

Relationships and health education

How is my body preparing for adulthood?

Key vocabulary

- substances
- drugs
- choices
- mental illness/ mental health condition
- addiction
- dopamine
- puberty
- physical changes
- genitals
- reproductive system
- life cycle
- growing up
- physical health
- mental health
- ageing

Must-know knowledge

- Drugs are substances that change how the body functions (physiology)
- Know that some substances are harmful (drugs) and the difference between legal and illegal substances.
- Understand the reasons people use drugs and how peer pressure can affect us.
- Describe a mental illness like a health problem that affect how people think, feel or behave.
- Know what an addiction is and what is impact of having one.
- Explain the changes in puberty and why they take place.
- Understand the changes in the body as people age.
- Explain how to remain healthy as we age.

RSHE reminders



PRIVATES ARE PRIVATE

ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS THAT UPSET YOU

SPEAK UP, SOMEONE CAN HELP

R- Respect

O- Open-Minded

C- Confidentiality

K- Kindness

Online Safety

Follow the SMART rules to stay safe online

S Stay *safe* online by not sharing personal information

M Do not *meet* anyone who you have only made friends with online

A Do not *accept* messages or friend requests from strangers

R Not everything online is *reliable*. Some people online are strangers and may try and trick us

T Tell an adult you trust if anything happens online that you don't like

BRITISH VALUES

Learning Journey

L1: What choices are there around substances as I grow up?

L3: Why does the body change during puberty?

L5: How is beauty portrayed around the world?

L2: What is a mental illness?
What is addiction?

L4: How does our body change for reproduction?

