



What should I already know?

- What feels comfortable / uncomfortable.
- Who a trusted adult is and what that means.
- I can recognise who to turn to if something doesn't feel okay.
- What I can do to keep my body healthy.

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

Technical vocabulary

Nervous	Feeling worried, fearful or concerned about someone or something
Scared	Feeling frightened
Inappropriate	Not right or suited to the situation or purpose.
Connection	The act of joining or being joined to someone or something.
Choices	Being able to choose between two or more possibilities
Healthy	To be well both physically and mentally.

Exercise

Exercise is crucial in keeping a healthy body, children below the age of 16 should be doing at least an hours exercise each day. Exercise helps you concentrate on work, builds your bones and muscles and helps set you up for a good night's sleep.

My choice

Children are in control of their own bodies, and they understand that some things are to be kept private to themselves. Different sorts of touch can feel uncomfortable depending on where on the body it happens.

Sleep

Sleep is another crucial part of keeping a body healthy. Children aged nine should get 10 hours sleep a night. If you don't get enough sleep your brain does not function well. A serious lack of sleep can cause hallucinations, paranoia and stress.

Drugs

A drug is something which influences our body. Some drugs are legal, and others are illegal, but both can cause serious harm if not taken appropriately. It is crucial that when taking drugs, the correct amount is taken with permission from an adult/ doctor.

Key questions

How can I look after my body and keep myself healthy?
 How can I help someone who feels uncomfortable?
 How can I ensure I am in charge of my body?
 What can I do if something makes me feel uncomfortable.
 Who can I speak to if I feel uncomfortable?

