

Focus 3 Whole School Key Learning in Heartsmart

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R (Willow) Topic	Get Heartsmart YR	Don't forget to let love in YR	Too much selfie isn't healthy YR	Don't hold on to what's wrong! YR	Fake is a mistake! YR	No way through, isn't true! Y2
Key Learning	<ul style="list-style-type: none"> -Different ways to be HeartSmart -Work and play co-operatively together. -Listen to one another's ideas and adapt their play -To take turns and play co-operatively. -To encourage one another during play. -Read facial expressions to understand how others are feeling. -Begin to explain why someone may be feeling happy, sad, etc -Talk about the things we love and describe how they make us feel. -Work together to find the hearts hidden around the classroom. 	<ul style="list-style-type: none"> -Each one of us is loved, special and important. -We all like different things and that is one of the ways we are unique. -Talk about how we demonstrate different emotions. We are all special. -Tell other people about us and the things we like. -We all have different talents and skills. -We can accept praise and encouragement from others. 	<ul style="list-style-type: none"> -There are special things we like to do with special people. -All families are important and special. Others people's families can look different to our family. -Ways that people show how they are feeling. To notice when others are upset or need help. -Appropriate ways to show care and affection for others. -We can show love to others when they need help. -Be thankful for the people who help us at school. 	<ul style="list-style-type: none"> -We can all be super friends. -It is important to include others in our games. -Listen to one another. -We can use words that are kind when talking to our friends. -We can choose to be kind to others even when they are not. -Why it is important to say sorry. 	<ul style="list-style-type: none"> -Differentiate between words that are true and untrue. -Be kind and encouraging to others. -It is important to be honest and always tell the truth. -Being yourself is the best you can be. -List the things we are thankful for. -Tell others something special about our homes and families. 	<ul style="list-style-type: none"> -Making mistakes is normal and helps us to learn. -Have a go at and complete a series of different challenges. -Keep trying when something is difficult. -We can do anything if we work hard and don't give up. -Keep going to complete an activity. -Express how we feel about change.
Vocabulary	play, share, take turns, listen, ideas, change, encourage, facial expression, feelings, happy, sad, excited, surprised	love, special, important, unique, emotions, talents, skills, encouragement	special people, families, important, different, feelings, care, affection, thankful	super friends, include, listen, kind words, sorry, apologise	true, truth, untrue, honest, tell the truth, be yourself, thankful	making mistakes, learn, challenge, change
Year 1/2 (Redwood) Cycle A Topic	Get Heartsmart Y2	Don't forget to let love in Y2	Too much selfie isn't healthy Y2	Don't hold on to what's wrong! Y2	Fake is a mistake! Y2	No way through, isn't true! Y2
Key Learning	<ul style="list-style-type: none"> •understand that the choices I make can help or hurt my own and others hearts. •describe a way that I can use my power in a positive and negative way. •beginning to understand that the decisions I make can affect my reputation. •beginning to understand how my heart affects my actions, words and behaviours. •describe how different people's families may look. •describe a way my family shows me love. •list a food from each of the 5 food groups. •think of a choice I have made that has helped my heart. •think of a choice I have made that has helped someone else's heart. 	<ul style="list-style-type: none"> •recall a way someone has shown love to me through kind words or actions. •describe something I like about myself. •say some of my strengths. •understand that I am unique. •understand the difference between truths and lies. •suggest my own trash and truth statement. •use positive adjectives to describe myself. •describe a different range of emotions. •understand that thankfulness changes my attitude. •find my pulse. •describe how I feel after physical activity. •recall a kind word or action from the week. •share the best thing about me. 	<ul style="list-style-type: none"> •suggest a way to show love for others. •suggest a way to demonstrate love to others. •learning to suggest ways to 'look out' for other people's needs and the needs of the environment around me. •learning to spot and act on opportunities to do something kind for others. •list the people working in my local community that look after and protect me. •learning to appreciate the important work they do. •list ways that we are all different. •list ways that we are all the same. •suggest some ways to keep safe in real life. •suggest some online safety rules. •understand that online safety rules are similar to safety rules in real life. •suggest ways they have shown love for others. •describe how loving others makes me feel. 	<ul style="list-style-type: none"> •understand that letting the bad feelings out of my heart helps me feel happy again. •understand that what I do affects others •beginning to understand when I need to say sorry. •beginning to understand that forgiveness helps my heart. •give an example of a person, place or activity that helps my heart when I am sad. •beginning to understand ways to help me let go of hurt or disappointment. •suggest a way I can protect myself and others from bullying. •suggest something I can do if I feel sad or mad. 	<ul style="list-style-type: none"> •suggest a couple of amazing facts about myself. •explain why we don't need to lie about ourselves. •name something unique about myself. •name an unkind thought that I have about myself. •name a kind thought I have about myself. •describe how an emotion feels. •describe times when I have felt different emotions. •suggest some ways to demonstrate good manners. •demonstrate different ways to greet another person. •describe some ways to stay safe in the sun. •use positive words to describe myself and complete the phrase 'I am... 	<ul style="list-style-type: none"> •beginning to understand when I feel stuck. •beginning to choose to persevere in completing a challenge. •beginning to be able to find alternative solutions to a problem. •design a map with alternative routes. •beginning to think about different ways I can look at situations. •suggest a different way I could try to overcome a challenging situation. •replace worry phrases with positive "what if" phrases. •identify signs of energy being used. •suggest some ways to conserve energy. •recall a time when I felt stuck but found a way through!
