




Key Facts	Social and Emotional Skills	
<ul style="list-style-type: none"> • There are leaders and followers in groups • Know the facts about smoking and its effects on health • Know the facts about alcohol and its effects on health, particularly the liver • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong • Know how different friendship groups are formed and how they fit into them • You can take on different roles according to the situation • Know some of the reasons some people start to smoke • Know some of the reasons some people drink alcohol 	<ul style="list-style-type: none"> • Can identify the feelings that they have about their friends and different friendship groups • Recognise how different people and groups they interact with impact on them • Identify which people they most want to be friends with • Recognise negative feelings in peer pressure situations • Can identify the feelings of anxiety and fear associated with peer pressure • Can tap into their inner-strength and know how to be assertive 	
Key Learning:	Prior Learning:	Books to support
<ul style="list-style-type: none"> • To know how different friendship groups are formed and how they fit into them • To know which friends they value most • To know that there are leaders and followers in groups • To know that they can take on different roles according to the situation • To know the facts about smoking and its effects on health • To know some of the reasons some people start to smoke • To know the facts about alcohol and its effects on health, particularly the liver • To know some of the reasons some people drink alcohol • To know ways to resist when people are putting pressure on them • To know what they think is right and wrong 	<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know that there are different types of drugs • Know that there are things, places and people that can be dangerous • Know when something feels safe or unsafe • Know why their hearts and lungs are such important organs • Know a range of strategies to keep themselves safe • Know that their bodies are complex and need taking care of 	

Subject Specific Vocabulary

Key word	Definition
Friendship	a state of mutual trust and support between people
Assertive	having or showing a confident and forceful personality.
Pressure	attempt to persuade or coerce (someone) into doing something.
Peers	is someone at your own level.
Smoking	the action or habit of inhaling and exhaling the smoke of tobacco by sucking on the end of a lit cigarette, cigar, pipe, etc.
Alcohol	a colourless volatile flammable liquid which is produced by the natural fermentation of sugars and is the intoxicating constituent of wine, beer, spirits, and other drinks
Disease	a disorder of structure or function in a human, animal, or plant, especially one that produces specific symptoms or that affects a specific location and is not simply a direct result of physical injury.
Anxiety	a feeling of worry, nervousness, or unease about something with an uncertain outcome.
Opinion	a view or judgement formed about something, not necessarily based on fact or knowledge.
Guilt	Feeling of having done something wrong
Advice	guidance or recommendations offered with regard to prudent future action.