

# KS4 Lifeskills Learning Organiser

Spring 1

## Safety Inside the Home

Safety inside the home is important to prevent accidents and ensure that everyone stays healthy and protected. Here's what teenagers need to know about safety at home, including who to contact in an emergency, basic first aid, and good kitchen hygiene.

### Emergency Contacts

- **Know the Numbers:** In case of an emergency, it's important to know who to contact. Keep a list of key emergency numbers on your phone or in a visible place at home.
- **Emergency Services (Police, Fire, Ambulance)**
- **Parents or Guardians:** Have their phone numbers saved and easily accessible in case you need their help.
- **Family Doctor or Local Hospital:** Have the contact information of your doctor or nearest hospital for non-life-threatening medical emergencies.
- **Neighbours or Trusted Adults:** It's good to know who nearby can help you if you are home alone during an emergency.

### Basic First Aid

Knowing basic first aid can help you handle minor injuries and emergencies until professional help arrives. Examples of first aid you can provide include, dealing with Cuts and Scrapes, cleaning wounds, applying bandages, abdominal thrusts to relieve choking, nosebleeds, sprains and strains and minor burns.

### Kitchen Safety and Hygiene

The kitchen is a place where accidents like cuts, burns, and foodborne illnesses can happen, so practicing safety and hygiene is crucial.

#### **Preventing Burns and Fires:**

Handle Heat Safely, Be Cautious with Flames, Know How to Use a Fire Extinguisher

#### **Preventing Cuts:**

Handle Knives Safely, Store Knives Properly

#### **Good Kitchen Hygiene:**

Wash Hands Regularly, Prevent Cross-Contamination, Cook Food Thoroughly, Refrigerate Perishable Food, Cleaning Up: Wipe Down Surfaces, Dishwashing

### General Home Safety Tips

**Electrical Safety:** Don't overload outlets, and avoid using damaged electrical cords. Unplug appliances when they're not in use.

**Fire Safety:** Know where fire extinguishers are located and how to use them. Make sure smoke detectors have working batteries and practice fire escape plans.

**Preventing Slips and Falls:** Keep floors dry and free of clutter to avoid tripping. Be cautious when using stairs, and make sure they are well-lit.

By understanding these aspects of safety, knowing who to contact in an emergency, and practicing good hygiene, you can keep yourself and your home safe and healthy. Learning these skills helps prevent accidents and ensures you're prepared if something does go wrong.



### Word Bank

Emergency  
Contacts  
Trusted adult  
First aid  
Hygiene  
Safety  
Treatment  
Electrical  
Fire  
Prevention



# KS4 Lifeskills Learning Organiser

## Spring 2

### Safety outside the Home

Safety outside the home is crucial for teenagers as they become more independent and spend time away from home, whether with friends, at school, or while traveling. It's important to stay aware of potential risks, make good choices, and know who to trust. Here's a guide on staying safe outside the home, including advice on friendships, identifying safe adults, and using public transport.

#### 1. Friendships and Peer Pressure

**Choosing Friends Wisely:** Surround yourself with friends who support and respect you. Good friends encourage positive behaviour, help you make smart choices, and never pressure you into doing something unsafe or illegal.

**Online Friendships:** Be cautious when meeting people online. Never share personal information (like your address or school) with people you don't know in real life. If you're meeting someone you've only met online, always tell a trusted adult and meet in a public place with someone you trust.

#### 2. Identifying Safe Adults

**Who Are Safe Adults?** Safe adults are people you can trust in case of an emergency or if you feel uncomfortable or unsafe. They include parents, teachers, coaches, neighbours, or police officers.

**Trust Your Instincts:** If someone makes you feel uneasy or asks you to do something that feels wrong, even if they're an adult, it's okay to say no and walk away.

**Seeking Help in Public Places:** If you feel lost or unsafe in public, look for people who seem trustworthy, such as store employees, security personnel, or a family with children. They can help you or guide you to the nearest safe place.

#### 3. Safety on Public Transport

Using public transport can be a safe and efficient way to get around, but it's important to stay alert and follow some basic safety guidelines.

**Plan Your Journey,** Stay alert, choose safe seats, avoid strangers, always have an **Emergency Contact saved in your phone.**

#### 4. Street Safety

**Follow the green cross code, Travel in Groups where possible,** avoid distractions, trust your instincts, be aware of the route you are taking, stick to well lit streets and avoid dark short cuts at night.

#### 5. Social Situations and Parties

**Knowing how to socialise appropriately, Set Boundaries for yourself before you go, Know Your Limits:** If you ever feel uncomfortable or pressured, it's okay to leave. Arrange in advance how you'll get home safely, such as using a ride-share service or having a trusted adult pick you up.

#### 8. Emergency Situations

- **Know Emergency Numbers:** Know who to contact and what information you need to give in an emergency
- **What to Do in Dangerous Situations:** If you feel threatened or are in immediate danger, call emergency services. Stay calm, give clear information about where you are, and follow their instructions.

By understanding these safety practices, you can protect yourself while outside the home, whether you're with friends, using public transport, or navigating new environments. Staying alert, making smart choices, and knowing who to trust helps ensure your safety and well-being.



#### Word Bank

Personal safety  
Public transport  
Bus  
Train  
Journey  
Emergency  
Services  
Instincts  
Peer pressure  
Contacts  
Boundaries  
routes