Vocabulary	choices, dilemma, unhelpful, helpful, problem, others, help, power, positive, negative, impact, behavior, challenge,	kindness, strengths, unique, special, individual, truth, lies, trash, adjectives, positive, thankfulness, attitude, grateful, appreciate, active, pulse	love for others, 'look out', needs, environment, opportunity, community, protect, different, same, safe, real life,	bad feelings, affecting others, sorry, forgive, resolve, problem, acceptance, forgiveness, sad, unhappy, protect,	fact, lie, fib, unique, special, individual, unkind, kind, emotion, good manners, uncomfortable, polite, greet, greetings, sunscreen, sun protection, harmful,	stuck, persevere, challenge, resilience, solution, alternative, resolve, what if, energy, conserve energy, overcome, actions

	food groups, similar, different, reputation		online safety, respect, rules, harmful, dangerous, unsafe,	bullying, unkind, feelings, emotions, empathy, angry, cross, mad,		
Year 1/2 (Redwood) Cycle B Topic	Get Heartsmart Y1	Don't forget to let love in Y1	Too much selfie isn't healthy Y1	Don't hold on to what's wrong! Y1	Fake is a mistake! Y1	No way through, isn't true! Y1
Key Learning	<ul style="list-style-type: none"> beginning to understand that my choices can help or hurt my own and others hearts. beginning to understand that I am a source of power. beginning to understand some different emotions I feel. beginning to understand that I can look after my heart. identify someone that I am grateful for and am beginning to think about a reason why. beginning to understand what healthy choices for my mind and body look like. 	<ul style="list-style-type: none"> starting to describe myself in a positive way. starting to think about some great things about myself. suggest touch that I like and touch that I don't like. beginning to understand the difference between the truth and lies. beginning to understand that not everything is true. beginning to understand what truth sounds like. beginning to make choices based on my preferences. beginning to understand that I am unique. beginning to understand that there is a difference between spending and saving. beginning to understand that I can choose to 'save' or 'spend'. beginning to understand that a reward comes from saving. identify different ways that I can take care of myself and some of the objects I use for this eg toothbrush. beginning to be able to recall a kind word or action from my week. 	<ul style="list-style-type: none"> beginning to think about ways to show love for others. beginning to demonstrate ways to love others. beginning to notice the people around me. beginning to think about ways that I can help others. beginning to think about ways I have been helped by others. think of someone who looks after me. beginning to think about how being looked after makes me feel. suggest ways to show appreciation for others. beginning to understand how to work as a team. beginning to think about some ways to keep safe online. draw a picture to offer advice for keeping safe online. suggest a way that I have shown love for others. beginning to think about how loving others makes me feel. 	<ul style="list-style-type: none"> identify when Boris is sad. beginning to understand that what I do affects others. beginning to understand when I need to say sorry. beginning to understand that forgiveness helps my heart. beginning to understand when I am feeling a negative emotion eg anger, sadness, disappointment. beginning to understand that I can choose kind or unkind words. suggest an example of a positive attribute of the kind of friend I would like to be. beginning to understand something I can do if I feel sad or mad. 	<ul style="list-style-type: none"> suggest an amazing fact about myself. explain why we don't need to lie about ourselves. beginning to understand that I don't need to pretend to be anything I am not - I can be myself! describe what being 'see-through' means. beginning to understand some reasons why being 'see-through' in friendship is important. suggest some ways to look after my teeth. name a person I can talk to when I feel upset. beginning to understand that small lies can have a big impact. complete the phrase "I am..." with a positive characteristic. 	<ul style="list-style-type: none"> beginning to understand when I feel stuck. beginning to choose to persevere in completing a challenge. starting to explore how I can adapt my strategy and try other things when I feel stuck. beginning to understand the value of having a friend's support when I feel stuck. differentiate between secrets I should and shouldn't keep. know what to do if someone asks me to keep a secret that makes me feel uncomfortable. beginning to understand that I have an impact on my class, family and community. choose pictures of things I like (to create a dreamboard). think of a person, pet or toy that I miss. share a memory of that person, pet or toy. starting to be able to recall times where I felt stuck but found a way through!
