

## Year 4 - Safety and the changing body

**Age restriction** | Something that is restricted from access until a user turns a particular age.

**Asthma**

A common lung condition that causes breathing problems.

If someone is having an asthma attack, keep them calm and help them to use their inhaler.



**Law** | Rules enforced by the government that define what we can and cannot do.

**Tobacco** | A plant grown for its leaves which contains a highly addictive drug called 'nicotine'.

**Hygiene** | Keeping clean.

### 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](http://www.childline.org) | 0800 1111 | Calls **DO NOT** show on the phone bill.

### Key concepts

Age restrictions are there to protect children.

Some adults choose to smoke tobacco and this can harm their bodies.



Surprises are positive as they are usually something nice. Secrets are often negative as they are things people want to hide.



Search engines do not always list the most useful or reliable websites first.

Sharing information and images on the internet can be risky.

When you look for information online, think about whether the website is reliable.

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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