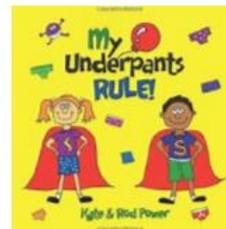
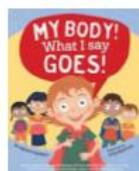




### Subject Specific Vocabulary

<b>Healthy Friendships</b>	Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
<b>Feelings</b>	The scale of emotions that all humans experience in relation to different experiences and situations. eg: happiness, sadness, anger, fear, surprise, nervousness
<b>Growing and changing</b>	Growing and changing from young to old and how people's needs change.
<b>Keeping clean</b>	To develop an awareness of and take increasing responsibility for taking care of their own needs.
<b>Gender</b>	Whether you're a boy or girl.
<b>Internal body parts</b>	heart, lungs, blood, stomach, intestines, brain
<b>Stereotype</b>	An idea or belief about a thing that sometimes is not always true or correct.
<b>Genitals</b>	A person's external organs. e.g. vulva, vagina, penis, testicles
<b>Privacy</b>	Is the ability of an individual or group to seclude themselves or information about themselves.
<b>Basic First Aid</b>	Help given to a sick or injured person
<b>Safe</b>	Protected from harm or danger.



Why do you need to keep clean?  
 What different things do we do that help to look after our bodies?  
 How do you make a call to the emergency services? How do you feel when you lose something? Can you think of a time when someone gave you feedback that helped you do something better? What parts of the body do boys and girls have that are different?

**Who is a trusted adult?**

### Questions



### Key knowledge about 'Growing and Changing'

I can tell you who helps me grow (people who look after me) and what things I can now do myself that I couldn't when I was younger.

I can give examples of how it feels when I have to say goodbye to someone or something (e.g. move house).

I respect my body and I can tell you how I will keep it safe.

We are all different and different people like different things.

I know that it is not always right to keep secrets if they relate to being safe.

I know how to make a telephone call to emergency services if necessary.