

PHSE		Year ½ A	Year ½ B	Year ¾ A	Year ¾ B	Year 5/6 A	Year 5/6 B	
Citizenship	Environment	<ul style="list-style-type: none"> • Environment/Go-givers Plastic: Pollution • Environment/Go-givers: Saving Energy • Environment/Go-givers: Protecting Local Habitats 	<ul style="list-style-type: none"> • Environment/Go-givers: Litter: The Picnic • Environment/Go-givers: Pollution: Expedition to Planet Blueball 	<ul style="list-style-type: none"> • Environment/Go-givers: Sustainable Development (<i>Links with Water Cycle & Volume</i>) <p>Event: Biannual litter pick of Wootton Park with Environmental Committee</p>	<ul style="list-style-type: none"> • Environment/Go-givers: Protecting local Habitats • Environment/Go-givers: The Earth in Our Hands • Environment/Go-giver: The Value of Trees (<i>Links with Poetry</i>) <p>Event: Biannual litter pick of Wootton Park with Environmental Committee</p>	<ul style="list-style-type: none"> • Environment/Go-givers: Oil Disaster in the Gulf of Mexico – Links with Ecology and Water Cycle • World View/Go-givers: The Food Shortage (Link to Food Tech and WWII Rationing) • World-view/Go-givers: Water: Our Most Precious Resource (Links to Water Cycle (3/4) Africa: South Africa (5/6)) • World-view/Go-givers – How Should we Farm? (Links to Local food & Irish Famine) <p>Event: Biannual litter pick of Wootton Park with Environmental Committee</p>	<ul style="list-style-type: none"> • Environment/Go-givers: Climate Change (Links to Sustainable Development) • World-view/Go-givers: The Immigration Debate (<i>Links to British Empire, Mexico & USA and Irish Potato Famine; links to Invaders and Settlers in 3/4</i>) • World-view/Educate Against Hate: Refugees (Linked to Irish Potato Famine) <p>Event: Biannual litter pick of Wootton Park with Environmental Committee</p>	
	Rules & Democracy	<ul style="list-style-type: none"> • British/Go-givers: Rules You Can't do that here • Go-givers – Vote for the Go-givers 	<ul style="list-style-type: none"> • British/Go-givers: Rules • British/Go-givers: Go-givers playground 	<ul style="list-style-type: none"> • British/Go-givers: Rules • British/Go-givers: Go-givers playground • British/Parliament: What is Parliament? • British/Parliament: Suffragettes • British/Go-givers: Vote for the Go-givers 	<ul style="list-style-type: none"> • British/Go-givers: Rules • British/Educate Against Hate: Greek Democracy 	<ul style="list-style-type: none"> • British/Parliament: Guy Fawkes • British/Go-givers: Rules • British/Go-givers: Democracy Pt1 (<i>Links to Suffragettes & UK History</i>) • British/Parliament: The Union Jack (Links to History & Year 1/2/5/6 Geography) 	<ul style="list-style-type: none"> • Safeguarding/Go-givers: Rules • British/Go-givers: Individual Liberty • British/Parliament: The Creation of Parliament 	<ul style="list-style-type: none"> • British/Parliament: Suffragettes • British/Parliament: WW1 and Parliament • Transition/Go-givers: Rules • British/Go-givers: Rights and Responsibilities: Freedom (<i>Links to Bill of Rights (3/4) Revolution and Central America (Haiti)</i>) • British/Go-givers: Independence for Scotland • British/Go-givers – The Troubles in Northern Ireland (<i>Links to Northern Ireland & Religious Conflict in 3/4 & Scotland in 5/6</i>) <p>Event: Houses of Parliament Trip (when selected)</p>
	World Community			<ul style="list-style-type: none"> • World/Go-givers: Africa 	<ul style="list-style-type: none"> • World-view/Go-givers & Educate Against Hate: Fairtrade (Links to Yr 1/2 Caribbean) • World-view/Go-givers: The Para-Olympic 	<ul style="list-style-type: none"> • World-view/Go-givers: Healthcare: Improving Life Chances (<i>Links to King Lynn Monasteries, Tax and Health</i>) 	<ul style="list-style-type: none"> • British/Educate Against Hate: Global Community (Links to Disaster) • Safeguarding/Go-givers: Tsunami 	<ul style="list-style-type: none"> • World-view/Go-givers: Mary Seacole and Florence Nightingale: Pioneering Nurses (<i>Links to Microorganism and hygiene</i>)
Whole School Event: Student Council Elections Sep / Jan/ June								

