

Religious Understanding

Me, My Body, My Health

Emotional well-being

Life Cycles

Keeping Safe

Living in the wider world

Personal Relationships



The importance of forgiveness and reconciliation in relationships

That relationships take time and effort to sustain

To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.

What emotional well-being means;

Positive actions help emotional well-being

That emotions change as they grow up (including hormonal effects)

To deepen my understanding of the range and intensity of my feelings; that 'feelings' are not good guides for action;

That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others;

Talking to trusted people helps emotional well-being

Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media

## The Year 3 RSE/PHSE Student

I have learned...

Self-confidence arises from being loved by God (not status, etc)

Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community

Alcohol and tobacco are harmful substances.

How to report and get help if I encounter inappropriate materials or messages.

Some behaviour is wrong, unacceptable, unhealthy and risky

Our bodies are created by God, so we should take care of them and be careful about what we consume.

How to use technology safely;

Medicines are drugs, but not all drugs are good for us.