

PSHE Knowledge Organiser Year 1/2 – What do we put into and on to bodies?



Key Vocabulary	
Substance	a material with particular physical characteristics
Harmful	causing or likely to cause harm.
Harmless	not able or likely to cause harm.
Reaction	something done, felt, or thought in response to a situation or event.
Absorb	take in or soak up
Safe	protected from or not exposed to danger or risk;
Unsafe	not safe; dangerous.

Questions to think about ...

What signs does our body tell us when something is unsafe?

Is it ok to keep secrets?

When and where do I feel safe?

What parts of my body are private?

Who can I go to if I am worried?

Where to get help, support and useful Websites:

If you are worried about anything always talk to someone who helps keep you safe, such as a parent, teacher or other adult you trust.

- **In an emergency: 999**
- **ChildLine: 0800 11 11 www.childline.org.uk**

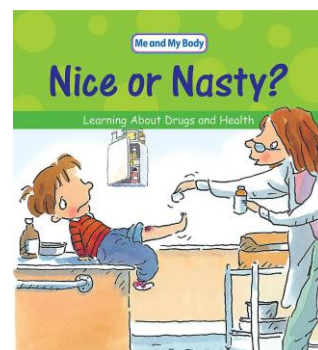
Teacher resources:

Drug Wise, Islington Health and Wellbeing Team
Year 1, Lesson 1, What do we put into our bodies?

Drug Wise, Islington Health and Wellbeing Team
Year 1, Lesson 2, What do we put on to our bodies?

Children's literature to support the topic:

Nice or nasty? Claire Llewellyn



Assessment

- To recognise that different things that go into bodies can make people feel good or not so good
- To identify whether a substance might be harmful to take in
- To know how to ask for help if they are unsure whether something should go into the body
- To know that substances can be absorbed through the skin
- To recognise that different things that people put on to bodies can make them feel good or not so good
- To state some basic safety rules for things that go on to the body