

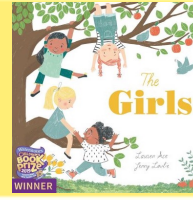
Healthy bodies



Keeping our bodies clean and healthy



How to make informed choices about my health



Promote mental health and wellbeing

Health and wellbeing

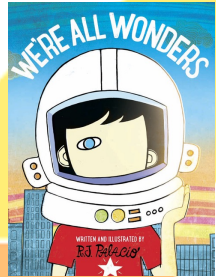
Hygiene and bacteria



What is a balanced lifestyle?



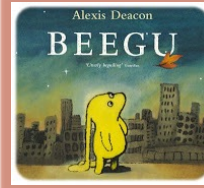
Feelings



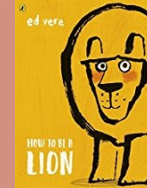
Recognise conflicting feelings



Recognise my emotions might change



Recognise my feelings and describe them



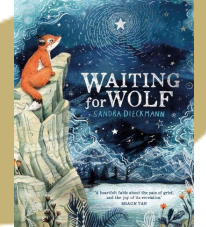
Who can keep me safe and healthy?



Who can keep me safe outside and in time of need?

Who can help me?

Manage bereavement



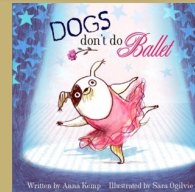
Setting goals



Recognise what I am good at and set personal goals.



Being assertive



Recognise why it is hard to be assertive

Staying safe online

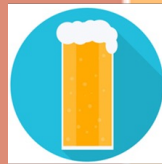


Recognise how to stay safe online



SRE

Understand that my body changes And goes through puberty
Healthy and unhealthy relationships



What effects does alcohol, drugs and smoking have on the body?

Smoking and alcohol



Legal and illegal drugs

What are the differences between legal and illegal drugs?



Peer Pressure

Recognise peer pressure and to understand what peer pressure is