



PSHE Knowledge Organiser

Year Group: 7
Topic: Transition and Safety
Half Term: Autumn One

Further sources of information and advice.

<p>childline.org.uk 0800 1111</p>	<p>Child Line is a service you can use if you are worried or need to talk to someone about pretty much anything. You can chat online, or on the phone. Phone calls are free and don't show up on the bill, and the website explains how to make sure that no one can tell you've been on the website if you don't want anyone to know. They are a confidential service, which means that they will keep what you have said private, except in certain circumstances which are explained on their website.</p>
<p>childnet.com</p>	<p>Childnet is an organisation created to help young people stay safe online. You use their website to learn more about staying safe online - they have loads of information and resources.</p>
<p>thinkyouknow.co.uk</p>	<p>This organisation was also created to help to keep young people safe online. As well as information about how to stay safe, you can also report any online behaviour which was making you uncomfortable.</p>
<p>www.think.gov.uk</p>	<p>Think! Is the government's road safety website. You can find loads more information here to help you stay safe as you travel.</p>
<p>111</p>	<p>This is the number to call if you need medical help, but it is not an emergency.</p>
<p>999</p>	<p>This is the number to call if you need the emergency services for something, such as an ambulance, fire, police or coastguard.</p>



Starting secondary school comes with lots of new challenges, or things which might make you feel anxious. For example, you may feel worried about travelling to school a different way, making friends, or getting used to a different amount of work. Although these things can feel scary, there are things you can do to manage this, such as talking to a teacher or pastoral manager, or using the "three in, three out" breathing technique.

Healthy friendships are built on a variety of different qualities, such as respect, equality and compassion. Using social media can help to strengthen friendships by allowing people to keep in touch, even when they can't see one another face to face. However, if used incorrectly, social media can also damage friendships. When using any form of social media, it is important to ensure that it is age appropriate and that your privacy settings don't allow anyone other than people which you know to see information about you. Irresponsible use of social media can even have legal consequences - it is illegal to share an indecent image of a person under 18.



Knowing some basic first aid could help to save a person's life. However, before administering any first aid, it is really important to assess the situation and make sure that by giving first aid you will not be putting yourself or others in danger. This may be particularly important in situations involving traffic, fire or electricity. If you or someone else needs emergency medical attention, call 999 and request an ambulance.



As you start Ibstock Community College, you may be at an age where you are beginning to be more independent, and to do more things without a parent or carer. This means that you have an increased level of responsibility to keep yourself safe around hazards. When you are around roads, it is very important to not be distracted by your phone or friends, and to look both ways before crossing. When you are a passenger you must ensure that you are wearing a seatbelt and not distracting the driver. Never get in a car if you suspect the driver is under the influence of alcohol or drugs. Railways can also pose a threat to your safety. When using a level crossing, ensure that you wait for the signal to cross and always stay away from electrified train lines. On average, 40-50 children in the UK drown every year. Never swim in water where signs are displayed advising you not to. Make sure you have the supervision of a parent, carer or lifeguard.

