



Lesson 1

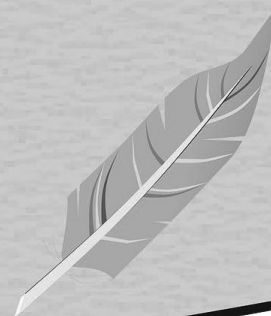
Keeping safe: things that go into and onto bodies

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Ground rules

[Add your class rules here]



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Draw or list

- Things that are good for bodies



- Things that are not so good for bodies



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We are learning about things that go into bodies and onto skin and how this can make people feel



We will be able to:

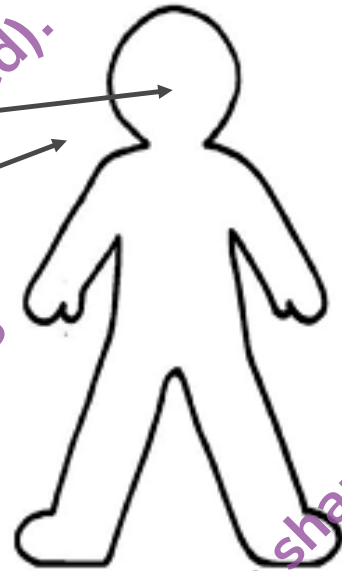
- ✓ say how things that go into a person's body and onto their skin can change how people look and feel
- ✓ identify that some things that go into or onto bodies can be harmful
- ✓ say what to do in situations with household products
- ✓ recognise who to ask for help

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Introduction

- What things might go into the mouth?
- What might go into the nose or ears?
- What things might go onto the skin?



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Paired discussion

Think about the example you have been given with your partner.

- How does it change how the person looks and/or feels?
- Is it good or not so good for bodies?

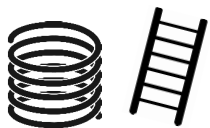
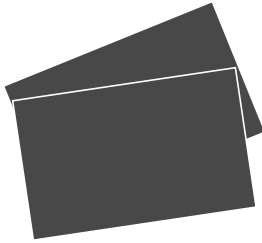


Helpful or harmful card sort

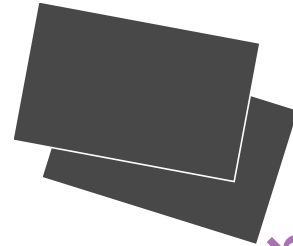
Is the picture on the card helpful or harmful to bodies?

Sort the cards into two piles.

Helpful



Harmful



How do we know?

How do we know whether something might be harmful for bodies or not?

By looking at
the label

The product is kept in
a safe place (a high
shelf or a locked
cupboard)

Can make someone
poorly if they have too
much

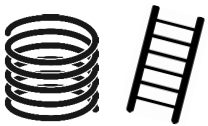
Not
allowed
to touch
it

Amrit's dilemma

Read the dilemma on the card:

- What would help Amrit?
- What would not be helpful?

Now talk to another pair who had the same card about your answers, do you agree?



Getting support – People who help us

Listen to one of Amrit's dilemmas as a class. Who could help Amrit?

Stand next to the label showing the person who could help

Teacher

Doctor

Someone else

Friend

Parent

No one

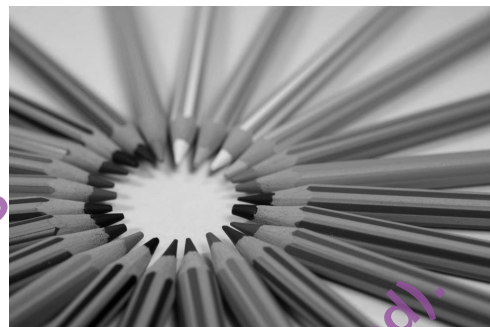


What has been learnt?

Share one thing you have learned about things that go into or onto bodies.

Now go back to your *ideas list*.

- Is there anything you would like to change?
- Is there anything you would like to add?



Next, add your ideas to the *How do you know* box at the bottom of the sheet.

More activities

Look at the hazard labels from common household products. Can you match the hazard labels to their meanings?

