

What I should already know:

- Belonging to your family is your first experience of a community of love.
- Personal hygiene is how we look after our bodies.
- Your body belongs to you.
- There are two types of touch: good and bad touch.
- No means No!
- There is an International Law called The Rights of the Child.



Key Facts at the end of the unit:

- Eating healthy and regular exercise are ways of growing healthily.
- Independence can be in the form of walking to school with your friends, going to the shop, playing out at the weekend, going to the cinema etc.
- A baby grows in the womb for 9 months.
- Changing feelings and emotions are a natural part of puberty.
- Private parts should remain private
- High self esteem is feeling good about yourself

By the end of this unit:

- Understand how we keep safe
- Recognising the feelings of others
- Understand personal safety issues
- Recognise their own worth and identify positive things about themselves and others
- Recognise their changing emotions
- Understand the role of hormones and mood swings
- My changing body – identify changes at puberty
- Show self confidence in a wide range of new situations

Vocabulary

Hormones	Are special chemicals your body makes to help it do certain things – like grow up!
Independence	Freedom from the control or influence of others.
NSPCC	National Society for the Prevention of Cruelty to Children
Parish	People who attend a particular church
Personal Safety	Keeping your feelings and body safe if people act thoughtless, mean, scary, or dangerous. Or being in charge of yourself so that you act safely towards others
Privacy	A state in which one is not observed or disturbed by other people
Puberty	The time when your body begins to develop and change as you move from a child to adult
Self Esteem	How you feel about yourself
Womb	The organ of a female where their young develop before birth

RE Links:

Know and understand the virtues essential to friendship, e.g. loyalty, responsibility... and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness

Understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change