			Games (<i>Links with Summer Olympics</i>)		<ul style="list-style-type: none"> • Safeguarding/Go-givers: Disaster: Quake • World-view/Go-givers: Child Slavery: All for Profit (<i>Links to Victorian & Slavery</i>) • World-view/Go-givers: Mali (Links to Africa, Islamic Architecture) • Pastoral/Go-givers: Seeking a Refuge (Links to World War II / Evacuation) • British/Educate Against Hate: Refugees – Linked to Irish Potato Famines 	<ul style="list-style-type: none"> • World-view/Go-givers: The Right to Education (Links to Victorian Reform) • World-view/Go-givers: The GAP Exposed: Child Labour • Worldview/Go-givers: Strong Societies (Links with Australia)
Local Community	<ul style="list-style-type: none"> • Go-givers – Who can help? <p>Event Bug Hotels in Wootton Park – due to start 2020 Event: Community Police Officer Visit</p>	<ul style="list-style-type: none"> • British/Go-givers: Exploring our community <p>Event: Community Police Officer Visit</p>	<ul style="list-style-type: none"> • British/Go-givers: Caring for our communities (NEW) <p>Event: Community Police Officer Visit</p>	<ul style="list-style-type: none"> • Norfolk: Local Area including waterways and port (Links to Hansa, Water Cycle and Year 5/6 Victorians) • Norfolk: Captain Vancouver (Links with Marco Polo and James Cook in Yr5/6) <p>Event: Hanseatic League Trip and the Treaty of Utrecht</p>	<ul style="list-style-type: none"> • Norfolk: The Siege of Lynn by Sir Hamon Le Strange of Hunstanton • Norfolk: Norfolk Flag – Ralph de Gaël (Links to French) • Norfolk: The Plague in King's Lynn <p>Event: Queen Elizabeth Hospital Open Day</p>	<ul style="list-style-type: none"> • British/Parliament: Magna Carta (Links to the Crusades) • British/Go-givers: Tax Part 1-3 <p>Event: Queen Elizabeth Hospital Open Day</p>
Social	<ul style="list-style-type: none"> • Go-givers – Meet the Go-givers 	<ul style="list-style-type: none"> • British/Go-givers: Getting to Know You • Character/Go-givers: Anna's Monster Lies – Link to the Boy who Cried Wolf • British/Go-givers: Name Calling: Sticks and Stones • Health/Go-givers: Chicken Soup – Link to Digestion 	<ul style="list-style-type: none"> • British/Go-givers: Getting to Know You • SRE/Go-givers: More than one friend • Character/Go-givers: Taking Responsibility 	<ul style="list-style-type: none"> • Character/Go-givers: Mediation Resolving Conflict (Links to Religious Conflicts) 	<ul style="list-style-type: none"> • Safeguarding/Go-givers: Peer Pressure: It's Your Choice (Links to Online Safety) 	<ul style="list-style-type: none"> • British/Go-givers: Moral Values: When is Enough, Enough? (Links to Jewish Faith (3/4) & World War II)

Character	<ul style="list-style-type: none"> • Pastoral/Go-givers: Animals that Help One Another 	<ul style="list-style-type: none"> • Pastoral/Go-givers: Animals that Help One Another 	<ul style="list-style-type: none"> • Pastoral/Go-givers: Caring for Pets • Character/Go-givers: Lesson: Difficult Decisions • Character/Go-givers: The Power of words • Character/Go-givers: The Selfish Little Red Hen • Characters/Go-givers: The Two Brothers 	<ul style="list-style-type: none"> • SRE/Go-givers: Your Amazing Brain: Becoming a Resilient Learner 	<ul style="list-style-type: none"> • SRE/Go-givers: Your Amazing Brain: Becoming a Resilient Learner 	<ul style="list-style-type: none"> • SRE/Go-givers: Your Amazing Brain: Becoming a Resilient Learner 	<ul style="list-style-type: none"> • SRE/Go-givers: Your Amazing Brain: Becoming a Resilient Learner 	
	Whole School Event: Inspirational Sports Person visit School Values Assembly: TEAMWORK							
	<ul style="list-style-type: none"> • Go-givers – Healthy Eating (Links to Science) • Go-givers – How do you feel today? • Go-givers – Let's get active • Go-givers – Why do we wash our hands? 	