

Overview:

In this sequence of learning pupils learn about the risks of drugs, alcohol, and unknown substances, and how safety rules protect them. They build resilience by managing online emotions and understanding how activity and puberty affect wellbeing. Pupils explore healthy ways to feel good, recognise feelings at school, and identify trusted people who can support them.

What should I already know?

- Hygiene keeps us clean and healthy.
- My choices can help or harm my health.
- Healthy and unhealthy choices affect my body and my feelings.
- I can set goals to stay healthy.
- Character means the kind of person I am inside.
- A habit is something I do often
- Healthy habits help my body and mind feel good.
- Food groups give us different types of energy.
- My body uses food for energy, growth, and strength.
- I need enough healthy food to stay well.
- I can notice signs when my body feels unwell.
- It's normal to feel different sometimes, and I can ask for help when I need it.

What will I know by the end of the unit?

- Alcohol, drugs, and some medicines can change how people feel and act.
- There are age limits for alcohol and drugs to help keep young people safe.
- If you ever feel worried about alcohol or drugs, you can talk to a trusted adult for help.
- What we do online can affect how we feel.
- It's important to balance screen time with other activities like playing, reading, or being outside.
- Being active helps our body and brain stay healthy.
- Moving our bodies can change how we feel.
- Puberty brings emotional changes as well as physical ones.
- Many different feelings can happen during puberty.
- There are healthy ways to cope with strong or new emotions.
- We can feel lots of different emotions at school.
- Different situations at school can change how we feel.
- There are positive ways to handle difficult feelings at school.



Vocabulary:

Alcohol	A drink that can change how a person feels, thinks, or behaves. It is only for adults because it can be unsafe for children.
Drugs	Substances that can change how the body or mind works. Some drugs are medicines that help people get better, but others can be harmful if used wrongly.
Trusted adult	A grown-up you feel safe with and can talk to, like a parent, teacher, or another adult who listens and helps.
Balance screen time	Using screens for a healthy amount of time.
Puberty	A time when children's bodies start to change as they grow into teenagers.
Emotional changes	New or stronger feelings that happen as you grow, such as feeling excited, worried, happy, or confused.
Physical changes	Changes you can see in your body as you grow, like getting taller or developing new body features.