

Mental Health

The ROAR Response
Self care
Emotions and feelings
Where to seek support
Workshops led by MHST on :
What is Mental Health?
Being Kind
Resilience
Common mental health conditions and support available

The Safeguarding Team

Sarah Coyle Designated Safe-guarding Lead
Gail Mc Cully—Deputy Designated Safeguarding Lead
Sharon Murphy—Designated Safeguarding Lead

Keeping Safe

What do we mean by ,and the importance, of consent.
NSPCC Pants Talk
Appropriate and Inappropriate Touching
Harmful Sexual Behaviour
Safe Skills—Grassing and Grooming
Send Me a Selfie
How to report concerns and the vocabulary to do so
Responding appropriately to strangers.

Caring Friendships

Positive attachments
Bullying.
How to recognise who to trust and who not to trust.
Resolving and repairing conflict.
Asking for help.
Motivations and intentions.
Where to seek support.

Safeguarding in the Curriculum



Springwell Park
Primary School

Healthy Relationships

Respecting differences
All families are different
Characteristics of a healthy family
Same sex marriage
Forced marriage
How to recognise if family relationships or friendships are making you feel unhappy or unsafe.

Online Safety

Safe use of technology
Online actions
On line bullying
Use of social media
Workshops on How to Stay Safe online with PC Gaz Merseyside Police
Reporting concerns.
The importance of keeping personal I nformation private online
The impact of excessive screen time on mental health and wellbeing.

Work With Outside Agencies

Mental Health Support Team
Bully busters
PC Gareth Jones Cyber Police
Everton
Arial Trust
James—GANGs Man
Everton in the Community

Healthy Body

Making healthy choices
Sensible amounts of screentime
Healthy diet
Dental health
The impact of alcohol and it's effect on health.
Facts about legal and illegal substances
The risks of taking drugs.