

## Summer Term

## Identity; Risk; A healthy balanced lifestyle

### Sun Safety

How can we protect ourselves from sun damage?

Sunscreen

Cover up

Sunglasses

Avoid the strongest rays of the day

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage.

UV rays react with a chemical called melanin that's found in skin. A sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin. The risk of damage increases with the amount and intensity of exposure. A tan is itself a sign of skin damage and does not help protect the skin.

### Online Safety

Talk to your grownups about what you are doing online.

If you are video-calling, ensure you either review or set up privacy and security settings on the device beforehand

Limit what you share (no personal details)

Ensure you know how to block, mute or report on different platforms.

Remember once you post something online, you can't take it back.

Review your friends' lists regularly



### Key Vocab:

**Age restrictions:** minimum age for accessing certain content

**Inappropriate content:** content directed at adults

**Internet Watch Foundation:** a place to report online, inappropriate content

**Social Media:** Websites or apps that allow users to share content and interact with others

**Risk:** a situation involving exposure to danger.

**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

**Responsibility:** being dependable, making good choices and taking accountability for your actions

**CPR:** an emergency lifesaving procedure performed when the heart stops beating.

**Defibrillator:** a medical device used to treat cardiac arrest.

**Choking:** difficulty to breathe caused by something obstructing the airway

**Drugs:** chemicals or substances that change the way our bodies work.

**Vitamin D:** a nutrient that helps the body take in calcium from the foods that we eat

**Sun Stroke:** feeling unwell, due to too much exposure to the sun and heat

**Microbes:** a microorganism which can cause disease or illness

**Bacteria:** small single-celled organisms

**Fungi:** spore-producing organisms which feed on organic matter such as yeast

**Viruses:** Viruses are tiny particles that cause disease in people, other animals, and plants. Different viruses cause the common cold

**Immune System:** A complex network which helps fight illness in the human body

**Antibiotics:** used to treat and prevent bacterial infections

**Antivirals:** used to treat viral infections

**Antifungals:** used to treat fungal infections

**Puberty:** the process of physical changes through which a child's body matures into an adult body

**Aspirations:** a hope or ambition of achieving something

### CPR: Step by Step



