

Year 7 Autumn 1 RSHE

Transition & Safety



Name _____

Form _____

RSHE Teacher _____

Classroom _____

Lesson 1; I Survived Primary School

We will be able to:

- *identify feelings people currently might be experiencing when moving to secondary school (KS3).
- *recognise common causes of worry, challenges and opportunities that may be part of this transition, as well as additional challenges from school closures.
- *identify and evaluate the usefulness and reliability of different sources of support and information available; explain how to access them.
- *identify ways to positively manage the move to secondary school

Key Words

Transition

Hope

Resilience

Challenges

Support

Hopes and Challenges

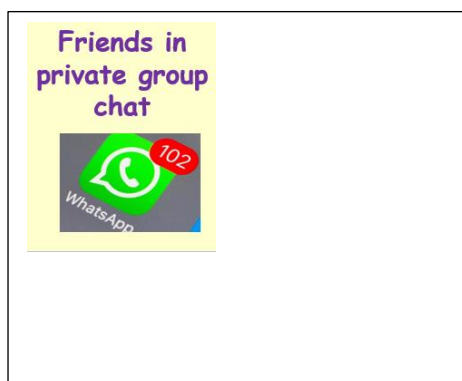
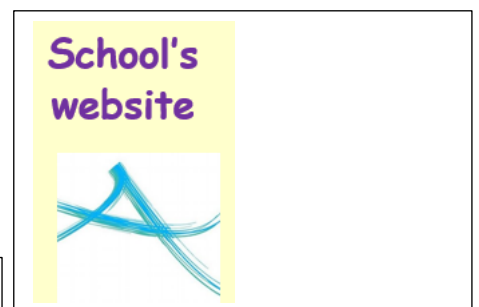
Hopes....

Challenges....

Managing Challenges

Challenge	How could Nusrat manage this challenge?
Getting lost around the new school	
Not being in the same class as friends	
More homework	
Big lunch hall and choosing a meal	
Don't understand new subjects	
Not knowing the rules and getting a detention	

Sources of Help and Support



Message to Myself



Lesson 2 - Personal Safety

Learning Outcomes:

- Know what to do in different types of medical emergency.
- Describe in detail ways we can help in medical emergencies
- Demonstrate accurately new first aid skills

