

Vocabulary

moderation	Only using something or doing something in small amounts.
sleep deprivation	Not getting enough sleep to be healthy.
modesty	Not showing off or boasting about anything.
inappropriate	If something just feels wrong or makes you feel uncomfortable.
rights	Those things that you are morally or legally entitled to do or have.
family values	The rules that families have between them which determine how family members act and behave.
aggression	Getting angry or forcing others in an angry manner.

Key Information

- Some experts suggest children should limit screen time to two hours per day.
- Secrets can be good and bad, and we should be able to tell them apart.

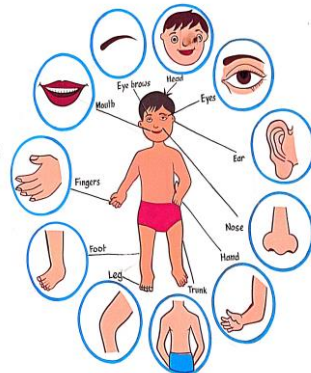
Key Questions

- What does appropriate mean?
- How do I know if something is right or wrong regarding my body?
- Who can I tell if I feel uncomfortable?

Cross Curricular Learning

- Science - The human body and body parts
- ICT - screen time /e-safety

BODY PARTS



Learning Journey

My body, your body – keeping safe

To be able to name and locate body parts.

To know that my body belongs to me and should not be touched without my permission.

To discuss the difference between “good” and “bad” secrets.

To know what to do if someone is making us feel uncomfortable.

Understanding consent

To understand that everyone has the right to “body autonomy” and explain what that means

To recognise unwanted physical contact, and how to report this.

What's love?

To explore the importance of self love and self respect.

To understand that caring relationships are the heart of happy families
and can be expressed differently by different people.

The recreational drugs of alcohol and nicotine

To explore the effects of alcohol on decision making processes

To understand health impacts of alcohol and nicotine



Year 5

My body changes

Year 3

My body, your body