**‘Safeguarding Me’ Pupil Voices**

**Year Six Collated responses. St Mary of the Angels**

**Spring Term 2024**

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| Thinking back to the Little Billy Stories, which one(s) do you **remember** the most? **Why** these in particular?  | * When Billy was threatened with a knife. It reminds me that gangs are around, it was scary to think that gangs are around.
* When Billy got a new friend at secondary school– one person can change your life and help you.
* When Billy was walking down the alley and it taught me what to do.
* The story of Billy and Michael because Billy started to feel better.
* When Billy joined a gang and the girl wanted Billy to do stuff for her. It taught me to not trust people if they are bribing me to do things.
* The story when Billy carried a knife because you could get yourself in danger.
* The story about Billy and a friend , things were good for Billy until he started taking drugs
* The story of Billy trying to fit in the gang – he was getting bribed into drugs, the gang weren’t his friends they were using him.
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| What **important** lesson(s) has ‘Little Billy’ taught you over the weeks? | * To be myself, to be friends with the right people and to not get into trouble.
* Never join a gang or do drugs or carry a knife.
* Mental health is important. Look after your physical and mental health
* Not to be a bully or join a gang, always be kind.
* Don’t trust people you don’t know, they may be using you.
* Tell a trusted adult when you are feeling worried.
* Stay aware, don’t go down ways you do not know – keep your head up.
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| **In a session, you listen to Little Billy Stories, then talk about it, and take some learning points away with you. Thinking about that:** |
| What have you **learned** about **yourself** over the weeks about keeping **your** mentally and / or physically well? | * Breathing – count backwards from 10 and breathe
* Tell a trusted adult
* Use your voice
* Don’t do drugs or be friends with the wrong people.
* Focus and keep calm
* If something is worrying you, don’t keep it inside, talk about it.
* I am more capable to defend myself that I thought.
* To not talk to strangers.
* Ring childline if need help.
* If you don’t feel safe whilst out, find the safest place for help -
* Believe in yourself and don’t give up.
* To help my mental health I should do something I enjoy and makes me happy.
* To have more self confidence and to have positive thoughts.
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| What have you **learned** about what might be going on / happening to **other people**?  | * We should be grateful for the safe home we have.
* Kids can be bullied or treated badly emotionally and physically.
* Not to judge a book by it’s cover, you never know what stories people have.
* People who are joining gangs may join them because they have no friends.
* Be aware if people online are asking for address or to send inappropriate photos of themselves, don’t do it.
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| Has it **changed** your thinking about anything? How do you think **differently** now?  | * Not to fight and not to get in a gang
* To stay more alert in my surroundings.
* To look straight ahead and stand confidently.
* I will think about what people are feeling inside and read body language.
* To not be a bully and not to be rude
* To think more positively.
* The self-defence because I know what to do to protect myself.
* To use exercise to improve my physical health
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| **Self defence** has been part of your lessons, too. Why do you think that it has been **important** to do it?  | * So you can protect yourself and others when you feel unsafe.
* I feel more confident.
* When someone fights you can fight off.
* It will keep me safe.
* If someone tries to hurt you , run but if you can’t then you can use self defence.
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| Which skill in **self defence** do you like the best? Why? | * The elbow – it will hurt and give you time to run away.
* Palm strike – it is powerful
* The hammer – it is the easiest.
* The kick – it is the strongest.
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| How has your **physical health** improved since learning self defence?  | * I showed my family how to do self-defence.
* It is like a mini exercise routine, it was hard at the start but it got easier.
* It made me feel more confident.
* I have more agility and stamina
* I feel more powerful
* I feel more active
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| You also learned to use your **voice** during self-defence in case you ever need to. Why do you think this is important?  | * Your voice helps to alert people for help.
* So you can startle the person and they know that you are not afraid.
* It will shock the attacker.
* To boost adrenaline and that can help with power.
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| So, would you **recommend** the lessons to other children? What would say to them, then?  | Yes definitely – I would tell them about little Billy and the self-defence.It makes the quieter and preserved children open up and know when to use their strength and voice.Yes because it will keep you safe.Yes, it is a good way to protect yourself.Yes, it was fun and important to do ready for secondary school. Yes , Gaz is a fun teacher , listen to him.Yes you will learn a lot to keep you safe.Yes , the lessons are fun , you learn a lot in 40 minutes. Gaz is amazing and you learn a lot about physical and mental health.Yes, it is a great opportunity to learn more skills and the stories inspire.  |

Thank you for your feedback. It is of great value to us!