

RSE Pupil Conference Questions

Year 6 Date: 7/4/22

Independence - healthy lifestyles	How do you look after your body (mentally and physically)?
<ul style="list-style-type: none">● Take a break sometimes● Eat healthy things like vegetables, fruit,● Do some exercise like running● Wash daily - showering● Brush your teeth● Get lots of sleep because if you're sleepy, you can't focus properly● Don't skip meals e.g. always eat breakfast or you'll feel more tired● If you see something inappropriate, always tell someone● Don't feel negative things about yourself. If you do, think about the positives● Don't compare yourself to others● Have some time out; draw, reading, play with a pet talk to someone, music, mediate,	
Independence - healthy lifestyles	What lifestyles/substances can have a harmful effect on your body?
<ul style="list-style-type: none">● Drugs - legal/illegal - can make you ill if you take them (or too much of a prescribed drug)● Too much alcohol can make you make bad decisions● Cigarettes - affect your lungs and are addictive● Don't drink too much caffeine/energy drinks - they damage your liver● Don't eat lots of junk food, you could be overweight● Don't watch things that are inappropriate for your age like pornography● Not getting enough exercise, being lazy● Too much exercise can also be harmful - you need a balance● Positive thinking● Be active	
On-line safety	How do you ensure you are safe on-line?
<ul style="list-style-type: none">● Restrictions - parents/school	

- Change your password to something no one will ever guess
- Never meet up with anyone you have met online/strangers
- Don't give any personal information out - real name, date of birth, address, school
- Don't put pictures of yourself online because even if you delete it, it will still be on there
- Tell a trusted adult
- Report them

Resilience/confidence

How do you deal with pressure?

- peer
- social media
- work

- Think positive - can do it
- Don't think about it all the time
- Study hard
- Clear your head- drawing, reading, do something different, singing, play a game with your friends, talk about it with someone
- Walk away - play with someone else
- Tell an adult
- Say no

Mutual Respect

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

- Listening to people
- Being polite - saying thank you
- Do as your told
- Holding the door
- Using kinds hands and feet
- Don't do something you think would harm someone else