

RELATIONSHIPS

Healthy RelationshipsKey Facts

- ❖ When a **conflict** gets out of hand, it can **help** to involve a **trusted adult**.
- ❖ Sometimes people disagree because our brains process information **differently from each other**.
- ❖ Sometimes **people disagree** because they have been **exposed to different 'facts'** which further support their **differing opinions**.
- ❖ **Peer pressure** can be a positive thing when it helps **challenge** or **motivate** you to **do your best**.



- ❖ **Peer pressure** can cause someone to **doubt** themselves and can lead to them having **lower self-esteem**.
- ❖ Keeping a **secret** can be very **stressful**, especially if it leads to telling **lies**.
- ❖ One of the biggest signs of an **unhealthy friendship** is one which makes you **feel bad about yourself** rather than good about yourself.
- ❖ **Threats** or **black-mailing** are signs of an **unhealthy** friendship.
- ❖ Treating others with **respect** means treating them **how you wish to be treated**.
- ❖ You can **respect** someone else's **opinions** without having to agree with them.
- ❖ Make sure you **always know who to tell** if you were **unhappy** or **uncomfortable** about one of your relationships.
- ❖ **Daring someone** to do something is **unfair** and **unkind**.
- ❖ You can be **close friends with** someone who hold **different opinions** and who has **different interests**.
- ❖ It is important not to take people who are **special** to us for **granted**.

Key Words

friends	family	friendship	emotions
sadness	upset	calm	kind
help	anger	support	anxious
dangerous	secrets	confidential	share
healthy	unhealthy	relationships	relatives
teamwork	respect	sex	gender
sexuality	prejudice	diversity	peer pressure

Feelings and EmotionsKey Facts

- ❖ Not all anger is **unhealthy** or **destructive**.
- ❖ Different **calming down** strategies work for different people; find the best one for you.
- ❖ It is completely **normal** to have fall-outs and **disagreements** with our friends and family; we just need effective techniques for **resolving** these disputes.
 - ❖ If we are **upset** with one of our friends or family, it is important to **tell them** – otherwise they might not realise what **the problem** is.
 - ❖ Working in a **team** can help develop your **social and emotional skills**.

Valuing DifferencesKey Facts

- ❖ Within **society**, people don't always get along, and sometimes people forget that it is other people's **differences** that make them **unique and special**.
- ❖ When a person doesn't respect the different qualities and opinions of another person or group, this can often be called **discrimination**.
- ❖ **Discrimination** is the **unfair treatment** or **bullying** of one particular person or group of people. Often, this **unfair treatment** is because of the **person's differences** e.g. gender, race, age, disability or other factors.

HEALTH AND WELLBEING

Healthy Lifestyles

Key Facts

- ❖ Smoking **cigarettes** damages the lungs.



- ❖ It is **illegal** to smoke cigarettes under the age of 18 in the UK.
- ❖ In the UK, you have to be 18 or above to buy **alcohol**.



- ❖ **Alcohol** slows down your **reaction time** and can affect your **mood**.
- ❖ A **drug** is any **substance** that has an **effect** on your body when it enters your system.
- ❖ **Drugs** contain **chemicals** which can come from natural sources or are man-made.
- ❖ **Legal** drugs include medicines like cough syrup and substances like tea or coffee. These can be bought over the counter in shops or **prescribed** by a doctor.



- ❖ **Illegal** drugs are also called **recreational drugs**. Unlike medicines, which are used to **treat illness or disease**, these drugs are taken by **choice**.
- ❖ They are **illegal** to buy, take or sell.
- ❖ People who sell drugs are known as '**drug dealers**' and they are **criminals**.
- ❖ **Germs** and **bacteria** can spread through the air by touching someone or something **contaminated** with them.
- ❖ We have **choices** about what we put in our **bodies**.
- ❖ On average children aged between 7 – 12 need around 10 – 11 hours of **sleep** each night.
- ❖ Children need around an hour of moderate **exercise** every day.
- ❖ **Autonomy** means to be **free** from the **control** or **influence** of others.



Key Words

self-respect	body image	physical health	mental health
healthy	unhealthy	diet	sleep
exercise	alcohol	tobacco	drugs
cleanliness	wellbeing	consent	pressure
choices	support	Childline	emergency
safe	danger	risk	dare
peer pressure	e-safety	cyber stranger	social media
password	decision	help	first aid
hazard	harm	injury	emergency
online	privacy	courage	trusted adult
attitude	challenge	practise	perseverance
effort	control	feelings	consequences
achievements	thoughts	goals	growth mindset

Keeping Safe

Key Facts

- ❖ Many **rules** are there to keep everyone **safe**.
- ❖ We are constantly **assessing situations** around us for **risk** or **danger**.
- ❖ If we understand the **dangers** and **hazards** around us, it can help us avoid the stay safe.
- ❖ Wearing a **seatbelt** in the car is **compulsory** and can be the difference between **life and death** in a serious car accident.
- ❖ In any **risky** situation, the most important thing to do is get **help** quickly.
- ❖ Always give yourself time to think about a **situation** before rushing into something that could be risky in some way.
- ❖ Not joining in with something you are **comfortable** with it not being a **coward** – it is the bravest thing you can do.
- ❖ Playing on the **railway** is **dangerous**. Between July 2017 and July 2018, seven children died and 48 received life-changing injuries on the railway.
- ❖ **Peer pressure** is when the people around you or in your group of friends are **heavily persuading** you to try or do something.
- ❖ **999** is the **emergency number** to call in the UK.
- ❖ **Cyberbullying** is just as bad as any other bullying and must be reported straight away to stop it. **CEOP** is where to **report** any **online bullying or abuse** you might experience.
- ❖ **Photos, videos** and **comments** we **post** on **social media** are impossible to completely delete.
- ❖ You have to be **13** to have a **Facebook, Twitter, Instagram** or **Snapchat** account and **16** to have a **WhatsApp** account.

