



The wee BOOK About Life, Love And Living

This wee book is a big part of the talking, thinking and learning you will do at school this year
It's all about friendship, boys and girls, growing up and being safe
Got a question about life, love or living? Got a worry?

Take a look in the wee book

the PG edition

FRIENDS FOREVER

Friends share how they are feeling and the things they've got.

Friends **listen** to each other.

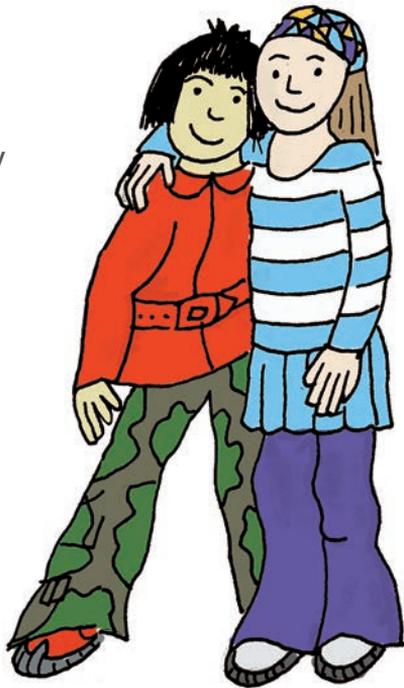
Friends can like the **same** things... and like **different** things.

Friends can disagree about things... but they **respect** the other person's point of view.

Sometimes other people try to interfere in your **friendships**.

Just remember, whatever they say, **boys** can be friends with boys and girls and **girls** can be friends with girls and boys.

Even if someone is not your friend it is still **important** to treat them with **respect**.



WHAT KIND OF FRIEND ARE YOU?

DO YOU:

Smile and say hello to a friend when you see them?

Ask your friend what they're up to and check out how they're **feeling**?

Like **being** with your friend, even when they're a bit fed up?

Suggest things to do, but **never** force your friend to do it?

Think your friend is the **best**?

The more you answered 'yes' the **better** friend you will be.

THINK ABOUT

Your best friend **ever!** What made them such a **good** friend?
Do you have other people who could be friends like this with you?

FIND OUT ABOUT

What other people in your class or in your street like to do.
Maybe you like the **same** things.

TALK ABOUT

Your **favourite** things with other kids you like.



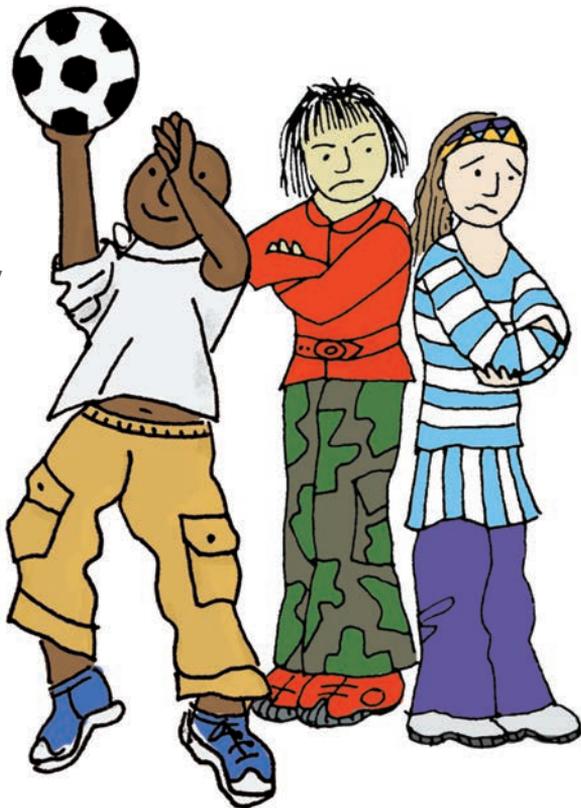
When FRIENDS FALL OUT

Ever been **annoyed** with a friend? Ever fallen out with a friend?
Ever thought that a friend just doesn't **understand** you?

It does happen. But then what do you do?

