

# Friday 8<sup>th</sup> January

LO: To understand our bodies

# Big questions!

- 1) Who does your body belong to?
- 2) What should you do if you feel safe or worried about something?

# What can I do if someone does something you don't like?

- Sometimes someone does something that we don't like. It might be something that upsets us, worries us or makes us feel uncomfortable.

## How to solve a little problem:

If your friend hits you, what should you do? The best thing to do is say 'Stop! I don't like that' and then tell a teacher.

# Tricky problems

Great Aunt Jess wants a cuddle. If you don't want to cuddle or kiss her, don't worry there are other ways to show you love someone.

You could give them a wave or try giving them a handshake. What else could you do?

# Serious problems

- If something serious happens it is not your fault.
- If something serious happens you may need help to make it stop.
- If someone tells you a secret it is important to get help from a grown up. You can help the other person if you share a serious problem.

# Always remember...

- Its my body, its my choice.
- If it is a little problem or tricky, say you don't like it.
- What is under your pants is private, always.
- If it is serious, tell.

# Your turn!

Can you answer these questions?

- 1) Who does your body belong to?
- 2) What should you do if you feel safe or worried about something?

Now can you draw a picture of something that bothers you. Explain what you could do in this situation to make it better. If you can't think of anything, make up a scenario.