



Respect, Believe, Achieve

Year 4 This Is Me

Changing Adolescent Body, Drugs, Alcohol and Tobacco and Healthy Eating



Websites and Signposting

[CBBC Operation Ouch!](#) - Don't worry when you reach puberty

[How alcohol affects the brain](#)—Video and teaching guide

[Menstruation What to Expect](#)—Video

What do I already know?

- About personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing. (Y1)
- How and when to seek support including which adults to speak to in school if they are worried about their health. (Y1)
- Dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist. (Y2)
- The importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and ability to learn. (Y2)
- How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. (Y3)

Key Words

Adolescent	The process of developing from a child into an adult.
Puberty	The process of physical changes through which a child's body matures into an adult body capable of sexual reproduction.
Alcohol	An alcoholic drink is a drink that contains ethanol, a type of alcohol produced by fermentation of grains, fruits, or other sources of sugar that acts as a drug.

Key Skills	
	Identify – can identify the changes that occur during puberty.
	Identify – can identify what happens during the menstrual cycle.
	Communicate - can discuss the risks associated with drinking alcohol and the impact it has on our bodies.



Key Knowledge
<ul style="list-style-type: none"> • Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • About menstrual wellbeing including the key facts about the menstrual cycle. • The facts about legal and illegal harmful substances and associated risks, including alcohol. • The characteristics of a poor diet and risks associated with unhealthy eating (including obesity and tooth decay) and other behaviours (eg. the impact of alcohol on diet or health).

Here's what I will know/be able to do by the end

1. I know what to expect when puberty happens.
2. I understand what happens during the menstrual cycle.
3. I can talk about the risks associated with drinking alcohol and the impact it has on our bodies.