



Subject Specific Vocabulary	
Healthy Friendships	Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
Trust	A firm belief in the character, strength, or truth of someone or something
Personal Space	Is the area immediately surrounding your body.
Uncomfortable	Causing discomfort or uneasiness
Secret	Something that is kept or meant to be kept unknown or unseen by others.
Surprise	An unexpected or astonishing event
Growing and changing	Growing and changing from young to old and how people's needs change.
Stereotype	An idea or belief about a thing that sometimes is not always true or correct.
Keeping clean	To develop an awareness of and take increasing responsibility for taking care of their own needs.
Internal body parts	heart, lungs, blood, stomach, intestines, brain
Genitals	A person's external organs. e.g. vulva, vagina, penis, testicles
Basic First Aid	Help given to a sick or injured person
Safe	Protected from harm or danger.

I can recognise different feelings, make me feel different ways.

I can identify unsafe secrets that make me feel uncomfortable and who I can talk to about it.

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

I know the correct names for the girls & boy's private parts (genitalia).

I can identify when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable.

I can recognise if a friendship (online or offline) is making me feel unsafe or uncomfortable; how to manage this and ask for support if necessary.



Key knowledge about 'Growing and Changing'

Questions

- What makes a positive relationship?
- What different types of relationships are there?
- Why are healthy relationships important?
- Who do you like to hug you?
- What can you do if you are being touched in a way that makes you uncomfortable?
- What is the NSPCC Underwear rule?
- How can we feel good about ourselves?
- Who is a trusted adult?**

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