<ul style="list-style-type: none"> • Character/Go-givers: Resilience • Pastoral/Go-givers: Pete's Para-athletics 	<ul style="list-style-type: none"> • Health/Go-givers: How do you feel today? • World/Go-givers: Hearing Loss: Zoe's Ears (Links with Sense) • Character/Go-givers: Golden Girl: Jessica Ennis 	<ul style="list-style-type: none"> • Health/Go-givers: Obesity (Links to Science) • Health/Go-givers: Stressed Out (Links to Science & SRE) • British/Go-givers: Your Amazing Brain: Becoming a Resilient Learner • Health/Go-givers: Photo Caption (Links with SRE and Online Safety) <p style="text-align: center;">Event: Wheelchair Awareness Day</p>	<ul style="list-style-type: none"> • World-view/Go-givers: Rio Meets Callum (Royal National Institute of Blind People) (<i>Links to Science</i>) • World-view/Go-givers – The Gift of Sight (<i>Links to Science</i>) • Go-givers – Healthy Eating (Links to Science) 		<ul style="list-style-type: none"> • Safeguarding/Go-givers: Microorganisms (<i>Links to Classification</i>) • Health/Go-givers: Understanding Cancer (<i>Links with Science</i>) • Pastoral/Go-givers: Bereavement - Treasure Memories (<i>Link to Human Growth</i>) 	
	Cross-Curricular: Underpinned by the PE Curriculum							
<p style="text-align: center;">Charity</p> <p>Event: Christmas Performance Fundraiser for All Saints Church</p>	<ul style="list-style-type: none"> • Character/Go-givers: Generosity: To Giver is To Receive – Links to Japanese Folktale 			<ul style="list-style-type: none"> • British/Go-givers: The Queen: A Life of Giving (April 22nd) (<i>Links to the Restoration</i>) 	<p>Event: House Captain Foodbank Volunteering – Harvest</p> <p>Event: Summer/Christmas Fair Fundraiser</p>	<ul style="list-style-type: none"> • British/Go-givers: The Benefit System (Linked to Workhouses and Victorian Reform) <p>Event: House Captain Foodbank Volunteering – Harvest</p> <p>Event: Summer/Christmas Fair Fundraiser</p>		

							Event: Christmas Performance Fundraiser for All Saints Church	Event: Christmas Performance Fundraiser for All Saints Church
Whole School Event: Harvest Donations								
Equality	LGBT (School out)	•	<ul style="list-style-type: none"> • British/Schools Out: Who do you love? • SRE/Schools Out: Love 	<ul style="list-style-type: none"> • British/Schools Out: Different People, Different Talents 		<ul style="list-style-type: none"> • British/Schools Out: Pride Flags & Stonewall's 'Same Love, Different Families' (Links with earlier flag work) 	<ul style="list-style-type: none"> • SRE/School Out: If we must die (LGBT Month: Links to Slavery & Martin Luther King) 	<ul style="list-style-type: none"> • SRE/Schools Out: Keith Haring Art (Links with Art & LGBT Month Feb)
	Debate (Parliament)		<ul style="list-style-type: none"> • British/Go-givers (DEBATE): Where do you stand? 	<ul style="list-style-type: none"> • British/Go-givers (DEBATE): Where do you stand? 	<ul style="list-style-type: none"> • British/Go-givers: Rights and Responsibility: Getting the Balance Right (DEBATE) (Links to Online Safety/Bill of Rights/Taxation) • British/Go-givers: DEBATE – Should Adults be allowed to smack children? 	<ul style="list-style-type: none"> • British/Go-givers (DEBATE): Where do you stand? (Links to Persuasive Letter) • British/Parliament: Debating Pack 	<ul style="list-style-type: none"> • Pastoral/Go-givers: Martin Luther King (Links with Nelson Mandela and Slavery) • British/Go-givers: The Immigration Debate (Links to British Empire, Mexico & USA and Irish Potato Famine. Links to Invaders and Settlers (3/4) 	
	Tolerance (Educate against Hate)	<ul style="list-style-type: none"> • Go-givers – People who are special to me? 	<ul style="list-style-type: none"> • Go-givers – People who are special to me? 	<ul style="list-style-type: none"> • Go-givers – I am Unique 	<ul style="list-style-type: none"> • British/Go-givers: Invaders and Settlers: Coming to Britain (Links to Yr 2 Vikings and Romans and Settlements) • British/Educate Against Hate: The Beatles – Links to Music • British/Go-givers: The Golden Rule: Multi Faith Values (<i>Link to Religious Conflict</i>) British/Educate Against Hate: Community Dance (Links to Music) 	<ul style="list-style-type: none"> • British/Educate Against Hate: Trusting HTML (<i>Links to Computing</i>) 	<ul style="list-style-type: none"> • British/Go-givers: Scapegoat (Link to Islamic believes) • British/School Out: Internalised Discrimination (Year 6) • British/Educate Against Hate: Anglos Saxons (Links Year 1/2 Anglo Saxons) <p>Event: King's Lynn Soroptomist Debating Contest</p>	<ul style="list-style-type: none"> • British/Educate Against Hate: Liverpool (Links to Merseyside and Slavery) • British/Educated Against Hate: Stereotyping (Links to Victorians and SRE) • World-view/Go-givers: Nelson Mandela (Links to Slavery & Martin Luther King) • British/Go-givers: Righting Wrongs - Discriminating against gay people <p>Event: King's Lynn Soroptomist Debating Contest</p>
