

Important Questions

1	Why is listening and being listened to important?	
2	What does first impressions mean? Why can bullying be difficult to spot and what should you do about it?	
3	What are your plans or goal? Have you ever been disappointed? What did you do to feel better? Did it help?	
4	How might you feel when you are put under pressure? How can you resist pressure?	
5	How might people feel when they miss someone/something special? Why might they feel this way?	
6	What are the changes that happen to boys and girls bodies? How does this prepare for making a baby?	

Hall of Fame Displays

2	Celebrating Difference - picture frames (piece 5)	
3	Dreams & Goals - garden decorations (piece 5 & 6)	
4	Healthy Me - healthy friendships (piece 5)	
5	Relationships - memory boxes (piece 3)	
6	Changing Me - circles of change (piece 4)	

PSHE Specific Knowledge

1	Being Me In My World - explain why being listened to and listening to others is important in my school community.	
2	Celebrating Difference - tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.	
3	Dreams & Goals - I can plan and set new goals even after a disappointment.	
4	Healthy Me - recognise when people are putting me under pressure and can explain ways to resist this when I want to.	
5	Relationships - recognise how people are feeling when they miss a special person or animal.	
6	Changing me - summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.	

Social/Emotional Knowledge

1	Being Me In My World - explain why being democratic is important and can help me and others feel valued.	
2	Celebrating Difference - explain why it is good to accept myself and others for who we are.	
3	Dreams & Goals - explain what it means to be resilient and have a positive attitude.	
4	Healthy Me - identify feelings of anxiety and fear associated with peer pressure.	
5	Relationships - give ways that might help me manage my feelings when missing a special person or animal.	
6	Changing me - explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestion about how I might manage my feelings when changes happen.	



Vocabulary

1	Excluded	To be shut out, kept out or left out.	
2	Valued	Highly thought of or regarded.	
3	democracy	Governed by the people - power is given to people and exercised directly by them.	
4	control	The act or power of controlling, dominating or commanding.	
5	authority	The power to determine, make decisions and settle issues.	
6	contribution	To give money, time, knowledge or assistance to a common supply, fund, etc.	
7	assumption	Something taken for granted.	
8	judgement	the ability to judge, make a decision, or form an opinion.	
9	influence	the action or process of producing effects on the actions, behavior and opinions of others.	
10	bullying	a blustering, quarrelsome, overbearing person who habitually badgers and intimidates smaller or weaker people.	

Key vocabulary continued on next page...

11	Cyber bullying	the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.	21	anxious	full of mental distress or uneasiness; feeling greatly worried.	31	depression	feelings of severe despondency and dejection - sadness.	
12	troll	a person who makes a deliberately offensive online post.	22	motivation	a reason or reasons for acting or behaving in a particular way.	32	denial	a statement that something is not true.	
13	unique	being the only one of its kind; unlike anything else.	23	commitment	the state or quality of being dedicated to a cause, activity, etc.	33	souvenir	a thing that is kept as a reminder of a person, place, or event.	
14	Physical features	defining traits or features about your body. These are aspects that are visually apparent, knowing nothing else about the person.	24	co-operate	to work or act together or jointly for a common purpose or benefit.	34	memorial	a statue or structure established to remind people of a person or event.	
15	impression	an idea, feeling, or opinion about something or someone.	25	enterprise	a project undertaken or to be undertaken, especially one that is important or difficult.	35	loyalty	a strong feeling of support or allegiance.	
16	determination	the process of establishing something exactly by calculation or research.	26	assertive	having or showing a confident and forceful personality.	36	betrayal	the action of betraying one's country, a group, or a person; treachery.	
17	perseverance	Steady persistence and want to keep trying.	27	pressure	the use of persuasion or intimidation to make someone do something.	37	empathy	the ability to understand and share the feelings of another	
18	resilience	to recover quickly from difficulties; toughness.	28	guilt	the fact of having committed a specified or implied offence or crime.	38	Sexual intercourse	sexual contact between individuals involving penetration.	
19	cope	Deal effectively with something difficult.	29	alcohol	wine, beer, spirits, and other drinks.	39	fertilise	to develop a new individual by introducing male reproductive material.	
20	self-belief	Confidence in your own abilities and judgements.	30	disease	a disorder of structure or function in a human, animal, or plant, especially one that produces specific symptoms.	40	conception	the action of conceiving a child or of one being conceived.	

11	testicles	The male reproductive gland. A private part of the male body.	21	puberty	the period or age at which a person is first capable of sexual reproduction of offspring.	31			
12	sperm	The male reproductive cell.	22	menstruation	the process in a woman of discharging blood and other material from the lining of the uterus once a month from puberty until the menopause, except during pregnancy.	32			
13	penis	the male organ of copulation and, in mammals, of urinary excretion.	23			33			
14	ovaries	The female reproductive gland in which the ova and the hormones develop.	24			34			
15	egg	the roundish reproductive body produced by the female of certain animals, as birds and most reptiles.	25			35			
16	ovum/ova	the female reproductive cell which is capable of developing, usually only after fertilization, into a new individual.	26			36			
17	vagina	the passage leading from the uterus to the vulva in certain female mammals.	27			37			
18	uterus	the enlarged, muscular, expandable portion of the oviduct in which the fertilized ovum implants and develops or rests during prenatal development.	28			38			
19	womb	The uterus of the human female and certain mammals.	29			39			
20	Making love	To have sexual intercourse.	30			40			