Key words

Emergency

First Aid

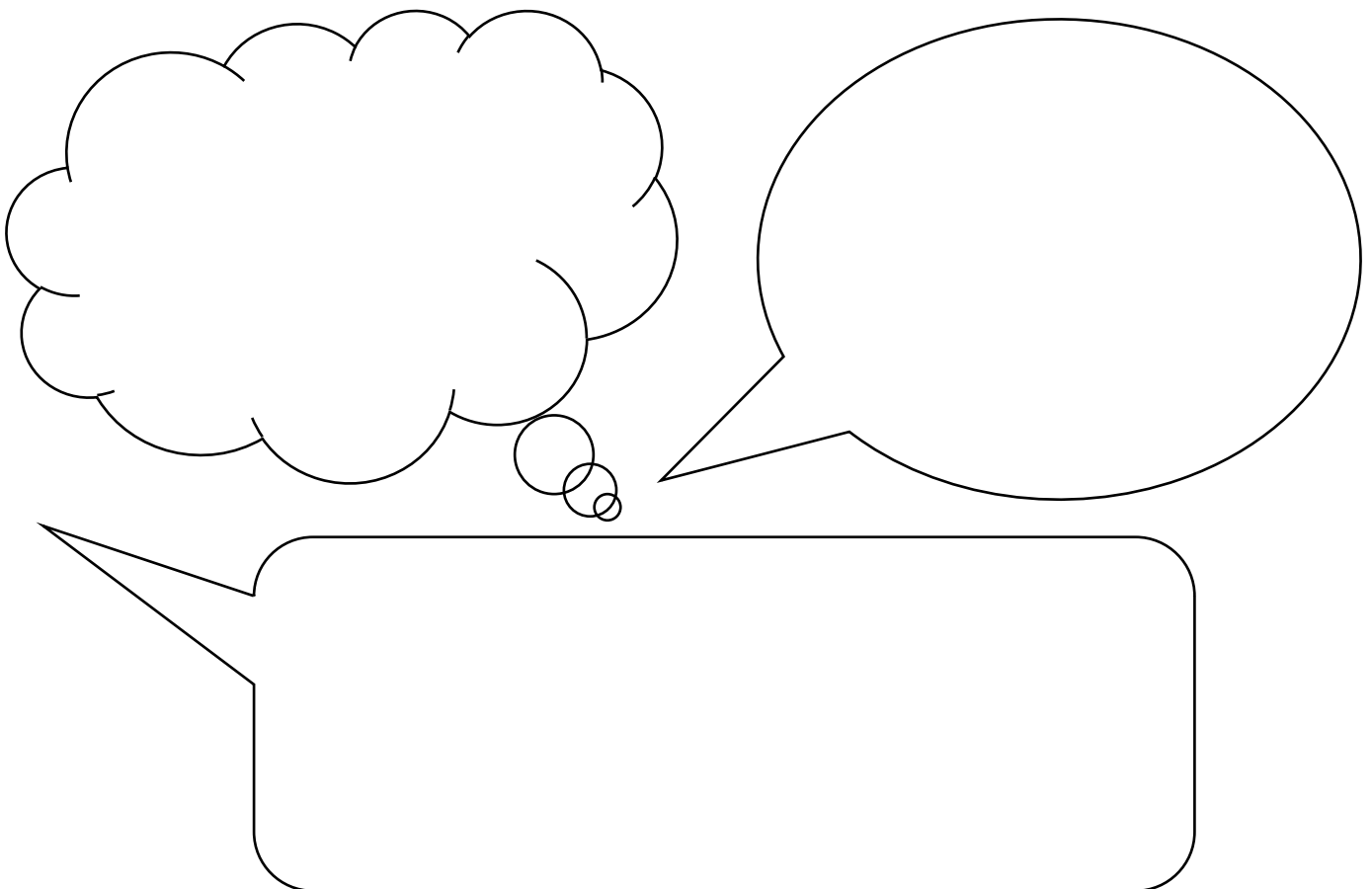
Personal Safety

999

Starter; What would you do?

Firstly.....	Secondly.....	Finally.....

How can people protect themselves from being a victim of moped crime?



Personal Safety Match-Up

Personal safety advice:	Why we need it or need to know it:
If you are out, never leave a drink unattended.	This item scares off muggers and rapists and attracts help.
If it's dark, don't walk about on your own.	Attackers wait until dark as they are harder to see.
You could carry a personal safety alarm.	It could be spiked (drugged).
Always let people know where you're going.	This is your own natural personal alarm.
Don't carry around expensive things or lots of cash.	Thieves will take your belongings, no problem.
Always keep your bag closed.	You can get new ones, you only have one life.
Don't use your phone whilst walking.	Once you're in their car, you're theirs.
If you are attacked, just let the criminal have your belongings.	The amount of drive by attacks is increasing at the moment.
Learn how to scream, loudly.	This is what thief's are looking for.
Never get in someone you don't know's car. Even if they seem to know you.	So if you don't turn up, they will start to look for you.

My Top 3 pieces of advice are.....

- 1) .
- 2) .
- 3) .

Making a 999 Call


Put these instructions in the right order

A voice will ask you which service you need.
You will be asked "Where did the emergency happen?"
"What kind of accident have you seen?"
Lift the handset and dial 999.
Stay calm and answer the questions clearly.
When the emergency service answers be ready to answer some questions.

999 Calls - Roleplay in pairs

Take it in turns to be the operator and the person making the 999 call - be prepared to demonstrate to the rest of the class.

Name: Susan Wendle
Address: 23 Mount Pleasant
Telephone: 780 374 596
Date of Birth: 10/06/1981



Current Location: Next to the River Ouse in Norfolk. I can see the town of King's Lynn on the other side of the river. I'm in Ferry Road with my husband.

