

## Personal Social Health & Economic Education – Year 2

### Autumn 1

<b>What makes a good friend?</b>	<ul style="list-style-type: none"> <li>• A good friend is trustworthy, respectful, honest, kind, caring, loyal.</li> <li>• Friends should be kind to each other; they might argue but resolving this is important to carry on with a friendship.</li> <li>• Not all friendships are good ones. If a friend makes you unhappy they might not be a friend.</li> </ul>
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### Autumn 2

<b>What is bullying?</b>	<ul style="list-style-type: none"> <li>• Bullying is name calling, physically hurting someone, excluding others.</li> <li>• Physical contact is ok if you are happy with it but not if it makes you feel uncomfortable (regardless by whom).</li> <li>• If you are being bullied, you should tell a responsible trusted adult - like a teacher or family member.</li> </ul>
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### Spring 1

<b>What helps us to stay safe?</b>	<ul style="list-style-type: none"> <li>• If something is unsafe it means it can be dangerous to us or others.</li> <li>• Rules keep us safe by making sure we know what is right and wrong and the consequences for both.</li> <li>• 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.</li> <li>• The internet is not always safe– some people are not who they pretend to be</li> <li>• If you do not feel safe online, you should tell a trusted adult.</li> <li>• Not all secrets are good secrets (a surprise party is a good secret, something that makes you feel unsafe or uncomfortable is not).</li> </ul>
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### Spring 2

<b>What jobs do people do?</b>	<ul style="list-style-type: none"> <li>• Jobs help people earn money to pay for things they need and want.</li> <li>• There are lots of different types of jobs.</li> <li>• There are jobs that care or help others, build or mend things, sell things, make food and other items.</li> </ul>
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### Summer 1

<b>What helps us grow and stay healthy?</b>	<ul style="list-style-type: none"> <li>• To stay healthy, we need to sleep, eat a balanced diet, exercise and keep clean.</li> <li>• Too much sugar causes tooth decay, diabetes and weight gain.</li> <li>• 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.</li> <li>• It is safe to be in the sun if you wear appropriate clothing, wear a hat, drink water, use sun screen.</li> <li>• It can be dangerous to be in the sun too much as it can burn your skin.</li> </ul>
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### Summer 2

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