

This half term in Relationship Health Education we are learning to be safe...

## TALK ABOUT ... BEING SAFE

Talk to your child about ways they can keep themselves safe, for example you might talk about safe ways to cross the road.



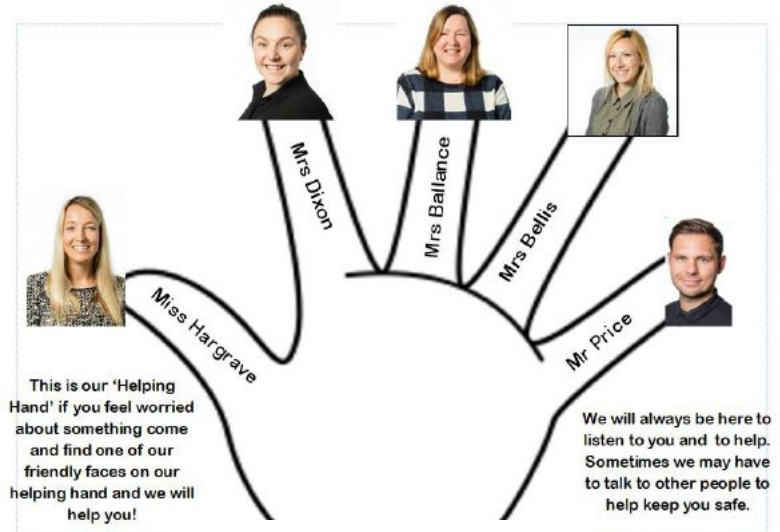
### Worry monster

Many children experience worries and need to learn how they can share these worries with someone they trust. Why not make a worry jar or use a teddy as a worry monster and together write down any worries that your child may have? You can then put these in the worry jar or your worry monster can eat them for you, then these worries are gone!

## Staying safe online

Using computers and being online can be great fun and really helpful. But there is lots you need to be careful with and things you shouldn't click on. Watch the video as Pip and Declan learn how to stay safe online and who to talk to if they're not sure about something.

<https://www.bbc.co.uk/bitesize/topics/zfcvnbk/articles/zkcj92p>



### Our Helping Hand

## Our aim for children in our school...

The RHE theme of 'Being Safe' will teach our young children the importance of being and feeling safe and what they could do if they do not feel safe in an age appropriate way. They will understand who their safe/ trusted people are and how they can use them for advice and support. They will gain an understanding of the importance of keeping their bodies safe and private and will be provided with the strategies to use if they ever feel unsafe or if someone made them feel uncomfortable. They will understand consent and their rights as a child to be safe.

A reminder that our safeguarding team is: Miss Hargrave, Mrs Dixon, Mrs Ballance, Mrs Bellis and Mr Price. Why not talk to your child about the Helping Hand (see above) and about how these grown-ups are specially trained to help with worries and solve problems.

## Being Safe in Year Two

As part of their RHE topic and in conjunction with the NSPCC PANTS campaign, children in Year Two will be exploring the text 'My body! What I say goes!' As part of this, they will learn the correct terms for their private parts as follows: boys have a penis, testicles and a bottom, girls have a vulva on the outside, a vagina on the inside, a bottom and nipples and the area around which grows into breasts. It is important that children know the correct names for their body parts so that if they ever needed to speak to someone about these parts it is absolutely clear where they are talking about. Please be assured that the content of the book is exactly as I have detailed above and no pictures or images will be shared. We wanted you to be aware that this would be coming up so that you can support your child if they come home with further questions. If you feel unsure how to talk to your child about the correct body parts, or would like to discuss this session further, please don't hesitate to speak to your child's class teacher or refer to the NSPCC PANTS campaign [Support for parents | NSPCC](#). Many thanks for your support in keeping your child safe.