Problem: My Husband has fallen in the river and cannot get out. He is holding on to a boat.

Injuries: He is very cold and tired. I tried to go in to help but I don't swim very well.

Name: Brian Morton
Address: 92 Centre Street
Telephone: 781 293 745
Date of Birth: 29/05/1959



Current Location: Junction 4 of the M25 near the village of Shoreham with my wife.

Problem: Car has come off the road and hit a tree after trying to avoid running over a dog.

Injuries: I may have broken my leg. I feel dizzy and my head is cut. My wife is unconscious. Unfortunately, the dog is dead.

Name: Tracy Buckford
Address: 10 Mersey Road
Telephone: 782 385 198
Date of Birth: 07/02/1978



Current Location: Merton High Street. Next to Tesco's supermarket. I'm with my children

Problem: I've just run over a man. He walked out into the road without looking and my car went right over him. My little girl bumped her head during the accident.

Injuries: The man is conscious and there is blood on his head and on the back of his jacket. He can't move. My little girl (Karen) has a headache.

Name: Steven Carter
Address: 18 Sutton Road
Telephone: 784 384 924
Date of Birth: 31/01/1985




Current Location: At home alone and I'm trapped upstairs.

Problem: Kitchen and a large area of the downstairs floor is on fire.

Injuries: I can't breathe very well and I'm feeling dizzy.

Name: Andrea Shelly
Address: 27 Mycroft Street
Telephone: 782 374 582
Date of Birth: 27/08/1939




Current Location: At home alone in the hall.

Problem: I've fallen down the stairs.

Injuries: Can't move my legs. I feel very dizzy.

Name: Norman Bailey
Address: 14 Trent Road
Telephone: 783 654 289
Date of Birth: 22/11/1965



Current Location: Town centre park. I am sat on a park bench near the main gates. I am alone.

Problem: I have a very bad pain in my chest and in my left arm. I feel nauseous and it's difficult to breathe.

Injuries: Apart from the pain I have no injuries.

Plenary

Write down 3 golden nuggets of information from today's lesson



Lesson 3; First Aid

Learning Outcomes:

Know what to do in different types of medical emergency.

Describe in detail ways we can help in medical emergencies

Demonstrate accurately new first aid skills

Key Words

First aid	999
Primary survey	Ambulance
CPR	Emergency
Recovery position	

Starter

Use your current first aid knowledge to explain what you could do for each of the 6 steps.

Step 1.

Check for d_____

- Always make sure the area is _____



Step 2.

R_____

- Check the casualty's response. Ask q_____s and gently tap shoulders. Say, "_____!"



Step 3.

Shout for h_____

- Anyone nearby can a_____ you

Step 4.

A_____

- If not c_____, then open by
- t_____ the head back, use one hand on f_____ and two fingers under the c_____

Step 5.

B_____

- Check for n_____ breathing. Use look, listen and feel to check. (Remember 10 seconds!)



Step 6.

C_____ (only if breathing normally)

- Check the casualty for b_____

NB

- At this time please do not put your face near to theirs to check for breathing, instead only look carefully for the chest rising and falling.
- If the casualty is not breathing normally call 999/112 then start CPR
- If the casualty is breathing normally place them in the recovery position then call 999/112

What could happen to make someone unresponsive?

Think of two reasons someone could have a breathing or circulation emergency.

Circulation (blood travelling around the body):

