

PSHE - PANTS

P

P

RIVATES ARE PRIVATE

A

A

LWAYS REMEMBER YOUR
BODY BELONGS TO YOU

N

N

O MEANS NO

T

T

ALK ABOUT SECRETS
THAT UPSET YOU

S

S

PEAK UP, SOMEONE
CAN HELP

PSHE/Computing e-safety

S is for ... ?

SAFE

M is for ... ?

Don't MEET up!

A is for ... ?

ACCEPTING

R is for ... ?

RELIABLE

T is for ... ?

TELL

with a



Be kind

PSHE

What is bullying?

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

What is the role of Anti-Bullying Ambassadors?



The role of Anti-Bullying Ambassadors at Chesswood Junior School

- To support children who are experiencing bullying by guiding them to get help from a key adult.
- To make sure that lunch times are a positive environment for everyone.
- To act as a role model for other children by playing positively and making good choices.

PSHE - Firework Safety





Junior Governors (PSHE)



Who are your Junior Governors?

Name the two people in your class

When should you talk to Junior Governors?

Lunchtime and breaktimes

End of school day

During clubs if about the club

How to talk to Junior Governors?

In person. By note. Use box in class. Website.

What to talk to Junior Governors about?

Improvements. Events. Wet Play.

Website. Curriculum.



PSHE - Mental Health

What can make children feel anxious?

Anything! Family. Phobias & fears. New experiences. Change. Trauma. Social Anxiety.

When is anxiety a problem?

When it starts to get in the way of everyday life.

What can anxiety feel like?

Anything! Heart racing. Flustered. Panic. Rapid breathing. Sick feeling. Headache. Tense. Worry. Negativity. Lack of sleep. Overwhelmed.

What can you do about it?

Don't give in to anxiety. Talk to an adult. Relaxation. Distraction. Preparation. Positive routines.

PSHE – Self-Image & Self-Esteem

What is self-image?

How you see yourself

What is self-esteem?

How you value yourself

What is healthy body image and esteem?

You see and think of yourself as a whole person.

You accept and celebrate you are unique.

How you look says little about your character.

You feel comfortable and confident.

What can you do to make yourself more positive?

Enjoy moderate exercise. Eat healthily. Get rest.

Don't judge yourself. Growth mindset. Positive friends

Every body
is a good
body



PSHE - World Thinking Day

What was the theme of WTD?

Our World, Our Peaceful Future



Why is positive thinking important?

Better mental health. More adventure & success

What are the three steps to a growth mindset?

1. **Learn, Learn, Learn**
2. **Realise hard work is key**
3. **Face setbacks**

If you can believe it...

You can achieve it!

PSHE – Pride Month



What is Pride Month all about?

Celebrating and having pride in acceptance, equality and the LGBTQ+ community.

Why is the pride history important?

Homophobia is very damaging.

Why is the Stonewall Inn important in Pride history?

It was where the LGBT+ community first protested at their treatment by the police - 1969. A march started the next year to celebrate their freedom.

What is the Alan Turing Law?

Official pardons given to people given criminal records for being gay.

PSHE – Discrimination and Stereotyping

What is Stereotyping?

A widely held but fixed and oversimplified image or idea of a particular type of person or thing

Why is stereotyping bad?

They are not right for ALL people.

They can limit our choices and opportunities.

They can cause stress, upset and anger

What is discrimination?

Treating some people differently from others – age, gender, race...

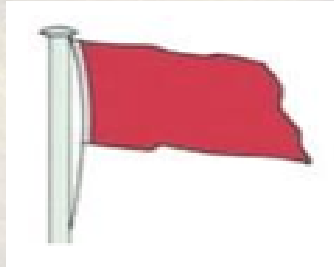
Is it illegal?

Yes, if against the Equality Act 2010



PSHE – Summer Safety

Where is Worthing Coastal Office located?
Between Worthing Lido and Worthing Pier.

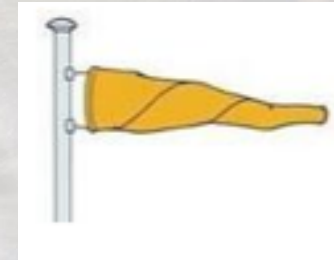


What do they do?

First aid, help lost children, protect environment, assist emergency services.

What does a red flag on the beach mean?

Danger – never enter the water.



What 5 things can prevent sun damage?

**Wear suncream. Wear a hat. Wear sunglasses.
Use the shade (11am – 4pm). Drink enough water.**

How do you call the coastguard? **999**

PSHE – British Values

What are the British Values?

Democracy. Individual Liberty.

The Rule of Law. Mutual Respect.



What does Democracy mean?

The right to vote – decide who makes laws

What does Individual Liberty mean?

Freedom of speech – be who you want - consequences

What does The Rule of Law mean?

Reflecting values – live within the law, challenge it, fair trial

What does Mutual Respect mean?

Respect and tolerance – in different beliefs and faiths