

How to deal with peer pressure.



Say no

Having the strength to say no can be hard, but it can also make you feel good to stick with what you believe in. Explain to people in a calm way why you don't want to be part of something, and you might earn respect from others and gain confidence in yourself.

Have similar interests

Being friends with people who like doing similar activities to you may help you avoid a situation where you feel pressured into things you don't want to do.



Talk to someone

If you are feeling pressured tell someone you trust. This could be a teacher, a family member or a friend. They may have been through a similar situation and can offer advice.



Walk away

If you feel uncomfortable in a situation, it is ok to just walk away. Say you need to be home by a certain time or that you have other plans.

Take action

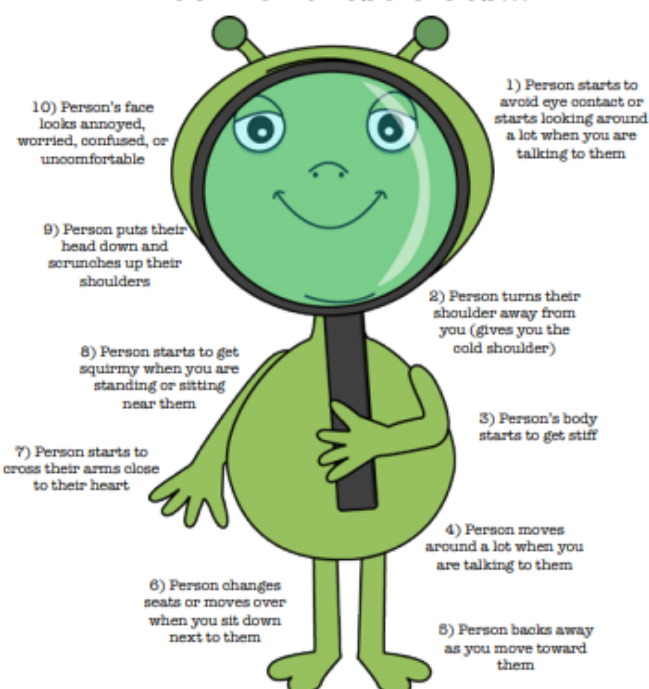
Standing up for yourself and other people can make you feel really good about yourself. If you're in a situation where either you or someone around you is experiencing peer pressure, take action and speak up if you think something isn't right.

Healthy and unhealthy relationship traits

Healthy	Unhealthy
Friendship	Uninterested
Love	Uncaring
Respect	Disrespectful
Trust	Suspicious
Honesty	Lying
Support	Indifference
Loyalty	Intimidation
Equality	Control
Kindness	Anger
Thinking of the other person's feelings	Unpredictable behaviour which causes distress
Compromise	Frequent mood swings
Thoughtfulness	Pressure

Am I being a PERSONAL SPACE INVADER?

Look for these clues...



PSHE - Personal Social Health Economics Year 5 - Keeping Safe and Healthy



Dealing with Bullying

Remember that it is the victim that determines if they believe the behaviour is bullying not the bully.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Don't retaliate, try and ignore them if you can.
- Try not to react in front of the bully.
- Stay with trusted friends who will support you.

Dealing with Cyber Bullying

Cyber Bullying can be harder to handle as it is anonymous and can impact all aspects of your life.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Report the bullying to the website and block the user.
- Do not Retaliate
- Screenshot evidence of the bullying.

Who Can you turn to for help and Support

Parents or trusted family members	Teachers or school Staff
The Police	Friends
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
National Bullying Helpline	https://www.nationalbullyinghelpline.co.uk/



Define: tooth decay

Damage to the tooth caused by acids in food/drink. They can develop into holes.

Define: Oral hygiene

The practice of keeping your mouth clean by brushing your teeth.

Define: enamel

The thin, outer covering of the tooth.

change 4 life

Top tips for teeth

Be sugar smart
Avoid sugary food and drink before bedtime. They should be consumed less often and only at mealtimes. Try sugar free, diet or no added sugar drinks. Remember, plain water or lower fat milks are best.

See the dentist
It's free for kids under 16 to visit NHS dentists, so make sure you take them regularly.

Brushing twice is nice
Make sure your kids clean their teeth twice a day with a fluoride toothpaste. Help them brush once before bed and once at any other time that suits you and your family.

Ask your dentist for more top tips.

Download the Change4Life Food Scanner app to find out what's in your food and drink.

Available on the App Store and Google Play.



How Can We Be Responsible?

To be responsible we must:

- take care of ourselves and others;
- take ownership;
- do our duties or jobs;
- take care of our things and other people's;
- keep our promises;
- help to take care of our homes, schools, communities and even the world.



Communities are groups of people with common interests. We all belong to several communities such as our street, town, county, country or the world. We also have religious communities such as Christians or Muslims.

How Can We Show Respect

We can show respect by:

- listening to others;
- following school rules;
- saying kind things to others;
- waiting our turn;
- including others in our activities;
- use good manners.



PRACTISE ...

