



PSHE and Citizenship

Health and Wellbeing | It's My Body

My Body, My Business



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Disclaimer

We hope you find the information on our website and resources useful. This resource contains potentially sensitive and/or upsetting topics that may emotionally impact on students you use it with due to their experiences in their past. It is your responsibility to consider whether it is appropriate to use this resource with your students. If you do use this resource, it is your responsibility to ensure that appropriate support is available for anyone affected.

Aim

- I know I can choose what happens to my body.

Success Criteria

- I know how to deal with little and tricky problems.
- I know what a serious problem is.
- I know who I can ask for help.

Reconnecting

Can I Decide Everything?



No. Your parents or
carers will make choices
to keep you healthy.

Maybe.

If it is a bit cold and you don't want
to wear a jumper, or if you are full
up and you don't want to eat the
rest of your tea, do you decide?

Parents, carers,
teachers, nurses
and doctors can
all help you stay
safe and healthy.



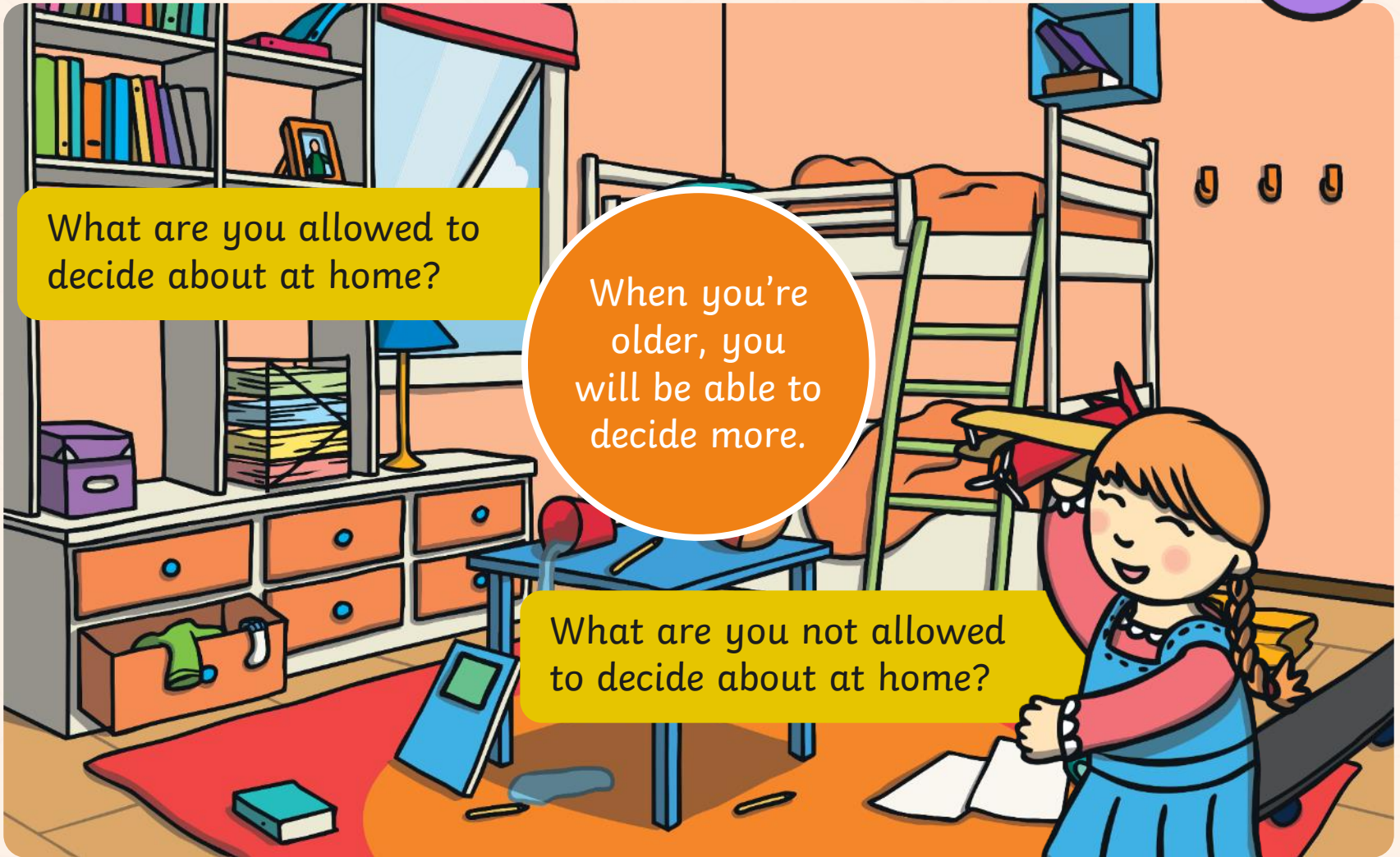
Can I Decide Everything?