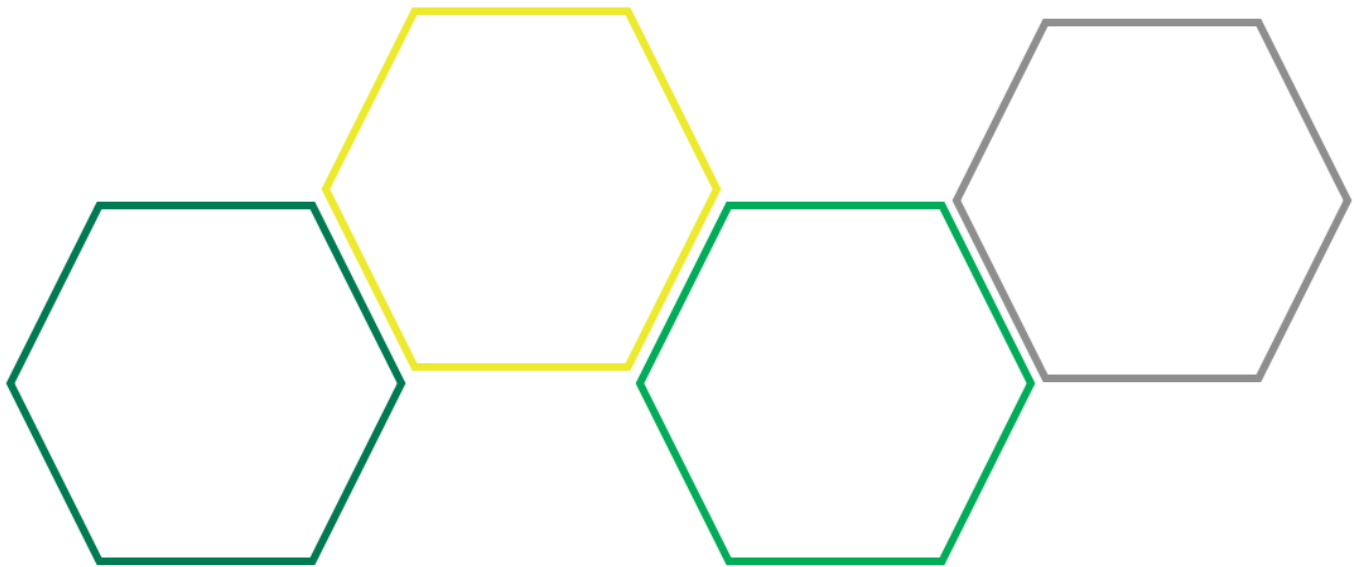
- 1.
- 2.

Breathing (air in and out via the lungs):

- 1.
- 2.

Chain of Survival

Use the power point information and create your own image on the template below to make your own chain of survival. Don't forget to label each step.



Primary Survey

- D** Don't / Danger / Dodge / Drive
- R** Rescue / Run / Response / Repair
- S** Silence / Summon / Slap / Shout
- A** Automatic / Arm / Awful / Airway
- B** Breathing / Back / Bruise / Belly
- C** Catch / Cough / Circulation / Casualty

Choose the correct word for each part of the primary survey.

Why is it important that we use DRsABC?

Recovery Position

1. Kneel

- > By the side of your casualty



2. Angle arm

- > Put the arm nearest to you to make a right angle. Palm facing upwards

4. Knee bend

- > With other hand, bend their far knee up so that the foot is flat on the floor



5. Knee pull

- > Pull on the knee to roll the casualty towards you onto their side
- > Adjust them as necessary



3. Hand to cheek

- > Bring the arm furthest away across the chest and place the back of their hand against the cheek nearest to you
- > Hold it there



6. Ensure airway is open

- > Recheck breathing
- > Call 999/112
- > Stay and monitor casualty until help arrives

CPR Card Sort

Put the pictures into the correct order



Check your learning



YES UNSURE NO

I am able to:

- Do a primary survey YES UNSURE NO
- I can place an unresponsive casualty who is breathing normally in to the recovery position YES UNSURE NO
- I know when and how to deliver CPR to an unresponsive casualty who is not breathing normally (or get help and tell someone else how to do it) YES UNSURE NO

Lesson 4; Building Resilience

Key Words

Resilience

Wellbeing

Reframe

Emotions

Disappointments



We are learning:

- ways to promote emotional wellbeing
- to build resilience and how to reframe disappointments and setbacks



We will be able to:

