PSHE and Citizenship UKS2
Health and Wellbeing - It's My Body
Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is 'It's My Body'.
In this unit of work, children will learn about how to take care of their bodies. This will involve learning about consent and autonomy, learning about body image and stereotypes and learning about substances which are harmful to our bodies. Children will also learn about the importance of sleep and keeping clean. Lessons will explore the things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted. Throughout the unit, children will be encouraged to consider the choices they have and learn about the support that is available to them.

We will be exploring these questions:

Lesson 1: Why is looking after our bodies so important? What is autonomy and what is consent?

Lesson 2: What are the effects of not getting enough sleep? How can we get a good night's sleep? How does regular exercise benefit our mental and physical health? What are the risks associated with an inactive lifestyle?

Lesson 3: What are healthy habits? How can we take care of our bodies?

Lesson 4: What are drugs, alcohol and tobacco and what are the effects of using them? What are the risks of taking harmful substances? How can we make good choices about dangerous substances?

Lesson 5: What messages do we get from the media about our bodies? How can we think and feel positively about ourselves?

Lesson 6: What choices do we have about keeping our bodies and minds healthy? What influences our choices about our bodies and our physical and mental health? How can we decide if these are positive or negative influences?

Your child will be taking part in a range of activities, including the following:
Paired, group and class discussions and games, sorting and matching statements, quizzes, role play, making checklists, guided meditation, reading and responding to fictional blog posts, creating information leaflets, analysing photographs and writing diary entries.

About PSHE and Citizenship Education
PSHE stands for Personal, Social, Health and Economic Education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That is why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and a positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.

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