Here are some useful tips:

- ★ Think about what the argument was about or why you're annoyed.
- ★ Have a chat again and explain how you feel.
- ★ Decide you can disagree about some things and still be friends.



THINK ABOUT

How you **handle** falling out with a friend. Do you find out from them what they're feeling? Are you good at explaining how you feel?

FIND OUT

From your friends why they like you... and tell them why you like them. See if you can make some **rules** about what you'll do if you ever fall out.

THINK ABOUT

What **you** can do to help friends when they fall out with each other. Can you help them explain how they feel?

TALK ABOUT

Things you could do in your school to **help** other people find and make friends. What could you do in the playground? What could you do after school?

LOOK AFTER YOURSELF ONLINE

What do you go online for?

- ★ To email or chat to friends?
- ★ To look up the best sports sites?
- ★ To see your favourite music, telly or movie stars?
- ★ To play games or download music?
- ★ To find out what other kids think about things?

Why do you think other people go online?

Because you can't see who is online you just don't know who other people really are. Sometimes adults pretend to be children online. Sometimes these adults will try to get your name, the name of your school, your email address or mobile number. So never give any of these things to anyone online, no matter who they say they are.

Top tips for being safe online

- ★ Never give your name, age, school, home address or mobile number to people you do not know.
- ★ Tell a parent/carer or teacher if you get an email or text that makes you feel uncomfortable or worries you.
- ★ Don't reply to emails or texts from people you don't know.
- ★ Avoid sending photos of yourself – and never send one to someone you don't know.
- ★ Never arrange to meet someone you only know online unless you do it with a parent or carer.

THINK ABOUT

How safe you are when you are online: do you always follow our top tips?

THINK ABOUT

Who you would speak to if you had a worry or if something upset you when you were online.

FIND OUT ABOUT

Great sites you can visit from your friends, your teacher and your local library. Find out more about being safe online and on your mobile. There's loads online to check best ways to be safe.

Try this site:

www.kidsmart.org.uk

TALK ABOUT

What you do online with your family and your teacher. Tell them about some of the best sites you have visited.



YOUR MOBILE

Got a mobile phone or **thinking** about getting one?

Mobiles are fantastic – you can have fun with them and **stay in touch** with family and friends when you are out and about.

You have to be as **smart** on your mobile as you are online. Always follow these rules with your mobile.

- ★ **Only** give your number to close friends and family.
- ★ **Never** give a friend's mobile number to another person.
- ★ If you get any upsetting texts or photos on your phone **tell** someone in your family or your teacher.
- ★ **Never** put up with bullying texts – always tell someone and show them what you have been sent.
- ★ Never **forward** a message or photo to someone if you know it will upset or worry them.
- ★ If you miss a call, but you don't recognise the number, don't phone it back.

Want to **know more** about what to do if someone is using texts to bully you or a friend?

GO TO

www.childline.org.uk for some good **advice**.

THINK ABOUT

Who you give your number to.

FIND OUT ABOUT

How to stay **safe** with your mobile.

TALK ABOUT

Any strange or upsetting messages or texts you get with **someone** in your family or your teacher.

Never reply to them.

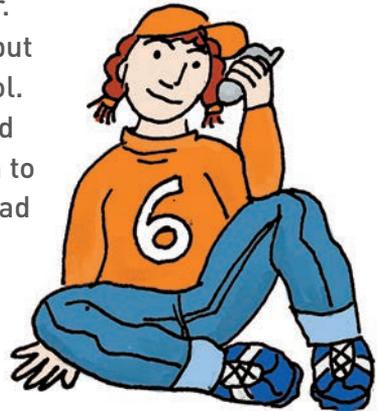


PUBERTY! WHAT'S HAPPENING TO ME?

The changes that your body goes through as you become an adult is called **puberty**. Puberty happens to **everyone**. Your body will change on the inside and the outside. This will take a few years. **It may have started already, or maybe it won't start until you are in secondary school.** These changes happen...

- ★ Your body changes shape, sometimes a bit more round, or your muscles grow a bit bigger.
- ★ You will sweat a bit more and your body starts to smell different so you need to wash or shower more often.
- ★ You get more hair on your body.
- ★ Your hair or skin gets greasy and maybe you get spots.
- ★ If you are a girl your breasts will get bigger.
Your periods will start anytime from now, but maybe not until you are in secondary school.

