

RSE Pupil Conference Questions

Year 2 Date: 7/4/22

Independence - healthy lifestyles	How do you look after your body (mentally and physically)?
<ul style="list-style-type: none">• Eat healthily - broccoli, cabbages, peas, tomatoes• Get enough food, hydration (water)• Enough air• Drink water every single day• Run loads• Wash yourself - take showers and baths, clean your teeth• Exercise• Don't drink wine a lot - just a little bit• Wear clean clothes• Go to bed at sleep 7 o'clock and get up at 7 o'clock• Learn	
Independence - healthy lifestyles	What lifestyles/substances can have a harmful effect on your body?
<ul style="list-style-type: none">• Burgers, hot dogs, coke• Smoke - damages your lungs (you might die, you could have a stroke)• Lots of wine and beer• Not hurting yourself• Don't brushing your teeth• Not looking at a screen for a long time• Chemicals - using them too much	
Mutual Respect	How do you show respect to others in school/the community/at home?
<ul style="list-style-type: none">• Helping other people• Giving• Saying sorry• If you get in an argument, use your words don't be physical• Letting people play with you	

- Helping others
- Letting everyone play with you

- Pray to God and Jesus
- Saying what is the right thing to do