

## PHYSICAL, SOCIAL, HEALTH & ECONOMIC - CM1

### HEALTH AND WELL-BEING

#### Pupils learn:

- what positively and negatively affects their physical, mental and emotional health
- to recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves
- how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media
- to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong
- what is meant by the term 'habit' and why habits can be hard to change
- which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others
- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

### RELATIONSHIPS

#### Pupils learn:

- that differences and similarities between people arise from a number of factors (family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability - see 'protected characteristics' in the Equality Act 2010)
- to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (cyber bullying, use of prejudice-based language, 'trolling', how to respond and ask for help)
- to recognise and manage 'dares'
- to recognise and challenge stereotypes
- how to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media)
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.

- that for most people the internet is an integral part of life and has many benefits.
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- why social media, some computer games and online gaming, for example, are age restricted.
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- where and how to report concerns and get support with issues online.

## LIVING IN THE WIDER WORLD

### Pupils learn:

- to research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people
- to realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk
- to explore and critique how the media present information
- to critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to others