

## Children's Mental Health and Safeguarding Programmes

Equips school staff with skills and provides all teaching materials needed to deliver up to 100 hours of scripted, age appropriate lessons directly to children from EYFS to Y6.

Lessons include:

- Trust and saying 'no'
- Understanding our feelings
- Bullying prevention
- Identifying trusted grown-ups
- Keeping our bodies and private places safe
- Secrets that make us feel sad, scared or worried
- Positive mental health and emotional wellbeing
- Choices
- Peer pressure
- Understanding anger
- Identifying harm caused as a result of watching/playing inappropriate games/films
- Cyber bullying and internet safety
- Parents/carers arguing
- Low level EYFS programme meeting requirements for PSED early learning goals

