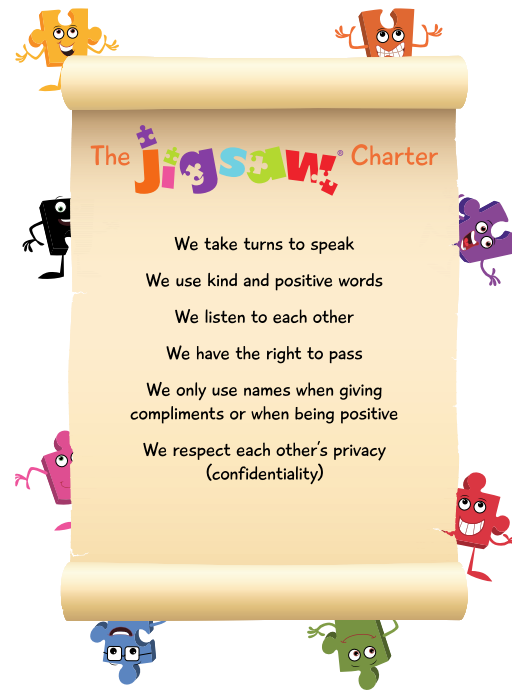




Key Vocabulary

Choices	When you have an option to choose between two things.
Media	News, music, movies, TV
Social media	Websites and apps that people can communicate and share things through.
Body image	How a person sees their own body.
Self- respect	Pride and confidence in yourself.
Lifestyle	How you choose to live your life.



Key knowledge

PSHE

I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.

I can summarise different ways that I respect and value my body.

