

Personal Social Health & Economic Education – Year 2

Autumn 1

What makes a good friend?	<ul style="list-style-type: none"> • 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.
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Autumn 2

What is bullying?	<ul style="list-style-type: none"> • Bullying is name calling, physically hurting someone, excluding others. • 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.
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Spring 1

What helps us to stay safe?	<ul style="list-style-type: none"> • 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).
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Spring 2

What jobs do people do?	<ul style="list-style-type: none"> • 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.
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Summer 1

What helps us grow and stay healthy?	<ul style="list-style-type: none"> • To stay healthy, we need to sleep, eat a balanced diet, exercise and keep clean. • Too much sugar causes tooth decay, diabetes and weight gain. • Exercise helps to keep the mind and body active, to keep our body strong and healthy, to get fresh air, to help reduce screen time. • 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.
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Summer 2

How do we recognise our feelings?	<ul style="list-style-type: none"> • We can feel happy, sad, 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. • It is ok to feel upset or angry. • Parents, family members, teachers and friends can help you to feel better.
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