

### Health and Wellbeing 2

In this unit, pupils will understand strategies to deal effectively with changes, such as loss, bereavement and transitions between settings. Children will understand how they develop as they gain more independence. Pupils will understand how a baby is made, how to prevent this and how babies should be cared for.



## Key knowledge and threads

### Key thread: Health and Wellbeing

- Know that change and loss can lead to withdrawal, loneliness, angry outbursts, difficulty concentrating
- Know that it is okay to move on in their own time after bereavement and not to feel guilty
- Know that strategies for managing change or loss are leaning on your loved ones for support, or organisations specialising in grief
- Know that keeping routines as similar as possible, writing questions down, seeking advice from others are problem-solving strategies for dealing with emotions, challenges and change
- Know that as they grow up, they gain more independence
- Know that growing independence helps develop patience, concentration, self-help, cooperation, self-discipline and self-trust
- Know that visiting their new school/class and teacher, and practising their route to school are practical strategies that can help to manage transition to a new class or school
- Know that sexual intercourse is part of an intimate relationship between consenting adults
- Know that sexual intercourse is when two consenting adults allow a penis to enter a vagina
- Know that a baby is made when a sperm meets an egg and the fertilised egg settles into the lining of the womb
- Know that a baby can be made through IVF, surrogacy or assisted conception
- Know that pregnancy can be prevented with contraception
- Know that a baby needs feeding only milk for the first 6 months, lots of sleep, holding, a pram, a special car seat, nappies and regular changing, bathing, playtime and lots of love



### Vocabulary Abstract

**Independence**—freedom from the control, influence, support, aid, or the like, of others

**Consent**—give permission for something to happen

**Contraception**—deliberate use of artificial methods or other techniques to prevent pregnancy

**IVF**—a medical procedure whereby an egg is fertilized by sperm in a test tube or elsewhere outside the body

**Grief** - intense sorrow, especially caused by someone's death