

Year 3 - Safety and the changing body

Allergic	Having a reaction to something, e.g. food or a substance.
Anaphylaxis	A severe allergic reaction to something.
Bullying	To cause repeated physical or emotional pain to somebody.
Casualty	Someone who has been injured.

Cyberbullying	
Bullying that happens online.	
It is important to be kind online as well as face to face.	

Fake	Something that is not real.
Influence	To have an effect on someone's decision.

Getting help

In an emergency, call 111 or 999.



If you are worried about something, talk to an adult you trust at home or at school.

Contact: Childline
www.childline.org | 0800 1111 | Calls **DO NOT** show on the phone bill.

Key concepts

Some people can have an allergic reaction to a bite or a sting. If this happens, you need to get help as quickly as possible.

Some emails are fake and we should not reply or click on links if we do not know who they are from.

There are some choices we can make for ourselves, and other things will be decided for us.






Other people might influence the choices we make.

Safety tips

If you receive a suspicious email, mark it as spam, delete it or report it to an adult.

If you are not sure about a decision, talk it over with someone you trust.



When we cross the road we need to remember to:
 Stop , Look  and Listen .