

RELATIONSHIPS

Healthy Relationships

Key Facts

- ❖ We have different types of **relationships** with different people.
- ❖ A healthy **relationship** needs to be fair – it should never be one person doing all the giving and the other person taking.
- ❖ **Trust, respect** and kindness make a good friendship.
- ❖ We don't have to have all the same **interests** to be friends with someone.
- ❖ While **arguing** with friends is not nice it can lead to a better friendship if the argument is worked out properly.
- ❖ People may push us to follow or do the same things as them. This is called **peer pressure**.
- ❖ Bullying can take many forms **verbal, physical, emotional** and **cyber**.
- ❖ Anyone can be a **victim** of **bullying** and it can happen at any age.
- ❖ There are usually **witnesses** to bullying.
- ❖ You should talk to an adult you trust if you are being bullied or are worried about someone else being bullied either face to face or online.
- ❖ **Victims** of bullying need **support**.
- ❖ **Bullies** also need help to change their behaviour.
- ❖ **Cyberbullying** is bullying, report it straight away. Use the report functions on websites and apps and speak with an adult you trust.
- ❖ When we communicate online we should always be **respectful**.
- ❖ We should be careful who we choose to communicate with online, they might **not being telling the truth** about who they are.
- ❖ If we are ever **uncomfortable** about someone's behaviour or something they have said, face to face or online we should tell an adult we trust.
- ❖ Websites and apps have **report** and **block** functions to help protect us.

Key Words

trust	respect	opinion	belief
gender	peer pressure	verbal	bully
physical	emotional	value	cyber
witness	aspiration	victim	faith

Valuing Differences

Key Facts

- ❖ We are all unique – we have our own ideas and **opinions**.
- ❖ Everyone deserves to be treated with **respect**, even if they are not our friend.
- ❖ Everyone is different, people have different backgrounds, **faiths, genders**.
- ❖ People also have **similarities**. We may have the same likes and dislikes, the same **values** or **aspirations**.
- ❖ When talking about our **beliefs** and **ideas** with others we should take care to speak respectfully and learn the correct vocabulary to express our thoughts.

HEALTH AND WELLBEING

Healthy Lifestyles

Key Facts

- ❖ Having enough sleep, **exercise** and to eating a healthy **balanced diet** help keep us physically and mentally well.
- ❖ The right diet, exercise and sleep help us to stay well and fight illness.
- ❖ If we are ill we may need to ask for advice from a **pharmacist** or **doctor**.
- ❖ Visiting the dentist every 6 months helps us protect the health of our teeth. The dentist can spot any problems early and give us advice.
- ❖ Good **oral hygiene** includes brushing our teeth twice a day for 2 minutes.
- ❖ Foods and drinks that contain lots of **sugar** can damage our teeth and cause **cavities**.

Growing and Changing

Key Facts

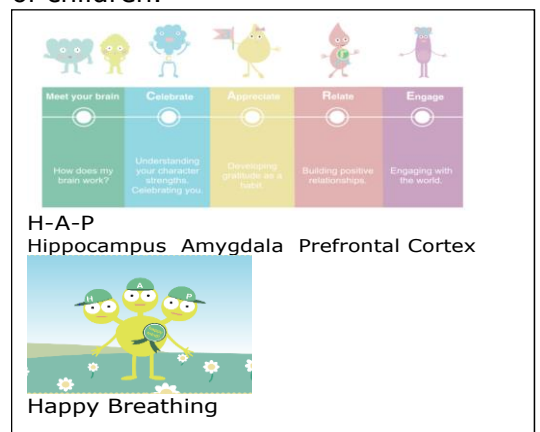
- ❖ Our bodies belong to us and we can decide if we want other to touch us or not this is called **consent**.
- ❖ Boys and girls have different **genitalia** and **reproductive organs**. It is important we know what these are called so we understand our bodies.
- ❖ It is important to know our bodies change during **puberty** so that we are not upset or surprised. Girls start to develop **breasts**. Both boys and girls start to grow hair in their armpits and around their **pubic** areas. Boys voices '**break**' (deepen) and they start to grow **facial hair**.
- ❖ During puberty girls start to have **periods (menstruate)**.
- ❖ Puberty changes the **hormones** in our bodies. It is important that we wash regularly and maybe use **deodorant** to stay clean and fresh.
- ❖ **Puberty** can change effect our emotions. Some **emotions**, like feeling **anxious, jealous or angry** can be uncomfortable, it is important to acknowledge and name these emotions .

Key Words

cavities	dentist	diet	doctor
nutrition	oral hygiene	pharmacist	
consent	genitalia	reproductive organs	puberty
pubic hair	hormones	breasts	menstruate
uterus	ovaries	vagina	penis
fallopian tubes	testes	cervix	

Keeping SafeKey Facts

- ❖ A **drug** is something that when it goes into our body changes how we think and feel.
- ❖ **Medicines** are **legal** drugs given to you by a doctor. You should take medicine exactly as the doctor says and never take anyone else's.
- ❖ Taking medicine incorrectly or that is not **prescribed** for you can make you very ill and be very dangerous.
- ❖ **Tobacco, alcohol** and **caffeine** drinks are **drugs** and can damage our health.
- ❖ All drugs have side effects for example smoke from cigarettes can worsen asthma and lead to lung diseases.
- ❖ Many drugs are **addictive**, the more you have the more you want.
- ❖ We use cleaning products to help keep our homes clean.
- ❖ Cleaning products contain **chemicals** that can cause harm us if used incorrectly.
- ❖ Cleaning products and chemicals should always be kept out of the reach of children.



LIVING IN THE WIDER WORLD

How Data is Shared and Used

Key Facts

- ❖ Whenever we post online this leaves a **digital footprint**.
- ❖ We need to take care that we don't share **personal information** including accidentally, like our school logo or door number in a photo.
- ❖ We can use the **search engines** to find information on the internet. They give the most popular websites for that search.
- ❖ Information that we share, websites we visit or searches we make may be used to show us **adverts** of things we might like to buy.

Money and Work

Key Facts

- ❖ When we have money we can keep it in a bank account.
- ❖ We can plan how we spend our money, this is called **budgeting**.
- ❖ We can need to **prioritise** money. What we **need** to spend money on and what we **want** to spend money on.
- ❖ There are different ways we can pay for goods such as cash, debit cards, credit cards, cheques and e-payments.
- ❖ Checking the **balance** in a bank account regularly helps keep track of how much money you have left.
- ❖ Keeping track of money helps people to know they have kept to their budget and haven't **overspent**.
- ❖ How we **spend** our money can have positive and negative effects. Giving to a charity can be **positive**. Buying single use cups can be **negative**.

Key Words

credit card	debit card	cash	cheque
bank account	e-payment	budget	overspend
balance	priorities	need	want
spend	save	positive	negative
search engine	digital footprint	digital citizen	adverts
volunteer			

Belonging to a Community

Key Facts

- ❖ We all belong to different **communities**, we belong to our school community but may belong to other such as faith groups or clubs.
- ❖ People can help others in their communities and **support** each other.
- ❖ Sometimes people **volunteer** their times to help in the community.
- ❖ Some people may have jobs that support the community for example, health care, education and caring for animals.
- ❖ Working together as a community can help **care** for others who are in need.
- ❖ We can make a difference in the way we treat others and need to think about our **responsibilities** in caring for them.