

RSE Pupil Conference Questions

Year 1 Date: 7/4/22

Independence - healthy lifestyles	How do you look after your body (mentally and physically)?
<ul style="list-style-type: none">• Don't smoke - it will hurt you - it makes your lungs black• Eat vegetables, fruit, healthy things meat, broccoli, milk• Brush you teeth• Walking, running, push ups• Keep learning, pay attention, focus on the teacher• Sleep• Time outside• Healthy brain foods to make your brain strong	
Independence - healthy lifestyles	What lifestyles/substances can have a harmful effect on your body?
<ul style="list-style-type: none">• Smoking• Dirt• Chocolates and sweeties• Eat rotten foods• Beer - a little bit of beer is ok	
Resilience/confidence	How do you deal with things that are tricky?
<ul style="list-style-type: none">• Tell the teacher• Take the struggle• Practice	
Mutual Respect	How do you show respect to others in school/the community/at home?
<ul style="list-style-type: none">• Say nice words• Love one another	

- Hugging
- Being kind
- Be good
- Listening