



## Key Knowledge

### Consent and Autonomy

We all have the power of **consent** and **autonomy**. This means we can choose what happens to our bodies and that other people need permission to touch us. **Respecting** ourselves means we know our bodies are precious and need to be protected from unwanted touch or harm. Other people have this right as well and can decide what happens to their bodies. It is not OK to make anyone do something they are not comfortable doing. If anyone is worried about something that is happening that doesn't feel right, it is important to explain the situation needs to stop and to speak to a trusted adult for help.

### Exercise and Sleep

Physical activity has many benefits for our bodies and our minds. It can strengthen bones, muscles and the heart, boost immunity and energy levels, improve mood and help us to sleep better. It can also help our mental health by reducing stress, depression and anxiety levels, improving mood, brain power and self-esteem and improving social connections. By making **choices** which help us to get enough exercise and sleep, we can help our bodies and minds feel healthy and well.

### Looking After Our Bodies

There are lots of ways we can take care of our bodies. Eating a balanced diet including a wide variety of food groups gives our body the vitamins and minerals it needs to stay healthy. Keeping ourselves clean by washing our bodies and our clothes helps us to feel fresh and **hygienic**. Eating breakfast gives us energy to start the day and eating foods rich in protein helps to maintain our energy levels. Looking after our teeth by brushing twice a day, flossing and visiting the dentist regularly helps maintain our oral health. Developing good bedtime routines helps us to get enough sleep. Drinking enough water helps our bodies to stay hydrated and keeps our skin clear. Taking care in the sun by staying hydrated, sitting in the shade and covering up avoids heat and sun exposure.

## Key Vocabulary

### autonomy:

The independence to make our own **choices**.

### consent:

To give permission or agree to something.

### respect:

A way of treating or thinking about someone that shows they are important and they are valued.

### self-confidence:

Feeling comfortable with our own qualities, strengths and abilities.

### choice:

Something we have the power to make when there is more than one possibility.

### pressure:

A strong influence people feel to behave in a certain way.

### inappropriate:

Not suitable for the situation or person.

### drug:

A medicine or other substance which affects the body when taken. There are legal (allowed by law) and illegal (not allowed by law) **drugs**.

### stereotype:

Assuming someone will behave in a certain way because of a certain characteristic. This could be based on the way they look, the way they speak, where they come from or their gender.

### hygiene:

Keeping ourselves clean to stay healthy and well.



## Key Knowledge

### Harmful Substances

Substances people put into their bodies to have an effect are called **drugs**. Legal **drugs** include alcohol, tobacco, caffeine and medicines. It is important to understand the risks and rules associated with these substances so that people are able to make informed **choices**. It is also important we remember it is our **choice** what we put into our body and that no one should make us feel **pressured** to do or try anything we don't want to do or are not comfortable with.

### Body Image

There are many influences around us that may affect how we see ourselves. Many of the images shown on adverts, the Internet, social media and magazines may have been altered to present an image of an unrealistic appearance. It is important to remember this when reflecting on how we see ourselves and to make sure we value the positive qualities that we have rather than just focusing on what we look like. There are many ways we can look after our body to keep it healthy and strong and this can also help to inform our self-image.

### Healthy Choices

There are lots of things we can do to keep our bodies and minds healthy and well. We can eat a balanced diet, avoid substances which would be harmful to us, drink plenty of water to stay hydrated, get enough exercise, enjoy a balance of activities, stay safe when it is sunny by finding shade, covering up and drinking plenty of water and we can allow our minds time to be calm through relaxation and mindfulness. It is important to make our own decisions about how we look after our bodies and not feel **pressured** to do anything we don't feel is right.

### Key Learning Point:

#### Proud to be Me

There are many **choices** we can make about our bodies and it's important to remember that the decisions are ours to make. We should be able to choose options that make us feel comfortable and not be **pressured** by influences around us. By learning about healthy, balanced lifestyles, we can make informed decisions that help us to stay healthy and well and feel good about ourselves.



#### Disclaimer

This resource is provided for informational and educational purposes only and does not constitute medical advice. If you require medical advice, you should contact a suitably qualified professional. You should not rely on the material included within this resource and Twinkl does not accept any responsibility if you do.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the **PSHE Association Programme of Study**

To look at all the planning resources linked to the **UKS2 It's My Body** unit, click [here](#)