

What I will learn (sticky knowledge)

- To explain why emotional needs are as important as physical needs and what might happen if a person doesn't get their emotional needs met.
- To explain some ways of making sure that I keep myself safe when using a mobile phone, including safety around sharing personal information or images, and that there are **laws** relating to this.
- To explain why some people believe that more young people drink **alcohol** than actually do (misperceive the norm).
- To accept that **responsible** and respectful behaviour is necessary when interacting with others online and face-to-face;
- To understand and describe the ease with which something posted online can spread.
- To know that it is illegal to create and share **sexual** images of children under 18 years old;
- To explore the **risks** of **sharing photos and films** of themselves with other people directly or online;
- To know how to keep their information **private** online.
- To describe some of the effects and **risks** of drinking **alcohol**.
- To explain how these emotional needs impact on people's behaviour;
- To understand and reflect on how independence and **responsibility** go together.

What I should already know

- I can give examples of people or things that might **influence** someone to take risks (e.g. friends, **peers**, media, celebrities), but that people have choices about whether they take risks.
- I can say a few of the **risks** of smoking or drinking **alcohol** on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol.
- I can give examples of positive and negative **influences**, including things that could influence me when I am making decisions.



Key Vocabulary and Definitions

decision making	The process of making choices by identifying a decision, gathering information, and assessing alternative solutions.
privacy	The state of being free from public scrutiny or from having your secrets or personal information shared.
rights	These are legal, social, or ethical principles of freedom or entitlement.
Internet Safety / Online safety	The act of staying safe online.
peer pressure	A persuading / influencing action.
peer influence	When a peer's act influences the others to also act in the same way.
trust	A feeling that somebody or something can be relied upon, or will turn out to be good.
rules	A set of instructions to help people live and work together.
laws	A set of legal rules designed to help keep order, protect property, and keep people safe.
social norms	An accepted behaviour that an individual is expected to conform to in a particular group, community, or culture.
consent	Giving someone a choice about touch or actions and respecting their answer.
sexting	Sending or getting sexually explicit or suggestive images, messages, or video on a smartphone or through the Internet.
alcohol	A chemical substance that is used in science and manufacturing. It is also an ingredient in many adult drinks.
drugs	Chemicals or substances that change the way our bodies work.
risk taking	Any consciously or non-consciously controlled behaviour with a perceived uncertainty about its outcome
responsibility	Being dependable, making good choices, and taking accountability for your actions.

What I will learn next

- I will learn how to make informed choices about health and wellbeing, including diet, physical activity, mental health and **drugs, alcohol** and tobacco
- I will learn how to assess and manage **risks** to health, and to keep themselves and others safe.