

1. Your Body is Your Own

To know about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact; understanding that actions such as female genital mutilation (FGM) constitute abuse and are a crime, and develop the skills and strategies required to get support if they have fears for themselves or their peers.

To know how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.

I know that my body belongs to me and that I have control over what happens to it.



2. Sleep Well, Be Well

To understand what positively and negatively affects their physical, mental and emotional health.

To know how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.

I understand why getting enough sleep is important.

- A sticky note for each child
- A large sheet of paper for each group



3. Taking Care of Our Changing Bodies

To understand what positively and negatively affects their physical, mental and emotional health.

To know how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.

I know how to take care of my changing body.

- Counters – six per pair



4. Harmful Substances

To know which, why and how commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others.

To understand what is meant by the term 'habit' and why habits can be hard to change.

To understand how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media.

To recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong.

I understand the harmful effects of using drugs, including alcohol and tobacco.



5. How We Think and Feel About Our Bodies

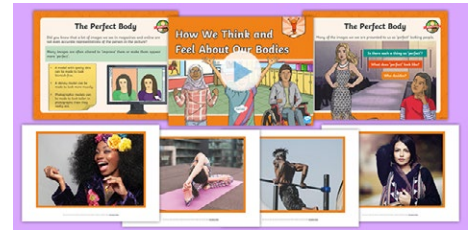
To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves.

To explore and critique how the media present information.

To recognise and challenge stereotypes.

I understand what a positive body image is.

- Sticky notes – one per child.
- Colourful pens – a set per group.
- Large paper (perhaps rolls of backing display paper or wallpaper) for children to draw body outlines on – one large piece for each group.



6. Healthy Choices

To understand what positively and negatively affects their physical, mental and emotional health.

To know how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.

To explore and critique how the media present information.

I can make informed choices in order to look after my physical and mental health.

