**‘Safeguarding Me’ Pupil Voices**

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

**Spring Term 2024**

|  |  |
| --- | --- |
| 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. |
| 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. |
| **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. |
| 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. |
| 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 |
| **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. |
| 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. |
| 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 |
| 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. |
| 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!