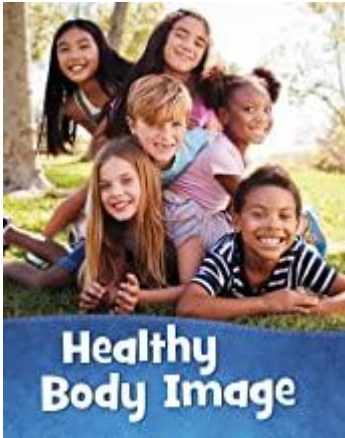




Key Facts	Social and Emotional skills	
<ul style="list-style-type: none">• The internet and social media put pressure on people to be as popular as they can be. Some of this is fake and can give people the wrong messages about what it takes to be popular.• Some people develop anorexia because to be popular it is expected you are thin. Everyone has their own unique body shape, this is normal.• Being self-confident is important when there are so many pressures to be like everyone else.• If a person is self-confident and is happy with who they are it can make them more resilient to resist pressure. This will help them stay healthy and safe when there are choices to be made.		<ul style="list-style-type: none">• Make an informed decision about whether or not I choose to smoke and know how to resist pressure• Make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure• Know how to keep myself calm in emergencies• Reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am• Motivated to keep myself healthy and happy
Key Learning:	Prior Learning:	Books for support
<ul style="list-style-type: none">• Know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.• Know some of the risks with misusing alcohol, and how it affects the liver and heart• Know and can put into practice basic emergency aid procedures and know how to get help in emergency situations• Understand how the media, social media and celebrity culture promotes certain body types• Can describe the different roles food can play in people's lives and can explain how people can develop eating problems• Know what makes a healthy lifestyle including healthy eating	<p>Year 5 should already be able to:</p> <ul style="list-style-type: none">• Recognise how different friendship groups are formed, how I fit into them and the friends I value the most• Understand there are people who take on the roles of leaders or followers in a group• Understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke• Understand the facts about alcohol and its effects on health and also some of the reasons some people drink alcohol	

Subject Specific Vocabulary	
Key word	Definition
Informed decision	Making a decision when you have a lot of knowledge or information about something
Media	The internet, newspapers, TV etc..
Influence	The power to have an effect on people or thing
Procedure	A set of actions that is the accepted way of doing something
Level-headed	Calm and able to deal easily with difficult situations
Body image	The idea that someone has of what their own body looks like
Eating disorder	Mental illness in which people eat far too little or far too much food and are unhappy with their bodies