What are you allowed to decide about at home?

When you're older, you will be able to decide more.

What are you not allowed to decide about at home?



The background of the slide is a solid orange color. It features a repeating pattern of white line-art figures. Each figure is in a jumping or celebratory pose, with arms raised and legs bent. These figures are scattered across the entire orange background.

Exploring

What Can I Do If Someone Does Something I Don't Like?

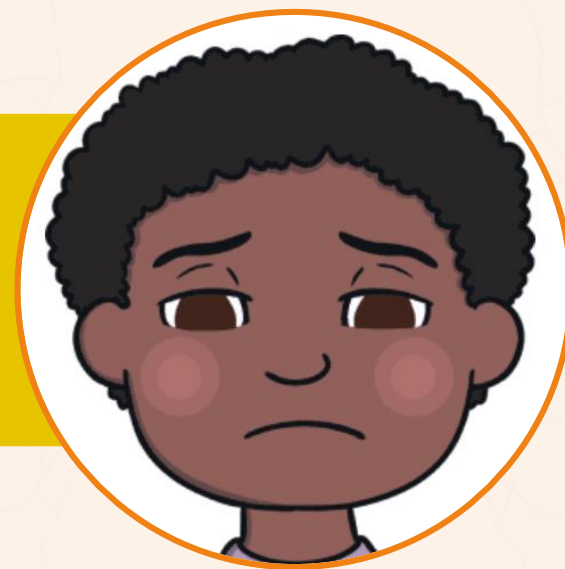


Sometimes someone does something that we don't like. It might be something that upsets us, worries us or makes us feel uncomfortable. It might be something that hurts our feelings or hurts our bodies.



Other things are trickier though and we might need more help to sort them out.

that
hey



What Can I Do If Someone Does Something I Don't Like?

Little Problems



Jake pinched
Georgie when
they were
lining up.

What should
Georgie do?

Say, 'I don't like it!'



What Can I Do If Someone Does Something I Don't Like?

