



Vocabulary

safe	You are safe if you are not in danger and not likely to get hurt.
risk	A risk is something that might cause a problem or someone to get hurt.
danger	Danger is something that could hurt you or is not safe.
accident	An accident is something that happens by mistake and may cause injury or damage.
emergency	An emergency is a serious situation where help is needed quickly
responsible	Being responsible means making good choices and taking care of yourself, other people and your things.

Tell an adult if someone is hurt, very ill or in danger.

Call 999 if you need urgent help. Tell them where you are and what has happened.



police



fire service



ambulance

coastguard



Keeping Ourselves Safe

Road and Railway Safety

Use a **crossing** if you can.



Stop at the kerb.

Look for cars, bikes and other vehicles.

Listen for traffic.

Online Safety

Not everything online is true.

Never share your name, address, or school online.



Stop if something doesn't feel right.

Close the app, game, or website.

Tell a trusted adult.

What is safe for our body?

- **Food** gives us energy.
- **Drinks** (water) stop us from getting thirsty.
- **Medicine** from the doctor can make us feel better if we are ill.
- **Creams** from the doctor or chemist can make our skin better.
- **Suncream** protects our skin from the sun.

Never eat or drink something if you are unsure what it is.

Cleaning products can be toxic.



Creams and medicines can be dangerous if we have too much.

They are not sweets!



They should all be kept away from little children.