emotionally and mentally • Knowing when people are not respecting me • Knowing I am important and valuable
<p>Key Vocab:</p> <p>Emergency: a situation that is sudden, unexpected and requires immediate action to stay safe or to help someone who is hurt or in danger.</p> <p>Poisonous: something that can make you very sick or hurt you if touched eaten or breathed in</p> <p>Trusted adult: someone you feel safe with and can rely on for help, guidance, and support.</p> <p>Loss: a feeling of sadness or emptiness when something or someone that is very important to them is no longer there.</p> <p>Personal Identity: everything that makes them unique and special as an individual. This includes things like their name, their family, their likes and dislikes, their talents and hobbies, and their feelings and thoughts. Each person's personal identity is like a puzzle piece: our personal identities will all be different.</p> <p>Self- respect: feeling good about themselves inside and treating themselves with kindness and care</p> <p>Self-worth: understanding how valuable and important you are as a person, just the way you are</p> <p>Confidence: believing in themselves and their abilities to do things well.</p>	