Whole School Event: Dress to Unimpress Day (Children in Need)								
Cross – Curricular: Underpinned by the Religious Education Curriculum and RE Day								
Safety	Water	<ul style="list-style-type: none"> • Safeguarding/RNLI: Stay together 	<ul style="list-style-type: none"> • Safeguarding/RNLI: Water Safety Passport • Safeguarding/RNLI: Stay together 	<ul style="list-style-type: none"> • Safeguarding/RNLI: Water Safety Passport 	<ul style="list-style-type: none"> • Safeguarding/RNLI: Water Safety Passport • Safeguarding/RNLI: The Day I Fell In 	<ul style="list-style-type: none"> • Safeguarding/RNLI: Fly the Flag (Links with Union Jack & SRE) 	<ul style="list-style-type: none"> • Safeguarding/RNLI: Grace Darling • Safeguarding/RNLI: History of Boats & How Risky is this? 	

Event: Swimming Lessons Key Stage 2							
Sun		<ul style="list-style-type: none"> • Health/SunSAFE: George the Sun Safe Superstar plus song: 'Slip, Slop, Slap, Seek and Slide' 	<ul style="list-style-type: none"> • Health/SunSAFE: George the Sun Safe Superstar plus song: 'Slip, Slop, Slap, Seek and Slide' 		<ul style="list-style-type: none"> • Safeguarding/Sun Safety: George and the Sun Safe Superstar1 		
Community	<ul style="list-style-type: none"> • Balance Bike Training – Spring Term • Go-givers - Keeping Safe at home 	<ul style="list-style-type: none"> • Safeguarding/Brake: Beep Beep Day (3rd Week November) <p style="color: red;">Event: Street Safety Year 2 – Summer Term</p>	<ul style="list-style-type: none"> • Safeguarding/Brake: Beep Beep Day (3rd Week November) <p style="color: red;">Event: Street Safety Year 2 – Summer Term</p>	<ul style="list-style-type: none"> • Safeguarding: Clever never Goes 	<ul style="list-style-type: none"> • Safeguarding: Clever Never Goes 		
Event: Road Safety Day – External Visit							
Safeguarding	<ul style="list-style-type: none"> • Safeguarding/NSPCC: What's in your Pants 	<ul style="list-style-type: none"> • Safeguarding/NSPCC: What's in your Pants (Links to the Emperor's New Clothes) 	<ul style="list-style-type: none"> • Safeguarding/NSPCC: What's in your Pants (Links to Queen's Knickers) 	<ul style="list-style-type: none"> • Safeguarding/NSPCC: What's in your Pants 	<ul style="list-style-type: none"> • Safeguarding/NSPCC: What's in your Pants • Thinkyouknow: Identity Safety 	<ul style="list-style-type: none"> • Safeguarding/NSPCC: I saw your willy • Thinkyouknow: Identity Safety • Safeguarding/Educate Against Hate: Grooming (Year 6) 	<ul style="list-style-type: none"> • Thinkyouknow: Sexting
Fire	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Safeguarding/Twinkl: Firework Safety (1st Week November) • Safeguarding/Fire Service: Fire Safety <p style="color: red;">Event: Fire Brigade Visit - October</p>	<ul style="list-style-type: none"> • Safeguarding/Twinkl: Firework Safety (1st Week November) • Safeguarding/Fire Service: Fire Safety <p style="color: red;">Event: Fire Brigade Visit - October</p>	<ul style="list-style-type: none"> • British/Parliament: Bonfire Night Guy Fawkes 	<ul style="list-style-type: none"> • Safeguarding/FireSafety: Detection and Escape 	<ul style="list-style-type: none"> • Safeguarding/RNLI: Cold Water Impact (Links to Science) <p style="color: red;">Event: May - Crucial Crew for Year 6 at Fire station</p>	<p style="color: red;">Event: May Crucial Crew for Year 6 at Fire station</p>
Drug	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Safeguarding/Go-givers: Medicines and Drugs: Get Better Soon 	<ul style="list-style-type: none"> • Safeguarding/Twinkl: Being Safe around Medines 				<ul style="list-style-type: none"> • Safeguarding/Go-givers: Drugs, Alcohol and the Law (Links to Opium Wars

