



Super STaRS

Topics and skills covered in this programme include:

Medicines, Feelings - Stress and Worry, People who Help us - Support Networks, Risk and Consequences, Staying Safe at Home (medicines), Online 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: **Super STaRS** topics.

The facts, useful information and how to word things:

Think about things we put on and into our bodies - some protect us like sun cream, some keep us healthy like fruit and vegetables. Too much unhealthy food can be harmful.

Some medicines help us feel better like Calpol (prescription meds) some medicines stop us getting poorly like vaccines and asthma inhalers. Can you think of others? These may be tablets, liquids or injections.

All medicines should be stored safely and not shared with other people. Adults will help.

It's normal to worry about certain things. We all worry about different things and all feel differently when we are worried - butterflies in the stomach, getting sweaty or hot.

Worry is sometimes called stress. Healthy ways to deal with worry include exercise, listening to music and most importantly talking to someone about it.

Consider the range of people who help keep us safe and healthy every day. Who do we turn to during an emergency - family, neighbours, emergency services.

Risk - doing something and we don't know how it will end.

Consequence - the result of an action - could be positive or negative.

We need to stay safe when working/playing online and not give out any personal information - address, telephone number, school.

The best way of dealing with a problem online is to tell/show a trusted adult.

Would you know your address in an emergency?