Vocabulary	choices, help, hurt, source of power, emotions, dilemma, mind, healthy choices, mental health	positive, self esteem, choices, trust, good touch, bad touch, safe, unsafe, private, truth, lies, preferences, unique, individual, spending, saving, benefits, borrow, pocket money, reward, responsibility, care, health, pharmacy, doctor	helping others, helped by others, care, feelings, worried, anger, excited, , nervous, angry, emotion, team, co-operate, excluded, safe online, rules, dangers, advice, internet	sad, upset, lonely, down, affects, actions, behaviour, sorry, forgiveness, appreciate, forgiving, acceptance, disappointment, negative emotion, kind or unkind words, attribute, character, friend, loyal,	fact, lie, truth, false, pretend, fake, myself, see-through, friendship, name, impact, characteristic	stuck, persevere, completing, challenge, adapt, strategy, value, appreciate, secrets, uncomfortable, dreamboard, memory,
Year 3/4 (Chestnut and Maple) Cycle A Topic	Get Heartsmart Y4	Don't forget to let love in Y4	Too much selfie isn't healthy Y4	Don't hold on to what's wrong! Y4	Fake is a mistake! Y4	No way through, isn't true! Y4
Key Learning	<ul style="list-style-type: none"> suggest several ways that I can show love to myself. suggest several ways that I can show love to others. beginning to think about the consequences of the words we use. describe some consequences of using kind and unkind words. suggest some characteristics that I would like to see in my classroom. suggest some ways I can cultivate some of those characteristics. name someone that I trust and I can give one reason for why I trust them. list some characteristics of a healthy family life. explain what "mental wellbeing" means. list something that positively affects my mental wellbeing. list something that negatively affects my mental wellbeing. 	<ul style="list-style-type: none"> recall different ways someone has shown me love through kind words or actions. describe myself in a positive way. identify some ways that I most feel love. give an example of a time when I have been loved. identify some of my strengths and achievements. record and list some unique facts and figures about me. highlight five things about my body that I am grateful for. explain I am grateful. understand that love sometimes looks like stopping the spread of bacteria. suggest some ways that bacteria spreads. recall examples of kind words or actions from the week. 	<ul style="list-style-type: none"> suggest ways to show love for others. demonstrate ways to love others. becoming more aware of my surroundings and the people around me by noticing differences. make the link about being observant and being aware of those around us. suggest how a person is feeling from their expression and body language. suggest who the unseen heroes of my community are. honour those heroes by writing a thank you note. suggest times when I need help from others. demonstrate good teamwork skills (clear communication, listening and negotiating). suggest ways to use my technology devices responsibly. suggest ways that I have shown love for others. 	<ul style="list-style-type: none"> suggest a way to fix a broken friendship. describe some benefits of forgiveness. sort scenarios into positive and negative stress. suggest ways to manage negative stress. suggest some healthy boundaries I can use both in life and online. recognise online abuse and know how to report it to. suggest positive uses of the internet. list several things I can do if I feel sad, or mad 	<ul style="list-style-type: none"> explain why we don't need to lie about ourselves. list 3 great things about myself. explain that I am not what I 'do'. identify some important voices in my life. recognise the difference between kind and unkind voices in my life. growing in courage to always tell the truth. give examples of when I have been afraid to tell the truth. explain when dares are no longer fun. explain the consequences of dares. list some of the risks associated with smoking. list what I have learned about why 'Fake is a Mistake'. 	<ul style="list-style-type: none"> describe a situation where I felt stuck. suggest some ways I can persevere when I feel stuck. list some skills and attitudes needed to meet the challenges. identify habits I need to develop or lose in order to achieve my goals. think of someone who encourages me. think of someone I can encourage. choose pictures of things that inspire me. create 'A Dream of my Heart is...' statement. define what puberty is. describe key physical changes that take place as puberty begins. recall a time when I felt stuck but found a way through!

