



**What should I already know?**

**Healthy Relationships / Feelings and Emotions**

- Privacy and personal boundaries;
- Acceptable and unacceptable contact;
- Permission-seeking and giving;
- Personal safety;
- Actions have consequences;
- Working collaboratively;
- Negotiation and compromise;
- A positive, healthy relationship;
- Recognize different types of relationships;
- Responding safely to adults whom they do not know
- About the role of trust, respect and boundaries in healthy relationships (including friendships and family)
- How to recognize if a friendship is making them feel uncomfortable or unsafe
- How to maintain and respect privacy and boundaries, including online
- How to recognize different types of physical contact and what is, or is not, acceptable
- About seeking and giving/not giving permission in different situations
- How to seek or report concerns about their personal safety or that of others in a range of contexts
- Responding to feelings of others;
- Seeking support if feeling lonely;
- Healthy relationships make people feel included;
- Impact of bullying, including online;
- Consequences of hurtful behaviour
- About the role of trust, respect and boundaries in healthy relationships (including friendships and family)
- How to recognize if a friendship is making them feel uncomfortable or unsafe
- How to maintain and respect privacy and boundaries, including online
- How to recognize different types of physical contact and what is, or is not, acceptable
- About seeking and giving/not giving permission in different situations
- How to seek or report concerns about their personal safety or that of others in a range of contexts

**Health and Wellbeing**

- How puberty changes can affect our emotions and feelings and ways to manage this
- Questions about puberty and change, including periods and wet dreams

**What will I know by the end of the unit?**

**Puberty & Reproduction**

- How to manage change - new roles and responsibilities as they grow up
- How to manage the physical and emotional changes that happen during puberty
- Hygiene routines during puberty
- About adult relationships and the human life cycle
- About human reproduction; how a baby is made and how it grows

**Substances**

- Risks and effects of legal drugs (cigarettes, e-cigarettes/vaping, alcohol, medicines)
- Impact on health
- Laws around use of legal drugs
- About why people choose to use or not use substances
- About the mixed messages in the media about substances
- How to seek help and support organisations
- Strategies for managing personal safety in the local environment
- Predict, assess and manage risk in different situations
- Online safety including sharing images, mobile phone safety
- Regulations and restrictions (social media, television programmes, films, games and online gaming)



Vocabulary	
Medicine	
Immune	
Drug	
Substance	
Influence	
Puberty	
Relationship	
Commitment	
Reproduction	

Drugs and Alcohol	
<p><u>Drugs</u>  <b>Drug</b> Something a person can take to change the way they think, feel or behave.  <b>Substance</b> This term includes alcohol and other drugs that may be legal or illegal.  <b>Legal drug</b> Substances such as caffeine, alcohol or over-the-counter medication, these may have age-restrictions.  <b>Illegal drug</b> Substances that a person can be charged for if they possess it or supply it to someone else. These are not subject to quality controls so it is hard to know what is in each batch of a drug, which can increase risk.  <b>Possession</b> A person can be charged with possession if they have an illegal drug, even if it's not theirs.  <b>Supply</b> A person can be charged with supply if they sell, share or give away illegal drugs.  <b>Dependency</b> When a person relies upon a substance to feel or function as normal.  <b>Caffeine</b>                      A drug found in tea, coffee and soft drinks that makes people feel alert. Children should only consume caffeine in moderation.  <b>Alcohol</b>                      A drug found in drinks such as beer and wine, measured in units. It is not needed for a healthy diet. An alcohol-free childhood is the healthiest option.  <b>Nicotine or tobacco</b>                      Nicotine is a drug found in tobacco and other products such as e-cigarettes/vapes. Nicotine and tobacco can make a person ill. Adults can get help from their doctor to stop smoking. It is illegal to sell tobacco to under 18s.  <b>Cannabis</b>                      An illegal drug that can be smoked, eaten or vaped that makes people feel 'chilled out' or giggly. Can be different strengths. Against the law to possess, grow or sell.</p> <p><u>External Support Services</u>  <b>Health-related support</b>  <a href="#">National Eczema Society</a>, <a href="#">Asthma UK</a>, <a href="#">Diabetes UK</a> <a href="#">Allergy UK</a>  <b>Support with drugs, alcohol and tobacco use</b>  <a href="#">NHS</a>, <a href="#">NHS Smokefree</a>, <a href="#">Drinkaware</a>  <b>Childline</b></p>	<p><u>Medicines and Health</u>  <b>Medicine</b>                      A drug or remedy that may be prescribed by a health professional or purchased over-the counter.  <b>Dose</b>                      The amount of medicine to be taken at one time. This can follow a health professional's instructions or the instructions that come with over-the counter medicines.  <b>Health condition</b>                      A disease, illness, injury or disorder either physical or psychological.  <b>Allergy</b>                      When the body reacts to certain things such as pollen, animals, foods or insect bites. Allergic reactions might include breathing problems, skin rashes, swelling, or itching.  <b>Immune</b>                      Protected from an illness, either because a person has had the illness before or because they have received a vaccine.  <b>Vaccine</b>                      A medical preparation that protects a person from an illness by making them immune  <b>Bacteria</b>                      A small organism, some of which can cause infections and/or cause people to feel ill (though not all!)  <b>Virus</b> A small particle that can cause infections and/or cause people to feel ill</p> <p><u>Influences</u>  <b>Situation based</b>                      Own feelings, attitudes, emotions. Mental and/or physical health.  <b>Peer based</b>                      Friends' attitudes and opinions. Pressure, teasing or friendly offers  <b>Role model based</b>                      Family attitudes and opinions. Health advice from a doctor/ Nurse. Teacher attitudes and actions  <b>Society based</b>                      Culture, religion or belief. Social norms  <b>Media based</b>                      Social media, TV or film. Advertising</p> <p>Responses to Influence</p>



