

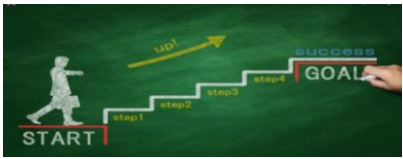
Health and Wellbeing

Healthy Lifestyles:



How does **the media** manipulate images? How can this affect your body image and how you feel about yourself?

Growing and changing



Can we set goals in order to achieve our aspirations?

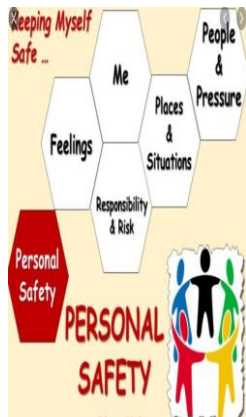


What are our responsibilities?
Who has responsibility for me?

Drugs and alcohol: how can drugs help us and when they can be harmful?



Where can I get help?
What might influence my behaviours and
How can I resist pressures?
What are my rights?



Relationships



When is it ok to break a confidence?
Should I trust my instinct or my friends?
What is a dare? Are they safe?

Who are the important people in my life?
What is a positive friendship or relationship?
What makes a friendship good or bad?
What is a stereotype?
What is prejudice?



When is it good to share something private?
What are my rights to privacy?
What is acceptable and unacceptable personal space?
What should I do when I know something is happening to someone and I think it may be wrong?

Living in the Wider World



What are The Rights of the Child?
 How does UNICEF support these?
 What rights do we enjoy that others don't?
 How can I support the rights of others?
 What rights do I have in British Law?

What is our community?
 Should I believe the news?
 What is fake news and how can I tell?
 Why is money important?
 Can I raise money for my community?



How can I effect the environment?
 What issues are there in our local environment?
 What can I change to help the environment?



Religious Education

What can I do when life gets hard?
 Who is there for me when I need to talk to someone in confidence?
 When should I tell someone?
 How can my beliefs affect my decisions?



What is it like to follow a religion?
 What is it like to be a Muslim in Britain today?
 How do people worship? What is the same and what is different?
 How can my beliefs help me?

Action for Children
actionforchildren.org.uk

Anxiety UK
[03444 775 774](tel:03444775774)

Childline
[0800 1111](tel:08001111)

Organisations who can support you and your family

National Society for the Prevention of Cruelty to Children (NSPCC)
[0800 800 5000](tel:08008005000)