

Risk

I can keep emotionally safe on and offline by:

- Being careful of who I communicate with
- Knowing when to leave conversations and when to log off the computer
- Knowing who I can talk to if I'm feeling worried.

We are responsible for keeping ourselves and others safe.

I can ask those I trust for advice or help for myself or others, and must keep trying until I am heard.

If I need to contact emergency services:

Pick up the telephone.

Dial '999'

Wait for the call handler to respond.

Tell the call handler which service you require – Police, Ambulance, or Fire Service.

Give your name, address, and telephone number.

Tell the call handler what the emergency is.

Listen to what they tell you to do

**Key Vocab:**

Risk: the possibility that something unpleasant or dangerous might happen

Danger: a situation in which harm, death, damage, or destruction is possible

Hazard: something that could be dangerous or could cause damage or accidents

Age-restrictions: rules or guidelines put in place to help keep you safe and protect you from things that might not be suitable for your age

Trusted adult: Trusted adults are there to keep you safe and help you make good choices. If you're ever in a situation where you're unsure or feeling scared, you can turn to them for support and guidance.

Emergency: An emergency is when something unexpected and serious happens that needs quick action to stay safe or to help someone who might be hurt

Emergency services: police, ambulance, fire, coastguards are all part of emergency services.

First aid: the immediate care given to someone who has been injured or suddenly taken ill

Aspiration: something that you want to achieve, or the wish to achieve in the future.

Goal: something that you plan to achieve.

Loss: the feeling of sadness or emptiness when something or someone they care deeply about is no longer there.

Bereavement: feeling very sad because someone we care about has died.

Self-respect: treating yourself with kindness and believing in your own worth. When you have self-respect, you listen to your feelings and thoughts, and you make choices that make you feel good about yourself

Self-worth: feeling good about yourself and believing that you deserve love, respect, and kindness from yourself and others

Identity:

By recognising our feelings, we can manage them better.

I can recognise feelings in others as well as myself by:

- Watching behaviour
- Listening
- Finding links between what I am doing and what I am feeling.
- Taking some time alone so that I can understand my feelings.

Grief can be caused by:

- Loss, Bereavement, Change

Primary Survey

1. Check for Danger.
2. Check for a Response.
3. Open Airway.
4. Check Breathing.
5. Check Circulation.
6. Treat the steps as needed.

What to do for a burn?



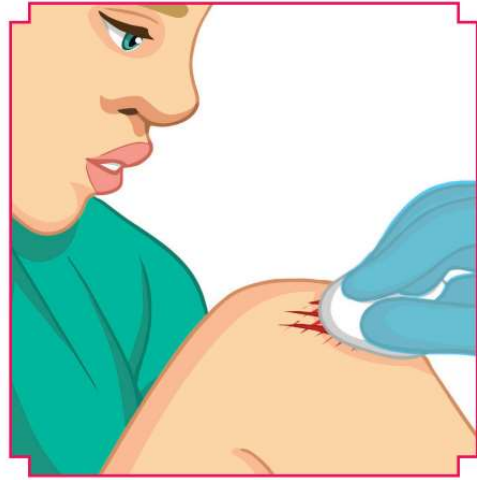
1. Cool under cold running water for 10 minutes.
2. Cover with cling film
3. Call emergency services if necessary

What to do for a broken bone?



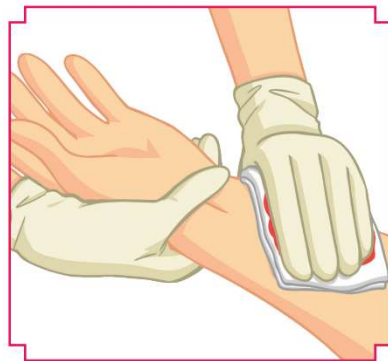
1. Support the injury with their hand, a cushion or clothing.
2. For broken bones, the patient should go to hospital as soon as possible for assessment. Call emergency services for a rib or thigh fracture, or if there is severe pain or bleeding.
3. Continue to support the injury until professional medical assistance is available

What to do for a cut or graze?



1. Clean and dry wound
2. Apply dressing or plaster

What to do in case of heavy bleeding



1. Never touch another person's wound or blood without wearing gloves.
2. Apply pressure to the wound.
3. Call emergency services for an ambulance.
4. Maintain pressure until assistance arrives.

1. Kneel by the casualty and straighten their legs. Remove bulky items from pockets
2. Place the arm that is nearest to you at a right angle to their body, with the elbow bent and their palm facing upwards.
3. Bring their other arm across their chest and place the back of their hand against the cheek nearest to you. Hold it there.
4. With your other hand, pull their far knee up so that their foot is flat on the floor.
5. Keeping the back of the casualty's hand pressed against their cheek, pull on the far leg to roll the casualty towards you on to their side.