

## 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'.

### Breasts

Enlarged soft parts of a female's chest which produce milk for a baby.

### Genitals

The external sex organs. This word is used for both males and females.

### Hygiene

Keeping clean.

### Penis

The male external sex organ.

### Puberty

The physical and emotional changes a child goes through to become an adult.

### Testicles/testes

Produce sperm and male sex hormones.

## 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.

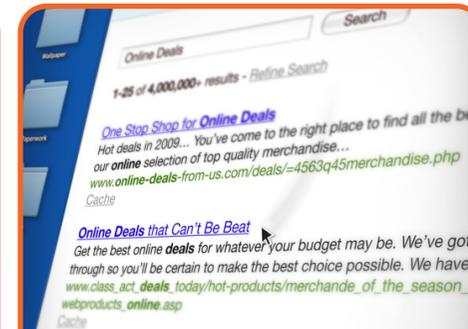
## Key concepts

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.

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