

What should we know?	Connections	What should we be able to do?
<ul style="list-style-type: none"> <li>• How to talk accurately about our emotions using appropriate vocabulary.</li> <li>• The importance of being connected to others and helping them.</li> <li>• How to spot early signs of mental ill health in ourselves and others.</li> <li>• When something is good for us and when it is having a negative impact on our health.</li> <li>• The benefits of exercise, time spent outdoors and good quality sleep.</li> <li>• That the internet and media advertising can lie; it can show us a perfect world that can make us feel inadequate and pressure us into false self-portrayal and self-disappointment.</li> <li>• There are dangers in online relationships, online gambling and coercive advertising.</li> <li>• Physical fitness and healthy eating can combat stress and disease.</li> <li>• Prayer, meditation and spiritual practices will serve to alleviate stress and increase wellbeing and purpose.</li> <li>• The law and facts about legal and illegal drugs, alcohol and smoking.</li> <li>• The consequences of addiction to legal and illegal substances.</li> <li>• About personal hygiene, dental health, regular dental check-ups, the benefits of regular self-examination and screening, immunisation and vaccination.</li> <li>• Basic First Aid for common injuries and how to administer CPR (Year 9 upwards) and the purpose of defibrillators.</li> <li>• About how bodies change in adolescence and the implications for emotional and physical health, including menstrual wellbeing.</li> </ul>	<p style="text-align: center;"> Nurturing mental wellbeing</p> <p style="text-align: center;"> Exercise, healthy eating and good sleep</p> <p style="text-align: center;"> Healthy futures: prevention and First Aid</p> <p style="text-align: center;"> Changing bodies</p> <p style="text-align: center;"> Dangerous substances</p> <p style="text-align: center;"> Wise choices online</p>	<p>I can...</p> <ul style="list-style-type: none"> <li>• Talk sensitively and accurately about my emotions.</li> <li>• Understand my connections with others and be aware of my own and their mental wellbeing.</li> <li>• Describe spiritual practices that help people's wellbeing.</li> <li>• Make good choices about exercise, food, good sleep patterns and helping others.</li> <li>• Navigate the internet and social media wisely so as to protect myself and my mental wellbeing.</li> <li>• Explain how certain substances can lead to addiction and what the law is surrounding tobacco, alcohol and drugs.</li> <li>• Administer basic first aid (Year 9 upwards: and know how to administer CPR)</li> <li>• Explain how bodies change at adolescence and how this can affect people physically and emotionally.</li> <li>• Explain what menstruation is and how girls can be affected by this.</li> <li>• Approach an appropriate person to ask for further support or advice.</li> </ul>

<b>Vocabulary</b>	<b>Definition</b>
Bullying	Behaviour that treats someone (or makes them feel) as if they are worth less than others
Puberty	The time in a person's life when their body changes to enable them to reproduce; there can be a physical and emotional impact
Menstruation	The periodic discharge of blood and mucosal tissue from the uterus, usually occurring approximately monthly from puberty to menopause in non-pregnant women
Addiction	An unhealthy attachment to a behaviour or substance that is psychologically and/or physically habit-forming (such as drinking alcohol, using drugs) and that affect normal behaviour and/or cause physical or mental harm.
Coercive advertising	Targeted advertising based on browser history that uses your interests in a way that may make you feel compelled to buy something – that without that product you will feel less attractive, acceptable or lovable
Immunization	The process by which someone is protected from a disease (often through inoculation)
Vaccination	The delivery method by which someone becomes immune to a specific disease and is then extremely unlikely to contract that illness e.g. via a droplet in the mouth (sometimes administered on a sugar cube), tablets or injections
CPR (cardiopulmonary resuscitation)	An emergency procedure for reviving heart and lung function, involving special physical techniques and often the use of electrical and mechanical equipment
<b>Theological vocabulary</b>	<b>Definition</b>
Created	Our school believes that we have been created and are carefully made [This is better articulated at earlier Key Stages versions!].
Dignity	Our school believes that we need to see ourselves and treat others with huge respect as people who are crafted by God.
Worthy	Having great value .We are all worthy of looking after and protecting.
Community	We are a part of a group; in our relationships we need to realise we can have an impact on others. We need to try to show kindness and help everyone feel happy and safe. Jesus taught “Love your neighbour as yourself” (Matthew 22. 37 – 39).
Wisdom	Knowing what is true or right and discerning through insight what are good actions. Understanding how one might be “played” and making loving choices. Referring to Biblical insights and the example of Jesus.
Frail	People are inclined to make poor choices for their own wellbeing; this is part of being human.
Forgiveness	We can start again, if we recognise our bad choices and start afresh. Christians believe God can help you live with more care for yourself or others.