

Relationships and health education

How is my body preparing for adulthood?

Key vocabulary

- substances
- drugs
- mental illness
- mental health
- addiction
- dopamine
- puberty
- physical changes
- genitals
- reproductive system
- life cycle
- growing up
- physical health
- ageing

Must-know knowledge

- Drugs are substances that change how the body functions (physiology).
- Drugs can be classified as legal or illegal.
- There are risks associated with taking legal and illegal drugs.
- Addiction is a compulsion to take particular substances or engage in a particular behaviour.
- A mental illness is a specific, diagnosable condition that impairs functioning.
- All humans go through puberty which results in physiological changes in the body.
- Humans go through puberty to prepare the body for reproduction.
- The human body continues to change as people age.

RSHE reminders



P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU


S PEAK UP, SOMEONE CAN HELP

R- Respect

O- Open-Minded

C- Confidentiality

K- Kindness



Online Safety

Follow the SMART rules to stay safe online

S Stay safe online by not sharing personal information


M Do not meet anyone who you have only made friends with online

A Do not accept messages or friend requests from strangers

R Not everything online is reliable. Some people online are strangers and may try and trick us

T Tell an adult you trust if anything happens online that you don't like

BRITISH VALUES



Learning Journey

L1: What choices are there around substances as I grow up?

L3: Why does the body change during puberty?

L5: How do we stay healthy as we age?

L2: What is a mental illness?
What is addiction?

L4: How does our body change for reproduction?