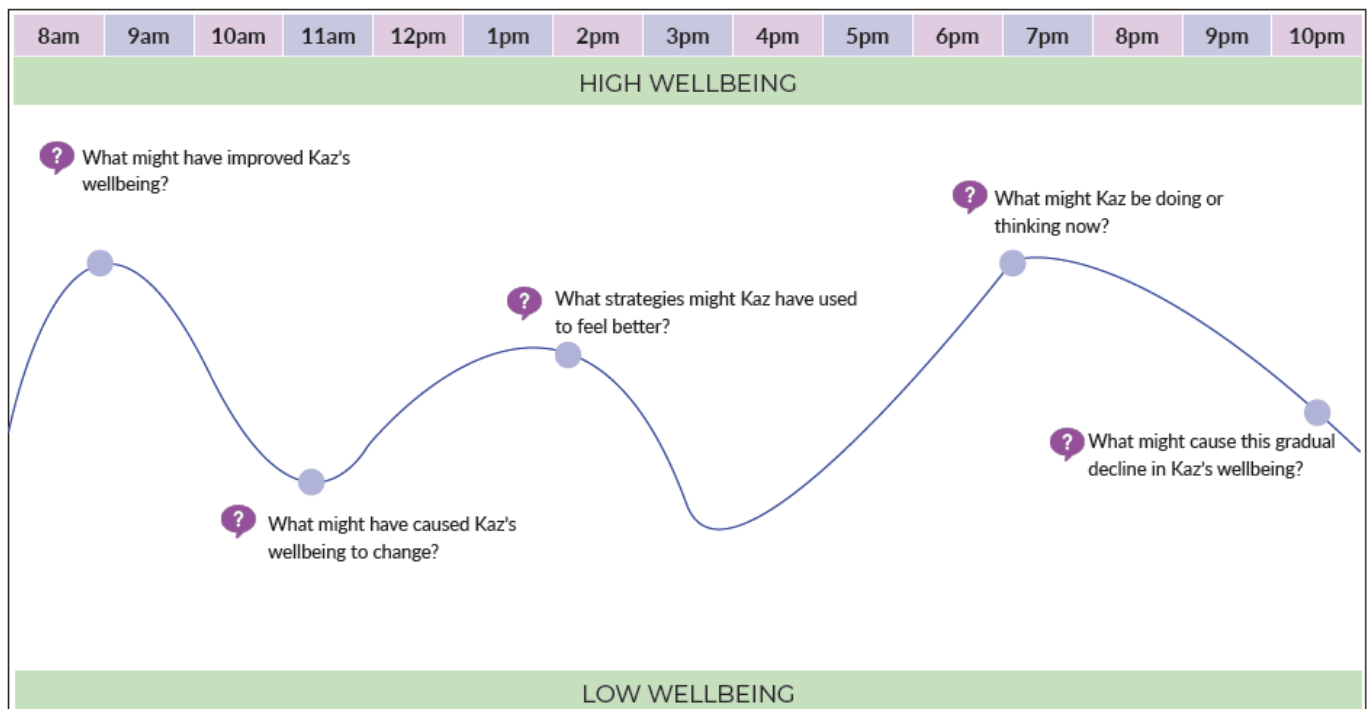
- explain the factors that affect emotional wellbeing
- identify ways to promote emotional wellbeing and build resilience
- reframe and learn from disappointments and setbacks

Starter; A-Z of Mental Health

A		J		S	
B		K		T	
C		L		U	
D		M		V	
E		N		W	
F		O		X	
G		P		Y	
H		Q		Z	
I		R			

Daily Wellbeing

Kaz is 13 years old and goes to a school similar to ours. This chart shows how Kaz's emotional wellbeing changes throughout a typical day. Annotate around the questions to show what might cause the ups and downs in Kaz's wellbeing.



Ideas might include: Getting tired, playing sport, having detention, time outside, seeing friends, positive thinking, a difficult lesson, eating a healthy meal, overcoming a setback, having an argument, checking social media, playing a favourite game, being proud of an achievement.

The Meaning of Resilience

Our class definition;

Mind Map

**Promoting
Resilience**

Strategies

Unhelpful Strategies	Strategies to prevent disappointment and setbacks	Strategies to manage disappointments and setbacks