Little Problems

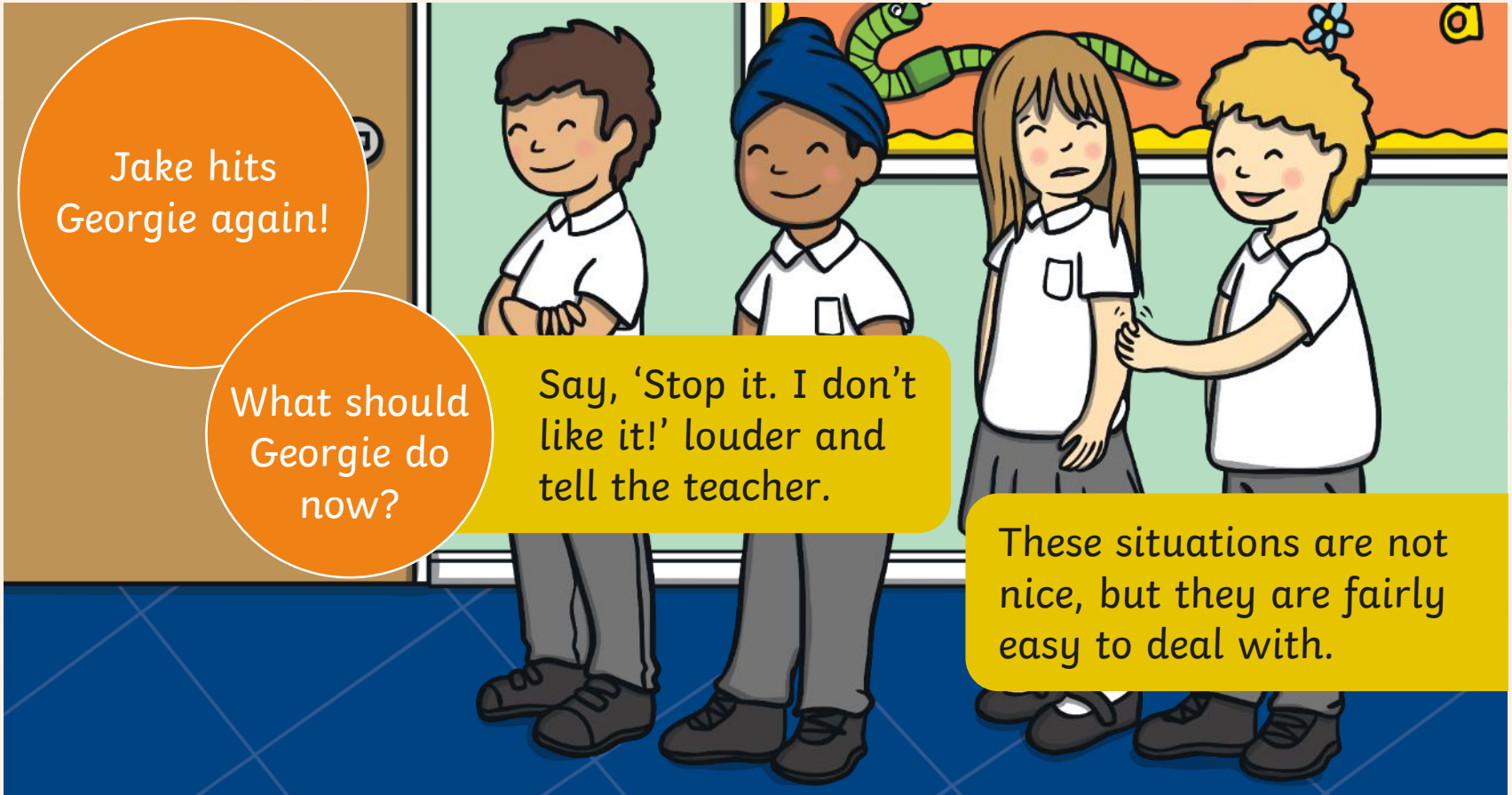


Jake hits
Georgie again!

What should
Georgie do
now?

Say, 'Stop it. I don't like it!' louder and tell the teacher.

These situations are not nice, but they are fairly easy to deal with.




What Can I Do If Someone Does Something I Don't Like?

Tricky Problems



Sometimes, children have problems that are more serious.
Let's look at some of them.



Great Aunt Jess wants a cuddle.

If you don't want to kiss or cuddle someone, that is OK. There are other ways to say you love them.

1

You could try just saying, 'No thank you.'

2

You could try giving them a wave.

3

You could try giving them a handshake.

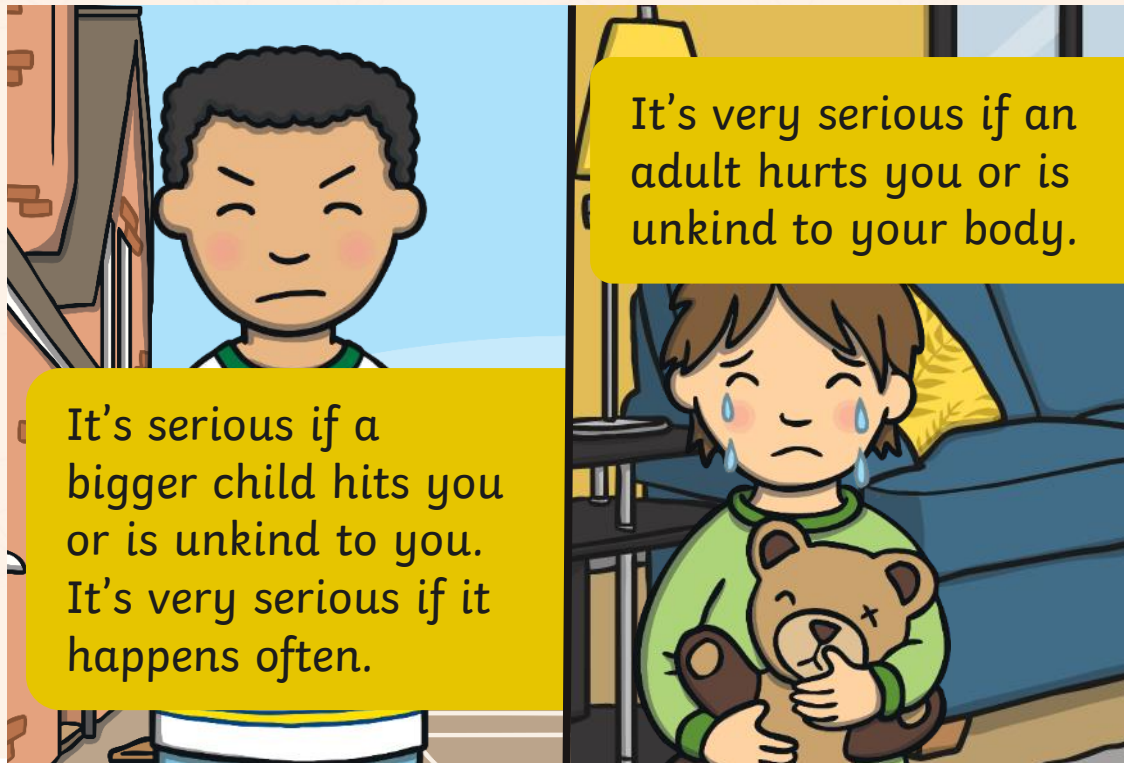
What else could you do?