childline.org.uk 0800 1111  
Confidential support service  
**CALLS DO NOT APPEAR ON PHONE BILL.**

**Passive**  
Accepting or allowing what happens or what others do without actively responding  
**Aggressive**  
Being ready or likely to confront or attack others or what others do  
**Assertive**  
Standing up for yourself or someone else calmly and positively, or getting a point across without causing upset

**Growing & Changing**

We are learning about our bodies and our relationships with ourselves and others. We are focusing on how these things grow and change over time.

You should already know that: Our bodies have many different parts that have different jobs. Throughout puberty, our bodies go through several different changes. We also go through emotional changes.

We should be aware that the media does not always represent people fairly. This can mean some groups of people are underrepresented, and it can affect some people's self-esteem.

Conception is the act of creating a baby. This is achieved through sexual intercourse. During sexual intercourse, fertilization can happen through a man's sperm finding its way towards a woman's egg.

**Is this Normal?**

Puberty is the series of changes that our bodies make as we turn from boys and girls into men and women. You should be able to define these key terms and understand how they relate to puberty.

- Acne    Breasts    Cervix    Clitoris    Discharge
- Ejaculation    Erection    Fallopian Tubes    Foreskin
- Genitals    Hormone    Masturbation    Menstruation
- Oestrogen    Ovary    Ovum    Penis    Prostate
- Sanitary Towel    Semen    Tampon    Uterus    Vagina
- Vulva
- Conception

Most babies are created when a man and a woman have sexual intercourse. They are normally in a loving relationship and agree to have a baby.

The man and woman get very close to each other without their clothes on. They touch each other's bodies so that the man's penis becomes hard and the woman's vagina becomes wet. This allows the man's penis to slide inside the woman's vagina. During sexual intercourse (sex) the man and the woman can become very excited. A man will release millions of sperm from his penis into the woman's vagina. The sperm swim up inside the woman's body to find the egg (see earlier learning about menstruation). If an egg and at least one sperm meet, the beginning cells of a baby can start to grow. Those cells then need to implant into the side of the womb so it can grow into a baby over the next 9 months.



**Healthy Relationships**

Relationships are our connections with other living things, especially other people.

Media Representations

The things that we see in the media are not always true to life!

Often, images of the people that we see on social media, adverts, magazines etc. have been edited and photo-shopped in different ways. This can mean that people looking at the adverts get unrealistic ideas about how they should look - this can affect their self-esteem.

Often, different groups (e.g. different races/ religions, larger girls, spotty, transgender) are not well-represented in the media. This can also affect the self-esteem of people in these groups. The media may also stereotype groups of people, creating an unfair perception of them.

A stereotype is an often unfair and untrue belief that many people have about all people or things with a particular characteristic.

Managing Change

In our lives, we have to deal with lots of different changes. Some changes can be very challenging. Sometimes, we do not choose changes but they happen anyway.

Examples may include:

- Moving to a different area
- a family member dies
- a new brother or sister is born
- a friend leaves school
- our parents split up.

When dealing with changes, remember that it is important to try and take on new challenges and persevere wherever possible (Growth Mindset)

Talking to people, e.g. trusted adults and friends, can help us through changes - holding our feelings in rarely a good idea.

When others are going through big or unexpected changes, it is important that we support them by listening to them and discussing the issues.



**Lesson Overview**

Lesson 1: to learn how the correct use of medicines and how vaccinations and immunisation, can help to maintain health and wellbeing

Lesson 2: to learn about some of the risks and effects of legal and illegal drug use

Lesson 3: to learn about the reasons why people use drugs; managing situations and peer influences

Lesson 4: to learn that mixed messages about drug use in the media exist and that these can influence opinions and decisions

Lesson 5: to learn more about the changes that happen at puberty

Lesson 6: to learn about what constitutes a positive, healthy relationship / To learn that relationships can change over time

Lesson 7: to learn about adult relationships and the human life cycle / To learn about human reproduction (how a baby is made and how it grows)