

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



P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU

S PEAK 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 dont 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?

