

Relationships

I know the difference between online and offline friendships eg: it can be easier to hurt a person's feelings online.



I know how to use the internet and social media safely by setting privacy controls and being careful about what we share online.



Instagram



I know the age restrictions for various social media platforms and why this protects us.

I know that it is important to give consent before allowing any images to be shared

I know what to do if you are being subjected to online bullying:

- Tell a trusted adult
- Contact the social media platform
- Block anyone who is making you feel uncomfortable



I know that people can be attracted to any gender, ethnicity or faith.

I know that some relationships may be intimate or romantic.

I know the importance of getting permission for some kinds of touch (consent).



I can understand the changes our bodies go through during Puberty including:

- Physical changes such as development of breasts, enlarging of the penis, hair growth in different places on our body, mood swings and voice changes.
- Periods will start, how and why this occurs and how to manage this every month
- Wet dreams may occur, how and why this happens.

I know about the reproductive organs and the process of how babies are conceived and born including:

- It takes a man and a woman (egg and sperm) to make a baby.
- Adults have sexual intercourse for pleasure.
- There are ways to prevent a baby being conceived
- You must be age 16 to have sexual intercourse and it is important to give consent.
- A baby is in the womb for

I know how to manage change especially the move to Secondary school and who to ask for support – trusted adult, teacher and / or friend.