

Me and My Relationships

Lesson	An email from Harold		Ok or not ok? (1)	Ok or not ok? (2)	Human machines	Different feelings	When feelings change	Under pressure
Vocabulary	feelings	painful	positive, healthy relationship	friendly	collaborate	feelings	facial expressions	unkind
	physical effects	happy	respect	rude	collaboration	physical effects	body language	tease
	sad	delighted	responsibilities	aggressive	collaborative			bully
	unhappy	ecstatic	qualities	consequences	teamwork			pressure
	devastated	joyful	excluded	face-to-face				independent
	miserable	calm	assertive	assertive				
	distressed	untroubled	aggressive	compromise				
	lonely	assured	negotiate	respectful				
	alone	confident						
	ignored	peaceful						
	isolated	scared						
	abandoned	frightened						
	apologetic	petrified						
	regretful	terrified						
	remorseful	bothered						
	rueful							
	repentant							
	aching							
	sore							
	excruciating							
agonising								

Valuing Difference

Lesson	Can you sort it?	Islands	Friend or acquaintance?	What would I do?	The people we share our world with	That is such a stereotype!
Vocabulary	negotiation	body space	sharing	aggressive	similarities	stereotype
	compromise	invade	acquaintances	apologise	differences	
					respect	

Keeping Myself Safe

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Lesson	Danger, risk or hazard?	Picture Wise	How dare you!	Medicines: check the label	Know the norms	Keeping ourselves safe	Raisin challenge (2)
Vocabulary	danger	privacy	dare	medicine	choices	persevere	influence
	dangerous	privacy settings	assertive	drug	social norm		consequences
	risk	security					
	risky						
	hazard						
	hazardous						

Rights and Responsibilities

Lesson	Who helps us stay healthy and safe?	It's your right	How do we make a difference?	In the news!	Safety in numbers	Logo quiz	Harold's expenses	Why pay taxes?
Vocabulary	being responsible	safe	rules	influence	anti-social behaviour	environment	income	income tax
	reliable	healthy	democracy	opinion	witness	conservation	expenditure	national insurance
	trustworthy	rules		respectful			essential	VAT
		laws		courteous				deductions
		rights						public services
		responsibility						
	United Nations							

Being My Best

Lesson	What makes me ME!	Making choices	SCARF Hotel	Harold' s Seven Rs	My school community (1)	Basic first aid
Vocabulary	individual	choices	balanced diet	refuse	community	first aid
	unique		wellbeing	reduce		injury
			mental health	re-use		minor
				rot		accident
				recycle		emergency
				repair		blood
				re-think		nose bleed
						choking
						breathing
						airway
						unresponsive
						casualty
						burn
						scald
					wound	
					recovery	

Growing and Changing

Lesson	Moving house	My feelings are all over the place!	All change!	Secret or surprise?	Together
Vocabulary	learning line	compromise	puberty	secret	marriage
	practice	hormones	pubic hair	surprise	live together
		puberty	penis	uncomfortable feelings	civil partnership
			testicles		forced marriage
			breasts		
			womb		
			vagina		
			periods		

Cross-curricular	
Lesson	Volunteering is cool
Vocabulary	volunteer
	wellbeing
	connect
	be active
	be mindful
	get creative
	give to others