What Can I Do If Someone Does Something I Don't Like?

Serious Problems



Sometimes, things are more serious.



What Can I Do If Someone Does Something I Don't Like?

Serious Problems



Sometimes, things are more serious.

Do you remember the Underwear Rule? The parts of your body covered by your underwear are private, that's why we call them 'private parts'. It's always serious if someone tries to look at or touch your private parts.



What Can I Do If Someone Does Something I Don't Like?

Serious Problems



Sometimes, things are more serious.

The person doing the thing you don't like might tell you that it's a special secret or that bad things will happen to you if you tell.

If something serious happens, it is not your fault.

If something serious happens, you need help to make it stop.

Speak to a trusted adult. They will be able to help.

What Can I Do If Someone Does Something I Don't Like?



If someone says that it is a secret, it is especially important to get help from an adult you can trust.

If it's
serious
– tell.

What Can I Do If Someone Does Something I Don't Like?



A friend could tell you a serious problem and ask you to keep it a secret.

It is important that you tell an adult.

It is important because this is the way your friend will get help quickly.

They might be too scared to tell, or think it's not that serious. Either way, it is important to tell.

**If it's
serious
– tell.**

This Bothers Me



This Bothers Me

Draw a picture of a situation that bothers you.

Once you have completed your picture, rate whether it is a little problem, tricky or serious.

- ☐ little problem
- ☐ tricky
- ☐ serious

Draw a picture of a situation that bothers you, using the sheet provided.



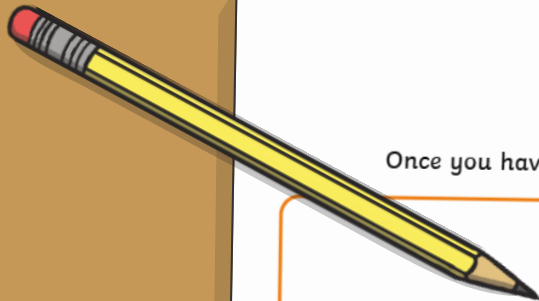
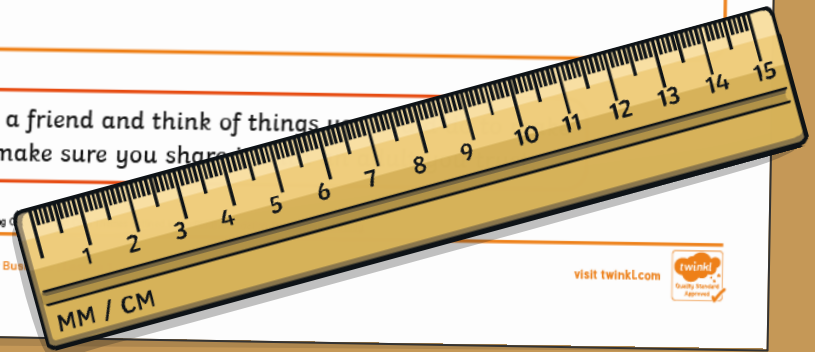
Share your picture with a friend and think of things that can make it better. If it's serious, make sure you share it with an adult.

This resource is fully in line with the Learning Objectives for PSHE and Citizenship | KS1 | Health and Wellbeing | It's My Body | My Body, My Business



PSHE and Citizenship | KS1 | Health and Wellbeing | It's My Body | My Body, My Business

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Getting Help



I've got a problem.
It's serious.

If it's serious, get help.

Who would you ask
for help?

Getting Help



Childline is a national help-centre in the UK.



You can contact them online, at www.childline.org.uk.



You can contact them by phone, by calling 0800 1111.

Consolidating

Cartoon It



Cartoon It!

Colour in the picture. Then, draw and colour a response to the child in the line who has been hitting.



Decide what you would do and draw it in the third box.

This is a little problem. What did you decide to do?

Look at the problem on your **Cartoon It Activity Sheet**. Is this a little problem, tricky or a big deal?

a line.

One child hit.

What happens next? Draw your own picture here.

This resource is fully in line with the Learning Outcomes and Core

Wellbeing | It's My Body | My Body, My Business | Lesson 1

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Reflecting

Always Remember...



I've got a problem.
It's serious.

It's my
body, my
choice.

Work out
if it is a little
problem, tricky
or serious.

If it is
a little problem
or tricky, say
you don't
like it.

If something
serious
happens, it's
not your
fault

What is
under your
pants is private,
always.

If it is
serious –
tell.

Aim

- I know I can choose what happens to my body.

Success Criteria

- I know how to deal with little and tricky problems.
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