



Little STaRS

Topics and skills covered in this programme include:

Medicines, Feelings and Friendship, People who Help us Stay Healthy, Risk, Staying Safe at Home, Computer Safety.

Be prepared:

You are a parent/carer, not a medical or legal expert. You aren't expected to know everything. It's OK to check things and look things up but remember, some online sites aren't reliable. Our family hub has some reliable and trusted sites with more information to help you:

Scan here

<https://link.lsec.uk/family-hub>



Pick the time and place. A calm, quiet place where you won't be overheard or interrupted is best. Don't aim to shock or scare - that approach doesn't work. Try to mutually agree on what is acceptable. Find out what they already know and discuss, don't lecture.



What to say to my children when we talk about/if they ask about: **Little STaRS** topics.

The facts, useful information and how to word things:

Helpful drugs are called medicines. We get these from the Chemist, Supermarket or Doctor.

Some medicines help us feel better like Calpol (prescription meds), some medicines stop us getting poorly like vaccines and asthma inhalers.

Our Parents/carers/guardians help us make sure we take the right amount.

Treating others unkindly or saying unkind things can make others feel sad.

Discuss the range of people who help keep us safe and healthy. Parents/Carers, family, Emergency services, Doctors and Nurses, Crossing patrol, teachers, TAs...

Some situations might be risky - we don't know how things will turn out and there is a chance something might go wrong. Discuss situations involving risk e.g. crossing a road. What do we do to reduce risk and keep safe?

Explain that some household products are stored in locked cupboards, under the sink, on high shelves because they can be harmful if misused.

We need to stay safe when working/playing online and not respond to any messages we might get from people we don't know.

A sensible way of staying safe is not spending too long online each day. Be online in a room where there is an adult and ask them if you aren't sure.