



| Key Vocabulary: | |
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| Physical change | The change that happens when our bodies grow. |
| Emotional change | An emotional change is when a person feels different feelings, like being happy, sad, or angry. |
| Puberty | Puberty is the time when a child's body starts to change into an adult's body. |
| Genitalia | Genitalia are the parts of the body that people have for reproduction and for making babies. |
| Reproductive organs | Genitalia are the parts of the body that people have for reproduction and for making babies. |
| Medicine | Medicine is something that helps you feel better when you are ill or hurt. |
| Drug | A drug is a substance that can change the way your body works, either to help you feel better or to cause harm. |
| Nicotine | Nicotine is a substance found in tobacco that can make people feel more alert but is very addictive. |
| Alcohol | Alcohol is a drink that can make people feel relaxed, but too much of it can be harmful. |
| Habit | A habit is something that a person does regularly or often, sometimes without thinking about it. |
| Addicted | Being addicted means that someone cannot stop doing something, even if it is bad for them. |

| Sequence of Learning: | | | | | |
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| Objectives (key knowledge): | | | | | |
| LO: To know about the physical and emotional changes that take place during puberty. To know how their bodies will change during puberty. | LO: To identify external genitalia and reproductive organs. To know where to get advice and who to talk to about puberty. | LO: To know what a medicine is and the importance of taking this correctly. | LO: To know what is meant by a 'drug' and recognise that these are common to everyday life. | LO: To know that some drugs can affect people's mental and physical health (vaping, smoking, alcohol and medicines) | LO: To recognise that some drugs become a habit that is difficult to break. |