	<ul style="list-style-type: none"> •suggest some ways that I can care for my heart. •suggest some ways that I can care for other people's hearts. 	<ul style="list-style-type: none"> •share several amazing things about myself. 	<ul style="list-style-type: none"> •describe how caring for others makes people feel. 			
Vocabulary	notice, observe, observant, consequence, characteristics, cultivate, trust, mental wellbeing, care	positive, strengths, achievements, goals, dreams, unique, figures, grateful, bacteria	surroundings, body language, expression, facial expression, unseen heroes, community, honour, clear communication, negotiating, hazard	fix, resolve, positive stress, negative stress, managing negative stress, healthy boundaries, online abuse, grooming, report it, gaming, habits, age classification	courage, dares, peer pressure, pressure, risk, smoking, tobacco, nicotine, drug, heart, lungs, addiction, age restriction, legal, illegal,	attributes, inner drive, powerful, visualize the goal, tolerance, self discipline, commitment, will power
Year 3/4 (Chestnut and Maple) Cycle B Topic	Get Heartsmart Y3	Don't forget to let love in Y3	Too much selfie isn't healthy Y3	. Don't hold on to what's wrong! Y3	Fake is a mistake! Y3	No way through, isn't true! Y3
Key Learning	<ul style="list-style-type: none"> •suggest a way that I can show love to myself. •suggest a way that I can show love to others. •list ways to be kind to one another. •describe some ways that others are 'meant to be treated'. •recall a memory and associate a feeling with it. •beginning to understand that my heart needs protecting. •list some things that my heart needs protecting from. •list some people that I am grateful for in my life and give some reasons for why I am grateful for them. •identify some benefits of a healthy lifestyle. •identify some risks of an unhealthy lifestyle. •suggest some ways that I can care for my heart. •suggest some ways that I can care for other people's hearts. 	<ul style="list-style-type: none"> •recall some ways that people have shown love to me through kind words or actions. •starting to describe myself in a positive way. •think of words to encourage others. •accept encouragement from others. •sort words into what love is and what love isn't. •list some things that I am grateful for. •explain why I am grateful for them. •beginning to understand that some choices I make will affect my physical health. •recall examples of kind words or actions from the week. •share some amazing things about myself. 	<ul style="list-style-type: none"> •suggest ways to show love for others. •suggest ways to demonstrate loving others. •suggest something that I can do for another person. •describe how the person I helped felt. •describe how helping someone else made me feel. •explain how to respond in an emergency. •recognise and celebrate the impact kindness has on another person. •work together with others to complete a task. •learning how to listen well to one another and respect each other's views. •list some information that identifies me eg name, address. •know why it is important to keep personal information private. •suggest ways I have shown love for others. •describe how caring for others makes me feel. 	<ul style="list-style-type: none"> •beginning to understand what 'forgiveness' means. •describe how saying sorry can help a situation. •describe the effects of choosing to forgive or not. •describe a way that holding on to hurt can make us sad. •list a ways to build trust between friends. •think of someone that I trust. •give an example of a stereotype. •suggest a couple of things I can do if I feel sad or mad. 	<ul style="list-style-type: none"> •suggest a couple of amazing facts about myself. •explain why we don't need to lie about ourselves. •beginning to know the real me is the best me. •give a simple explanation of what shame is. •suggest appropriate and inappropriate types of touch. •suggest safe people to talk to if I am concerned. •explain why telling the truth is important to build a friendship. •explain what an allergy is. •list what I have learned about why 'Fake is a Mistake' 	<ul style="list-style-type: none"> •identify when I feel stuck. •choose to persevere when I feel stuck or in completing a challenge. •identify an area of my life where I am doing well. •describe what a setback is. •give an example of a setback. •demonstrate basic first aid skills. •identify a dream I have. •list some attitudes I need to develop to achieve my dreams. •describe what 'change' is and give some examples in my life. •suggest something I can do that helps me to manage change. •recall a time when I felt stuck but found a way through!
