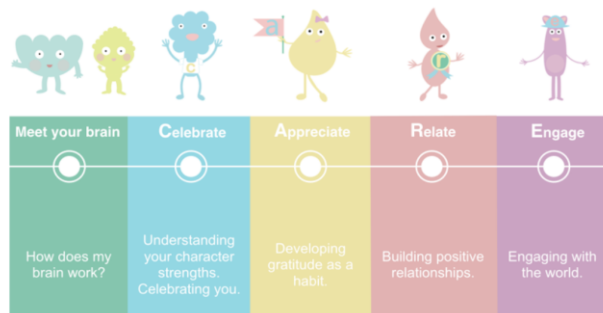
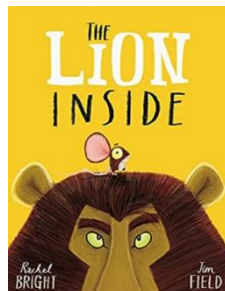
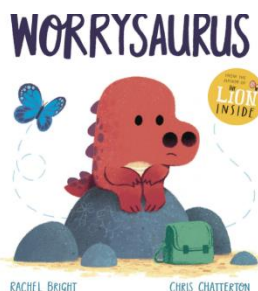
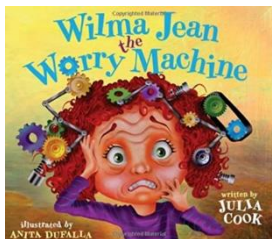


HEALTH AND WELLBEING

Growing up - Key Facts

- ❖ We all started life as a **baby**, then grew into **toddlers**.
- ❖ Our bodies change as we grow from **babies** into **children, teenagers** and **adults**.
- ❖ Getting older means becoming more **responsible** and doing things for yourself.
- ❖ **Boys** and **girls** have different **bodies** so that they can have children when they are older, if they want to.
- ❖ Most of our **body parts**, inside and out, have special jobs to do.
- ❖ I can identify **physical** differences and similarities between males and females.
- ❖ Girls and boys have lots of body parts that are the same, such as **arms, back, cheeks, shoulders, wrists, lips, toes, neck, nostrils and hips**.
- ❖ The differences between girls' and boys' bodies are hidden under our underwear.
- ❖ Boys have a body part called a **penis**. This is its **scientific** name.
- ❖ Behind the penis are the **testicles**.
- ❖ These body parts are only on **males** – that's boys and men.
- ❖ **Females**, that's girls and **women**, have a **vulva** on the outside. This is a **scientific** name.
- ❖ We can name major internal body parts including the **lungs, heart, blood, stomach, small and large intestines, and brain**.
- ❖ Everybody **learns** to do things at different times – there is no right or wrong time and it isn't a race.
- ❖ People have different **talents** and things they are good at.
- ❖ As we grow, our **responsibilities** and opportunities change.
- ❖ We can prepare for **changes** and set new goals.

Possible Stories



H-A-P

Hippocampus Amygdala Prefrontal Cortex





Happy Breathing

Health and Hygiene - Key Facts

- ❖ To grow into a **healthy** adult, we must eat the right amount of the right types of foods, **exercise** regularly and maintain good hygiene.
- ❖ Brush your teeth twice a day for 2 minutes.
- ❖ We should visit the **dentist** every 6 months for a check-up.
- ❖ Brushing properly removes **plaque**. **Plaque** can cause **cavities**, toothache, gum disease and even our teeth to fall out!
- ❖ When we touch things, we pick up **germs**, which we can then **spread** by rubbing our eyes, putting things into our mouths, etc.
- ❖ We can spread **germs** to others without realising because we can't see them.
- ❖ Some **germs** can make us feel unwell, from a cold to a tummy bug and more.
- ❖ **Washing** our hands with clean, warm water and soap will kill off the **germs** and keep our hands clean.
- ❖ Sometimes we need **medicine** to combat germs or viruses and get better. We are **vaccinated** to avoid getting diseases.
- ❖ Adults need to be **active** for at least 150 minutes each week
- ❖ Children aged 5 to 16 need to be active for at least 60 minutes each day
- ❖ Children under 5 need 3 hours of activity a day.

RELATIONSHIPS



Feeling Safe - Key Facts

- ❖ All people – adults and children – have the right to feel **safe**.
- ❖ The internet is a valuable tool in everyday life where some content is factual or for entertainment. Some content can be **untrue**.
- ❖ We need to be aware of **strangers** when we are using **online** content or tools.
- ❖ A **trusted adult** is someone who would protect my **rights** such as a police officer, a trusted friend or a teacher. 
- ❖ Never share your full name, address, phone number or school with a **stranger** online.
- ❖ Make sure you tell a **trusted adult** if you need help or see something **online** that worries, scares or upsets you.
- ❖ Sometimes if you do not feel **safe**, this can be upsetting and a little frightening. Tell a **trusted adult**.
- ❖ It is OK to ask someone to STOP if they are doing that makes you feel uncomfortable. Then, tell a **trusted adult**.
- ❖ The parts of our body under our underwear are **private**. 
- ❖ Safe places to cross the road include **zebra crossings** and **pedestrian crossings**.
- ❖ Wearing a helmet when riding a bike or scooter will protect you from a serious **head injury**.
- ❖ It is important to stay with your group when out and about.
- ❖ The number to call in an **emergency** is 999 but you must never call it as a joke.

Key Words

protect	rules	stranger danger	road safety
emergency	getting help	love	underwear
e-safety	danger	zebra crossing	pedestrian crossing
trusted adult	online	bullying	The 'underwear rule'
baby	safe	private	community
unique	special	disagreements	
feelings	wellbeing	purpose	trust

Healthy Relationships - Key Facts

- ❖ A **community** is a group of people who live in the same place. We all **belong** to different groups and communities. 
- ❖ We play different roles in different groups such as school, clubs or faith groups.
- ❖ Groups and communities help us to feel included.
- ❖ We are all **unique and special**. People have different beliefs, families, and ages, come from different places, wear different clothes, have different abilities and interests, look different and do things in different ways.
- ❖ We can make good friend who is someone we can **trust**, who looks after our **feelings** and who helps us to feel **safe and happy**.
- ❖ **Caring** for others is good for our **well-being**. It helps us to feel happier and calmer.
- ❖ **Cooperating** with others means working together, sharing, listening, helping others and looking after everyone's feelings. 
- ❖ We understand what causes **disagreements** and can work them out with others positively.
- ❖ **Bullying** is when someone chooses to hurt someone else on **purpose** with his or her actions or with their words.
- ❖ **Bullying** is REPETITIVE – which means it happens again and again. It can hurt us in many ways.
- ❖ If someone is being **bullied**, we can tell him or her to stop and talk to a trusted adult.
- ❖ **Secrets** can make us feel uncomfortable and know how to get help.
- ❖ Use the correct **vocabulary** to ask for help if they feel unsafe, uncomfortable or worried.

Valuing Differences - Key Facts

- ❖ Families come in all shapes and sizes. **Love** is what makes them all the same.
- ❖ Some **families** have a mum. Some families have a dad, or two mums, or two dads. Others have carers, gran **step-parents** or a mum and dad. 
- ❖ They are all **unique** and **special**.
- ❖ It is important to treat all people with **kindness** and **respect**.
- ❖ No person is more or less important than another.
- ❖ Being kind and **respectful** to all people helps us to feel happy and safe.
- ❖ People look and **spend** money in different ways depending on what they need or want.
- ❖ We **reward** people with money for the job they do.