




Key Facts		Social and Emotional Skills	
<p>I know that it is important to take care of my mental health</p> <p>I know how to take care of my mental health</p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>I can recognise when people are trying to gain power or control</p> <p>I can judge whether something online is safe and helpful for me</p> <p>I can use technology positively and safely to communicate with my friends and family</p>			
Key Learning	Prior Learning	Books to support	
<p>I can take responsibility for my own safety and well-being</p> <p>I can resist pressure to do something online that might hurt myself or others</p> <p>I can take responsibility for my own safety and well-being</p> <p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p> <p>I can recognise when I am feeling those emotions and have strategies to manage them</p> <p>I can help myself and others when worried about a mental health problem</p> <p>I understand that people can get problems with their mental health and that it is nothing to be ashamed of</p>	<p>Understand that belonging to an online community can have positive and negative consequences.</p> <p>Understand there are rights and responsibilities in an online community or social network.</p> <p>Know there are rights and responsibilities when playing a game online.</p> <p>Explain how to stay safe when using technology to communicate with my friends.</p>		

Subject Specific Vocabulary

Key word	Definition
Emotions	A strong feeling deriving from one's circumstances, mood or relationships.
Anxiety	A feeling of unease, such as worry or fear, that can be mild or severe.
Shame	A painful feeling of humiliation or distress by consciousness of wrong or foolish behaviour.
Bereavement	The experience of losing someone important to us.
Cyberbully	The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
Assertiveness	Confident and forceful behaviour.