- your safety skills (traffic, water, in crowds, alone, at home)
- weighing up risks before you do something new or different
- being an example to younger children
- resisting pressure and persuasion from others to do things you think are too risky
- different ways of saying, "No."
- your 'coping with an emergency' skills



PSHE - Personal Social Health Economics
Year 5 - Health and Wellbeing

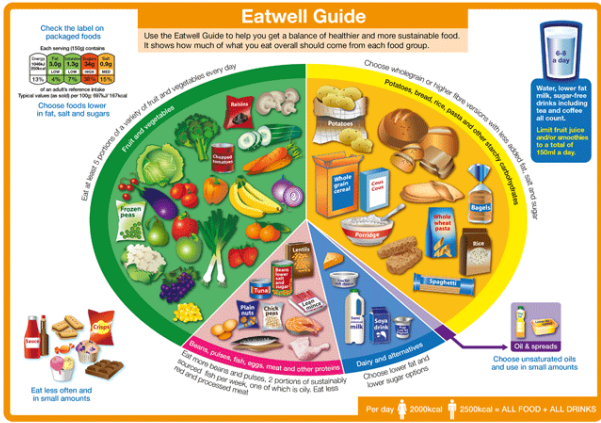


Ways to promote positive body image:

- Accept your appearance
- Remember that nobody is perfect
- Don't let body shame yourself
- Build better habits
- Find things that you like about your looks
- Take care of your body
- Be active

Define emotional health:

an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviours



Sleep Tips

Here are some things you can do to help get a good night's sleep.

Make sure your bedroom is cool, dark, and quiet. Ask your parents to help.

Exercise during the day.
Running and playing at least 3 hours before bed help your body get ready for sleep.

Try to go to bed the same time every night.
Your body gets used to a schedule and will be ready to sleep.



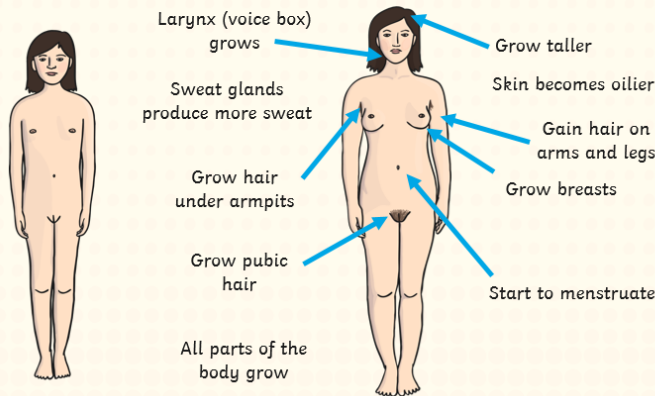
Avoid big meals before bedtime.
Drink a warm glass of milk or have a light healthy snack like fruit instead.

Don't drink sodas with caffeine... especially in the afternoon and at night.

Have a bedtime routine.
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music. Your body will know it is time to get ready to sleep.



Puberty for Girls

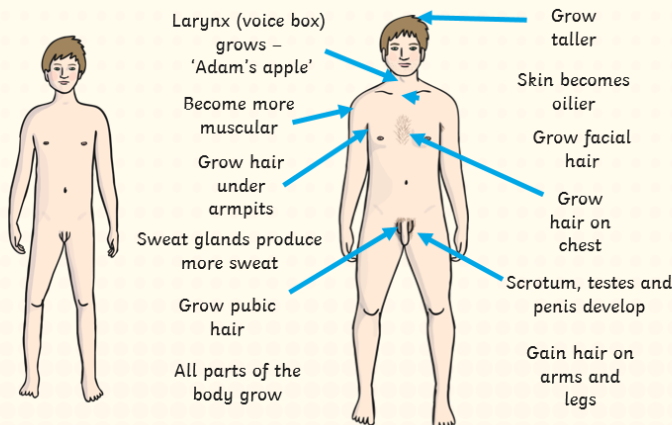


Remember that everybody's body looks different!

Puberty - Things to remember

- Puberty begins at different times for different people.
- Change will happen at different rates and in a different order for different people.
- Everyone goes through puberty; you are not alone.
- A good diet and exercise can help deal with some of the physical changes.
- Puberty is normal despite feeling abnormal.

Puberty for Boys



Remember that everybody's body looks different!

What makes a good friend?

- They make you feel good
- They listen
- They are supportive
- They are trustworthy
- They handle conflict respectfully and respect boundaries

Signs of a Toxic Friendship

Sometimes people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by:

- They might say "brutally honest" things to you which are unkind or hurtful
- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would...')
- Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
- Deliberately exclude you from group chat and activities
- Take the "banter" too far
- Share things about you online
- Make you feel bad about yourself



Define: Drugs

A substance that affects the way your body works.



What to Do If the Loss Feels Too Hard

It is normal to feel very confused when we feel loss.

It's important to let someone know if you are finding a change or a loss hard, or if the feelings stay the same for a long time.

You could:

- Tell a person you live with how you feel;
- Tell an adult you trust at school;
- Draw or write about it;
- Do something you really enjoy doing.

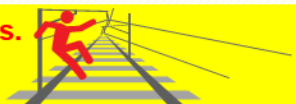
Don't be frightened; the unpleasant feelings do get better.



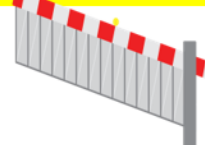
Stay safe around the railway

Electric lines and tracks are always on and can always kill.
Remember the **Rail Life 'Safety Top 3'**

Stay clear of the tracks.
Is it worth putting your life on the line?



Use the level crossing.
Shortcuts across the railway can kill



Know the signs.
Be alert to railway signs, they could save your life

