

## Year 2 - Safety and the changing body

### medicine

Something you take into your body to make you better if you are ill.



We must only take medicine if we have been given it by an adult we trust.

### pedestrian

A person who is travelling by walking.



We need to take care when we are near roads and we should find safe places to cross.

## Key concepts

The internet helps us in lots of ways, such as keeping in touch with people and finding out information.



We need to be careful what we share with people online.

Remember the **PANTS** rule:

- P** - Privates are private.
- A** - Always remember your body belongs to you.
- N** - No means no.
- T** - Talk about secrets that upset you.
- S** - Speak up - someone can help.

### private

Something that is personal to us that we do not want to share with everybody.

### secret

Something which nobody is meant to see or know about.

### surprise

Something nice that people might not know about straight away.

## Safety tips

If someone is unkind to you online, talk to an adult you trust.

When we cross the road we need to remember to: **Stop** ⓪, **Look** 👁️ and **Listen** 👂.

The private parts of our bodies are those that are covered by our underwear.

Our bodies belong to us and no one should touch us without our permission.

Never take medicines that have been given to someone else to take.

## Getting help



If you are unhappy or worried about anything, speak to an adult you trust, either at home or at school.