Positive Relationships Relationships	Online Safety	<ul style="list-style-type: none"> • Safeguarding/Online: We are Y1/2 Rule Makers • Safeguarding/Online Safety: We are kind and thoughtful online (Links with Anti-bullying) • Safeguarding/Online Safety: We are responsible internet and device users (Links with Safer Internet Day – Feb) • Safeguarding/Online Safety: We are online behaviour experts • Safeguarding/Online Safety: We are game rates (Understanding the PEGI system) • Safeguarding/Online Safety: We are code-breakers 	<ul style="list-style-type: none"> • Safeguarding/Online: We are Y1/2 Rule Makers • Safeguarding/Online: We are not online bullies(Links with Anti-bullying) • Safeguarding/Online: We are good digital citizens (Links with Computing and pictures) • Safeguarding/Online: We are safe searchers (Links with Safer Internet Day - Feb) • Safeguarding/Online Safety: We are information Protectors • Safeguarding/Online: We are responsible gamers 	<ul style="list-style-type: none"> • Safeguarding/Online Safety: We are rule writers • Online Safety: We are digital friends • Safeguarding/Go-givers: Keeping Safe in Cyberspace – Internet Safety Day Feb 11th 2020 • Safeguarding/Online Safety: We are aware that our online content lasts forever • Safeguarding/Online Safety: We are aware of our digital footprint • Safeguarding/Online Safety: We are netiquette experts • Safeguarding/Online Safety: We are avatar creators 	<ul style="list-style-type: none"> • Safeguarding/Online Safety: We are rule writers • Safeguarding/Online Safety: We are standing up to peer pressure • Safeguarding/Online Safety: We are online risk managers • Safeguarding/Online Safety: We are aware that our online content lasts forever • Safeguarding/Online Safety: We are Internet Detectives (<i>Safer Internet Day – Feb</i>) • Safeguarding/Online Safety: We are careful when talking to virtual friends • Safeguarding/Online Safety: We are respectful of digital rights and responsibilities 	<ul style="list-style-type: none"> • Safeguarding/Online Safety: We are responsible for our actions • Safeguarding/Online Safety: We are Rule Writers • Safeguarding/Online Safety: We are content evaluators • Safeguarding/Online Safety: We are protecting our online reputation • Safeguarding/Online Safety: We are respectful of copyright • Safeguarding/Online Safety: We are game changers 	<ul style="list-style-type: none"> • Safeguarding/Go-givers – Internet Detectives (Links to geocaching) • Safeguarding/Educate Against Hate: Location Data (Links to geocaching) • Safeguarding/Online Safety: We are Rule Writers • Safeguarding/Online Safety: We are responsible for our actions • Safeguarding/Online Safety: We are safe social networkers • Safeguarding/Online Safety: We are respectful of others • Safeguarding/Online Safety: We are online safety problem solvers • Safeguarding/Online Safety: We are safe gaming experts
	First Aid	Whole School Event: Online Safety Day					
				<ul style="list-style-type: none"> • Safeguarding/St. John’s: Big First Aid Lesson Autumn 2015 – burns, cuts, diabetes and slings 	<ul style="list-style-type: none"> • Safeguarding/St. John’s: Big First Aid Lesson Spring 2016 – Coping in an emergency & the recovery position 	<ul style="list-style-type: none"> • Safeguarding/St. John’s: Big First Aid Lesson Autumn 2017 	<ul style="list-style-type: none"> • Event: Red Cross First Aid Training
		<ul style="list-style-type: none"> • Who is my family? • How are other families similar or different to mine? • What can other people do to make me feel good? • Who do I look after? • Why shouldn’t I tease other people? • Likes and dislikes? 	<ul style="list-style-type: none"> • Are there different relationships? • Different families? 	<ul style="list-style-type: none"> • What are the important relationships in my life now? * • What is love? • How do we show love to one another? • Can people of the same sex love each other? – is that ok? * • What are the different kinds of families and partnerships? • What do the words ‘lesbian’ and ‘gay’ mean? * • Why does calling someone ‘gay’ count as bullying? * • What should I do if someone is being bullied or abused? • Are boys and girls expected to behave differently in relationships? Why? • Can some relationships be harmful? • Why are families important for having babies and bringing them up? 			