Your period usually happens every 28 days and is a natural and normal thing that will happen to all girls. During your period you can wear a pad inside your pants to absorb the small amount of blood that comes out.



- ✦ If you are a boy your penis might get hard, its called an erection. Sometimes a fluid called semen comes out, this can happen when you are sleeping (it's called a wet dream). And maybe your voice will start to sound a bit deeper. This could start anytime from now, but might not start until you are in secondary school.



OUR BODY CHANGES... AND SO DO OUR FEELINGS

Some young people say the biggest change that comes from puberty is how they are **feeling**.

Feelings get much stronger.

It can feel like people in your family are extra annoying.

You really want to be more independent and it feels like they just treat you like a baby.

You can begin to really like other boys or girls. But it's hard to know what to do, especially if they don't like you back.



THINK ABOUT

The best person to talk to if you have any questions about puberty.

FIND OUT MORE ABOUT

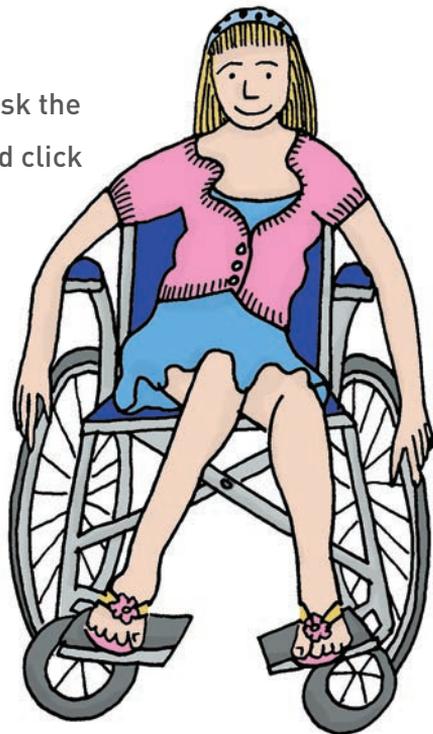
There are some good books about puberty, ask the librarian at your local library or go online and click on puberty at:

www.childline.org.uk/info-advice/

TALK ABOUT

Your feelings. Think of an adult you know who is a good listener. Pick a time when you have some peace and quiet.

Remember, they've been through this too.



GIRLS vs BOYS AND BOYS vs GIRLS?

Well at least that's **sometimes** how it feels.

Some people just can't resist talking about the differences between girls and boys. And hey some of it's true. From P6 girls and boys bodies really do begin to change and look and feel different.

Other people try to tell us what kind of boy or girl we are supposed to be – how we should look, how we should act, what we should wear...

But aren't there still lots of things that make girls and boys the same. Here's our list, see if you can think of any more:

- ★ Girls and boys **care** about their **friends**.
- ★ Boys and girls **care** about what other people **think** of them.
- ★ Girls and boys need to be **safe** from **harm**.
- ★ Boys and girls **can** like the same things.

So, what's the most **important** thing to remember about being a boy or a girl?

Be yourself! And let other people be themselves too!

hAPPY AND SAFE AT home

Every boy and girl should be **safe at home**. Sometimes parents do argue. But no-one should be afraid or be hurt.

If someone is being frightened or hurt by someone else in the family it's called domestic abuse.

When its happening it can be scary, confusing and leave people feeling really worried.

Boys and girls are never to blame for domestic abuse. If it's happening in your family, or to a friend, here are some things to think about...

THINK ABOUT

Talking to someone about what's going on. You could speak to an adult that you know is a good listener and who cares about you.

TALK ABOUT

Your feelings or your worries. ChildLine is free and confidential.

Calling ChildLine doesn't show up on the phone bill.

Phone **08001111** or check out the ChildLine website for more at:

www.childline.org.uk

If you want to speak to someone about a bigger question or worry you can phone **ChildLine** on 08001111 or visit www.childline.org.uk



This booklet has been produced in 2016 by **NHS Greater Glasgow and Clyde**

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