Vocabulary	respect for yourself, honouring, perspective, lifestyle	accept, motivate, inspire, promote, console, grateful, gratitude	calm, safe location, victim, assess the situation, harmony, unity, view point, opinion, collaborative, personal information, private, address, phone number	healing, grudges, bitterness, harm, holding on, empathy, trust, reliable, reliance, dependence, rely on another person, stereotype	real me, shame, humiliating, disgrace, self reflection, guilt, inappropriate touch, appropriate touch, force, body safety, safe touching, unsafe touching, allergy,	persevere, setback, basic first aid, attitudes,
Year 5/6 (Oak) Cycle A Topic	Get Heartsmart Y6	Don't forget to let love in Y6	Too much selfie isn't healthy Y6	. Don't hold on to what's wrong! Y6	Fake is a mistake! Y6	No way through, isn't true! Y6
Key Learning	<ul style="list-style-type: none"> •reflect on the choices I make that can help my heart. •reflect on the choices I make that can hurt my heart. •explain how I feel differently when moving or posing in different ways. •create a powerful pose of my own. •suggest ways people can become 'hard-hearted'. •suggest ways to keep my heart soft and strong. •explain the benefits of a soft strong heart over a hard heart. •explain when a secret should be kept and when it should be shared. •describe what a commitment is. •plan a healthy meal. •reflect on how I protect my own and other's hearts. 	<ul style="list-style-type: none"> •reflect on ways that people show me love through kind words or actions. •describe myself in a positive way consistently. •understand that I am valued. •encourage others with kind and positive words. •accept the encouragement given to me. •recall significant events and people in their lives so far. •recognise that every person is unique. •list things that I am are grateful for. •suggest some early signs of illness. •recall a way that I have 'Let Love in' this week. •describe myself in a positive way. 	<ul style="list-style-type: none"> •reflect on the different ways to show love for others. •consistently demonstrate ways to love others. •know there are ways we are different and ways we are the same. •understand that while there are some differences between us, there are more similarities. •listen carefully to my classmate and feedback what they have said. •suggest people who have benefitted from overcoming a challenge. •explain why I am grateful for those people. •suggest ways to be a good friend. •list 3 benefits of social media. •list 3 dangers of social media. •describe ways that I have shown love for others. 	<ul style="list-style-type: none"> •demonstrate choosing forgiveness. •demonstrate choosing strategies to help resolve conflicts and disputes. •explain my point of view. •listen and take account of a response from another person. •model resolving a dispute. •explain some benefits of forgiveness. •suggest some barriers to forgiveness. •understand that our tone and body language communicates more than our words. •give examples of how a trustworthy friend behaves. •explain when it is ok to break a confidence. •list some effects bullying can have. •explain how to get help if I or someone I know are being bullied. •identify when I am experiencing negative emotion. 	<ul style="list-style-type: none"> •present different opinions respectfully. •explain how to communicate the truth lovingly. •understand we are loved just as we are. •understand how to replace negative self-talk with positive self-talk. •define what a boundary is. •explain how using boundaries means we can have respectful friendships. •find out facts about vaccinations from credible sources. •suggest ways to discern if information online is credible. •know some physical and mental health risks associated with taking drugs. •suggest some ways to avoid drug taking. •list what I have learned about why 'Fake is a Mistake'? 	<ul style="list-style-type: none"> •describe situations where I get stuck. •suggest ways to persevere when I feel stuck. •describe the impact of changing my thinking from 'I can't do it' to 'I can't do it yet'. •explain the importance of practice. •answer the question "How am I feeling?" •answer the question "Why am I feeling that way?" •suggest ideas of needs for "What do I need?" •explain the effects of having hope. •demonstrate choosing hope. •describe some things that may try to keep me in my comfort zone. •suggest what could happen when I step outside my comfort zone, into 'Where the magic happens!'?

			<ul style="list-style-type: none"> describe how caring for others makes people feel. 	<ul style="list-style-type: none"> suggest ways that will help me when I am experiencing negative emotion. 		<ul style="list-style-type: none"> apply this learning to a real-life scenario. describe the changes in my brain as I go through adolescence. recall a time when I felt stuck but found a way through. identify strategies used to demonstrate 'No Way Through' isn't True!