Relationship	My Body	<ul style="list-style-type: none"> • Why are boys and girls bodies different? • What can we call the different parts of boys and girls bodies? 	<ul style="list-style-type: none"> • How has my body changed since I was a baby? • Why is my body changing? • Why are some children growing quicker than others? • Why are some girls in my class taller than the boys? • How do girls and boys grow differently? • Why are we all different? • Is it ok to be different? • What are the similarities and differences between girls and boys? • Should girls and boys behave differently? 	<ul style="list-style-type: none"> • What is puberty? * • Does everyone go through it? At what age? What body changes do boys and girls go through at puberty? • Why are some girls 'tomboys' and some boys a bit 'girly'? *Is my body normal? What is 'normal'? • How will my body change as I get older?
	Feelings and Attitudes		<ul style="list-style-type: none"> • What makes me feel good? • What makes me feel bad? • How do I know what other people are feeling? • Why are my feelings changing as I get older? • How do I feel about growing up and changing? • How can I cope with stronger feelings? 	<ul style="list-style-type: none"> • What kinds of feelings come with puberty? * • What are sexual feelings? • What are wet dreams? * • What is masturbation? Is it normal? * • How can I cope with these different feelings and mood swings? * • How can I say 'no' to someone without hurting their feelings? • What should I do if my family and friends don't see things the way I do? • What do families from another cultures and religions think about growing up? • Can I believe everything that I see on TV about perfect bodies/relationships/girls/boysto true?
	Lifecycles / human reproduction	<ul style="list-style-type: none"> • Where do babies come from? • How much have I changed since I was a baby? • How are other children similar and different to me? 	<ul style="list-style-type: none"> • Why does having a baby need a male and a female? • What are eggs and sperm? • How do different animals have babies? • How do different animals look after their babies before and after birth? • What happens when people get older? 	<ul style="list-style-type: none"> • What is sex? * • What is sexual intercourse? * • How many sperm does a man produce? * • How many eggs does a woman have? * • How do sperm reach the egg to make a baby? * • Does conception always occur or can it be prevented? • How do families with the same-sex parents have babies? * • How does the baby develop? * • How is the baby born? * • What does a new baby need to keep it happy and healthy?
Keeping safe & looking after	<ul style="list-style-type: none"> • Which parts of my body are private? • When is it ok to let someone touch me? • How can I say 'no' if I don't want someone to touch me? • Who should I tell if someone wants to touch my private parts? 	<ul style="list-style-type: none"> • Which parts of my body are private? • When is it ok to let someone touch me? • What are good habits for looking after my growing body? • What do I do if someone wants me to do something dangerous, wrong, makes me feel uncomfortable? • When is it good or bad to keep secrets? 	<ul style="list-style-type: none"> • How can I look after my body now I am going through puberty? * • How can girls manage periods? Menstruation? * • What is sexting? * • How can I deal with peer pressure? * • What is grooming? 	

	People who can help me	<ul style="list-style-type: none">•	<ul style="list-style-type: none">• Who can I ask if I need to know something?• Who can I go to if I am worried about something?	<ul style="list-style-type: none">• Who can I talk to if I feel anxious or unhappy?• Where can I find information about growing up?	<ul style="list-style-type: none">• Who can I talk to if I want help or advice?• Where can I find information about puberty and sex?• How can I find reliable information about these things safely on the internet?