RSE Pupil Conference Questions   **Year 5   Date: 7/4/22**

Independence - healthy lifestyles	How do you look after your body (mentally and physically)?

- Eat vegetables, exercise
- Mentally - practise times tables, reading writing
- Pray
- Fresh air, play, burn off energy
- Get lots of sleep
- Shower/bath
- Not go on devices too much
- Reading before bed so no screens
- Laugh and be happy
- Try new things that inspire you
- Don't stress

Independence - healthy lifestyles	What lifestyles/substances can have a harmful effect on your body?

- Alcohol – hurts your liver, slows reaction time, makes your eyes blurry, alters your decisions
- Vaping - it's bad but not as bad as cigarettes; it helps you stop smoking
- Cigarettes - hurts lungs and liver, black lungs, heart swells
- Mouldy/out of date food - food poisoning/feel sick
- Drugs - some drugs are not harmful they help you but don't take too
- Weed is illegal and its bad for you.
- They can be addictive and that's bad for you
- Doing in appropriate activities - lifting weights that are too heavy for you
- Protein shakes
- Don't eat too much junk food

On-line safety	How do you ensure you are safe on-line?

- Don't tell anyone your personal information tell a trusted adult

- Don't use same password for other things
- Ages restrictions - don't go on things if you're not old enough and if you parents have said no
- Don't talk to strangers
- Stranger danger -
- Don't be rude online
- Don't share personal information

Resilience/confidence	How do you deal with pressure? -peer -social media -work

- Relax – take your mind off it, take a deep breath
- Talk to God
- Tell an adult
- Work hard, research, study
- Tell them know and walk away tell a teacher on duty
- Tell the police

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

- Listening - try not to being mean
- Helping
- Good manners
- Stop and let an adult through the door
- Saying please and thank you
- Show respect by following the rules of class and school and the laws of the country