# I am a Priorswood Citizen

I am a citizen. I am continually finding out who I am in this world, finding my own pathways and ideas. I understand relationships. I know that these are connections with others and know that these can change with different people and different contexts, including online, families and friendships. I know what healthy, positive and respectful relationship look like. My relationships with others are important and I develop the skills to know which ones are supportive and ones that are unsafe or unhelpful to me. I learn about how I change as I get older, on the inside and the outside, ready to become an adult. I am able to identify body parts and know how living things reproduce. I experience different feelings and emotions and learn to identify what these are with the help of others around me. I know how to look after my physical health and wellbeing. I know the benefits of exercise, good nutrition, hygiene and sleep and know where to find support if I am feeling worried about something such as bullying. I develop my understanding that I am one person amongst different communities – virtual and real. I learn that I have rights but also responsibilities and know there are consequences to my actions, both to myself and to others. I develop my individual and collective voice and use it democratically. I learn how to stay safe in the real world and online, and how to keep healthy, both physically and mentally.

## Key Concepts

**Sex Education**

Understanding human development, puberty and reproduction.

**Physical Health Education**

Understanding healthy lifestyle choices in order to prevent ill health. Includes: physical fitness, dental hygiene, nutrition, sun safety, sleep and cleanliness.

**Relationship education – statutory**

Understanding that there are different types of relationships in different contexts. Knowing what a safe and respectful relationship looks like

**Mental well being**

Understanding emotions and feelings and ways to get support. Knowing that factors that influence these such as anxiety, grief and bullying.

**Online safety**

Understand appropriate conduct online and how to develop an online reputation. Know how to keep safe and what