

## Personal Social Health & Economic Education – Year 2

### Autumn 1

What makes a good friend?

- A good friend is trustworthy, respectful, honest, kind, caring, loyal.
- Friends should be kind to each other; they might argue but resolving this is important to carry on with a friendship.
- Not all friendships are good ones. If a friend makes you unhappy they might not be a friend.
- **Being a good friend online is the same as being a good friend in person.**

### Autumn 2

What is bullying?

- Bullying is name calling, physically hurting someone, excluding others.
- **Bullying can happen online.**
- Physical contact is ok if you are happy with it but not if it makes you feel uncomfortable (regardless by whom).
- If you are being bullied, you should tell a responsible trusted adult - like a teacher or family member.

### Spring 1

What helps us to stay safe?

- If something is unsafe it means it can be dangerous to us or others.
- Rules keep us safe by making sure we know what is right and wrong and the consequences for both.
- Some things we do put us at more risk like crossing the road, dangers in the home, playing near water, on-line, medicines, fire risks.
- **The internet is not always safe– some people are not who they pretend to be.**
- **If you do not feel safe online, you should tell a trusted adult.**
- Not all secrets are good secrets (a surprise party is a good secret, something that makes you feel unsafe or uncomfortable is not).
- **If something makes you feel unsafe– you can say no.**

### Spring 2

What jobs do people do?

- Jobs help people earn money to pay for things they need and want.
- There are lots of different types of jobs.
- There are jobs that care or help others, build or mend things, sell things, make food and other items.

### Summer 1

What helps us grow and stay healthy?

- To stay healthy, we need to sleep, eat a balanced diet, exercise and keep clean.
- Too much sugar, salt and fat in our diet can cause illnesses, tooth decay and weight gain.
- Being active (exercise) and reducing screen time can improve our mental health and keeps our body healthy.
- It is safe to be in the sun if you wear appropriate clothing, wear a hat, drink water, use sun screen.
- It can be dangerous to be in the sun too much as it can burn your skin.

### Summer 2

How do we recognise our feelings?

- We can feel happy, sad, angry, excited, worried, upset – these are all ok.
- Some things that happen in our lives make us feel sad, angry or upset such as bereavement, family breakdowns, moving class/school, falling out with friends.
- If you are feeling sad, angry or upset it can help if you talk to someone you trust, write down how you feel, have time to think.
- Parents, family members, teachers and friends can help you to feel better.