Vocabulary	posing, hard-hearted, harmful, threat, threaten, powerful pose, commitment, trustworthy	skills, qualities, reflect, valued, acceptance	differences, similarities, overcoming, social media, dangers, benefits, advice, consequence, anti social, law, cyberbullying, prevention	resolve, conflict, disputes, point of view, take account, benefits, barriers, tone, body language, trustworthy, break a confidence, anxiety, depression, low self esteem, isolated,	opinion, respect, respectfully, self talk, positive talk, boundary, vaccinations, credible source, online, physical health risk, mental health risks, drugs, substance abuse, discern, legal and illegal drugs, risks, advice, support, gangs, youths, products, solvents, tobacco, nicotine products, vapes, vaping, alcohol, substance	persevere, hope, comfort zone, adolescence, puberty, gender, relationships
Year 5/6 (Oak) Cycle B Topic	Get Heartsmart Y5	Don't forget to let love in Y5	Too much selfie isn't healthy Y5	. Don't hold on to what's wrong! Y5	Fake is a mistake! Y5	No way through, isn't true! Y5
Key Learning	<ul style="list-style-type: none"> suggest some ways that I can care for my heart. suggest some ways that I can care for other people's hearts. understand that being bossy is about trying to control others. describe some qualities of a good leader. describe some qualities of the heart reputation I would like to have. suggest some ways to know what I should and shouldn't watch. list some things I should avoid watching. explain how another person has supported or encouraged me and how that made me feel. write a thank you letter and express gratitude to someone. suggest some ways to help myself sleep well. list some benefits of sleeping well. explain some ways that I can protect my own and other's hearts. 	<ul style="list-style-type: none"> reflect on ways that people show me love through kind words or actions. starting to describe myself in a positive way consistently. understand that I have value and purpose. aware of how the words I listen to about myself can make me feel. identify some lies that I believe/listen to. suggest opposing truths to those lies. describe how listening to and believing lies makes me feel. describe how listening to and believing truth makes me feel. beginning to understand and demonstrate different ways I can respond to pressured scenarios. recall a significant event and person in my life. someone to go to when I need help. recall a way I have 'Let Love in' this week. 	<ul style="list-style-type: none"> understand there are many different ways I can show love for others. demonstrate ways to love others. think of someone to go to if I feel lonely. suggest things to do to avoid feeling lonely. list some skills needed to listen to others well. suggest ways I can demonstrate honour. starting to understand the purpose and role of groups eg charities, raising awareness. know what I should and shouldn't share online. suggest ways that I have shown love for others. describe how caring for others makes people feel. 	<ul style="list-style-type: none"> describe forgiveness. explain why forgiveness keeps my heart healthy. describe some practical steps I could take to resolve conflict. describe how different emotions feel. explain why emotions are important. describe some healthy ways to respond to my mistakes. recognise bullying behaviours. suggest ways to deal with bullying. list different types of negative emotion. identify when I am experiencing negative emotion. suggest ways that will help me when I am experiencing negative emotion. 	<ul style="list-style-type: none"> explain why we don't need to lie about ourselves. list 5 great things about myself. discuss how unrealistic images can make me feel. explain some things I can do when I feel like I need to hide how I really feel. give a simple description of what vulnerability is. identify qualities that build trust for vulnerability. explain why growing feedback is important. identify the difference between 'No Entry' and 'Welcome' responses to feedback. list some risks associated with alcohol use in young people. give some advice against drinking alcohol. list what I have learned about why 'Fake is a Mistake'. 	<ul style="list-style-type: none"> describe situations where I feel stuck. suggest ways to persevere when I feel stuck. say when I find a situation difficult or challenging. give some examples of internal success. give an example of something I would like to grow in internally to meet a goal I have. name some tools that help me to live with hope. explain key facts about the menstrual cycle. describe ways to look after my health and wellbeing as I grow up. recall a time when I felt stuck but found a way through. use strategies that demonstrate 'No Way Through' isn't True!
Vocabulary	bossy, controlling, forcing, dominating, domineering, overbearing, leader, inspirational, integrity, forward looking, competent, empower people, set example, shared vision, bad language, violence, nudity, sexual content, age-restrictions	value, purpose, skills, qualities, pressured, peer pressure, own choice, pressurised, balance risks, consequences, healthy decisions	lonely, alone, solitary, honour, high respect, esteem, morals, morally right, respect, charities	forgiveness, pardon, excuse, resolve, conflict, peace, actively listen, review options, emotional response, reaction, response, verbal bullying, physical bullying, cyberbullying, harassment, invasive, sexual bullying, prejudicial bullying, prejudices, races, victim, gender	unrealistic, images, vulnerability, exposed, trust, untrustworthy, alcohol, alcoholic, abuse, risks, unsociable behaviour, long term effects, informed choices, alcohol poisoning, harmful effects,	internal success, goal, hope, menstrual cycle, well being, female body, period of time, egg cells, pregnancy, hormones, periods, adolescent, puberty, physical changes, emotional changes,