Healthy bodies

Health and wellbeing





How to make informed choices about my health



Promote mental health and wellbeing



What is a balanced lifestyle?



Well being

Who can help me?





Recognise my emotions might change



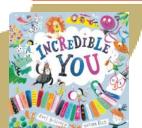
Recognise how language affects others



Who can keep me safe and healthy?



Who can keep me safe outside and in time of need?



Setting goals

Experiences

Staying safe online

Recognise conflicting feelings



Recognise what I am good at and set personal goals.



BUTTERFLY

To consider how experiences shape us



Recognise how to stay safe online



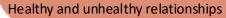
SRE

Smoking and alcohol

Legal and illegal drugs

Peer Pressure

Understand that my body changes And goes through puberty





What effects does alcohol, drugs and smoking have on the body?



What are the differences between legal and illegal drugs?



Recognise peer pressure and to understand what peer pressure is



