**Full Kidsafe Programme Two**

**Year 5&6**

**Session one**

Re-cap of Kidsafe

**Session Two**

Death of a pet, bereavement; difference

**Session Three**

Bullying and how it makes us feel; difference

**Session Four**

Trust; not having a trusted grown-up; being bullied online

**Session Five**

Emotional impact and harm resulting from exposure to violent films and games; defining peer pressure

**Session Six**

Choices; what constitutes cyber bullying

**Session Seven**

Peer pressure, why its hard to say ‘NO’ to friends

**Session Eight**

Anger, what it is and how to deal with it in a positive way

**Session Nine**

Recognising and controlling angry feelings; defining mental health and emotional wellbeing

**Session Ten**

Parents and carers arguing, how it makes children feel.

Mental health and emotional wellbeing

**Session Eleven**

Re-cap of FP1, not keeping yukky secrets; dealing with dangers online

Session Twelve

Re-cap FP1 rules for keeping our private places safe highlighting the need to keep them safe online and on devices as well.

FP2 re-cap including all KS scenarios and the impact on children’s mental health and wellbeing