

**RSE Pupil Conference Questions**

**Year 4 Date: 7/4/22**

Independence - healthy lifestyles	How do you look after your body (mentally and physically)?
<ul style="list-style-type: none"><li>• Drink lots of water</li><li>• Brush your teeth</li><li>• Eat healthy foods - vegetables, fruit, bit of sugary food is ok</li><li>• Exercise - keep fit</li><li>• Don't do dangerous stuff like jumping off chairs,</li><li>• Play with friends</li><li>• Yoga -</li><li>• Weights - I don't mean body building just for your age to build your strength</li><li>• Don't stay up late</li><li>• Fresh air</li></ul>	
Independence - healthy lifestyles	What lifestyles/substances can have a harmful effect on your body?
<ul style="list-style-type: none"><li>• Drugs - harm your lungs, cocaine, cannabis and weed (illegal)</li><li>• Poisons - too much sugar</li><li>• Smoking - black lungs, lung cancer</li><li>• Drinking wine/beer, tequila , cocktails it can make you drunk and it can make you an alcoholic</li><li>• It's ok to be daring but don't take silly risks</li><li>• Too much caffeine - energy drinks</li><li>• Fighting</li></ul>	
On-line safety	How do you ensure you are safe on-line?
<ul style="list-style-type: none"><li>• Don't give mean messages</li><li>• Try not stand out</li><li>• Safety settings - you can sometimes block people</li><li>• Make sure it's a website you know</li><li>• Firewalll</li><li>• Only play with people you know</li><li>• Only talk to people who you know - don't share a picture of yourself or your information</li><li>• Don't talk to strangers</li></ul>	

- You could use not your real your name
- Don't share personal information - where you live, full name
- If you are in a group, block them - if you can stop it - stop it
- Don't meet up
- Don't accept any gifts of people

Resilience/confidence

How do you deal with pressure?

- peer
- social media
- work

- Share the pressure - tell your parents
- Taking a few deep breaths
- If it was real life, walk away
- Tell an adult
- If you're in school, tell a teacher

Mutual Respect

How do you show respect to others in school/the community/at home?

- Follow the rules
- Listen
- Be kind
- If someone makes a choice, respect their decision
- Be respectful
- Don't always put yourself first
- To be the best that we can be and that is our school motto
- Open doors for teachers