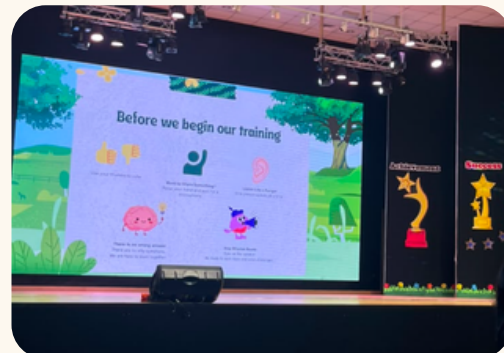


CREDEENCE HIGH SCHOOL

Respect Yourself & Others - Primary School

GRADES
4 and 5

DATE
Monday, 29th June 2026



● INTENT

The 'Respect Yourself and Others' wellbeing session was hosted for Primary School students of Grades 4 and 5, and delivered through separate sessions for boys and girls to support gender-appropriate discussions.

The session aimed to promote self-respect, personal safety, healthy decision-making, digital responsibility and positive relationships. The session aligned with the school's vision of nurturing respectful, responsible and resilient learners while supporting students' holistic wellbeing and personal development.

● EXPERIENCE

The session was conducted on 29th June 2026 in the school auditorium through separate 30-minute sessions for boys and girls in Grades 4 and 5.

Students engaged enthusiastically in mission-based activities, including scenario discussions, interactive challenges and guided reflections.

They actively shared their ideas, responded thoughtfully to real-life situations, and demonstrated positive participation throughout the session.

● INSIGHT

The session strengthened students' understanding of self-respect, personal safety, healthy choices and respectful relationships.

The interactive session, 'Respect Rangers' encouraged active participation and meaningful discussion, making key wellbeing messages engaging and memorable.

Students responded positively to the scenario-based approach, highlighting the value of interactive learning in supporting future wellbeing programmes and promoting practical life skills.

