

Year 3 Pressures I may face

Autumn 1



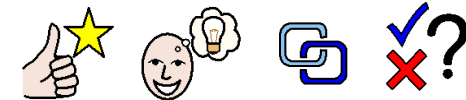
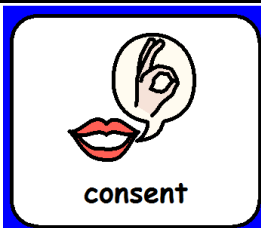
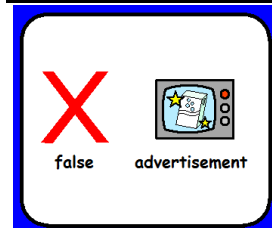
How can I recognise different pressures I may face?

How can I resolve different pressures I may face?



Key Vocabulary	Definition
mindfulness	Slowing down and paying full attention to something. Focusing in a relaxed and calm way.
photoshop	A way of editing photos to make them look better.
False advertisement	It is the use of false, misleading or unproven information to advertise products so they sell.
conflicting	To be in strong opposition or disagreement.
consent	Approval of or agreement with what is done to a person.

Key Outcomes
I can recognise and know how to appropriately respond to different pressures.
I can manage own behaviour and resist copying poor behaviour.
I can recognise and respond to challenging and conflicting feelings .
I can recognise and resist pressures that are unsafe or uncomfortable.
I understand that my body belongs to me.
I understand the importance of asking and giving permission .



Key Skills
I can identify big ideas in a stimulus and ask questions related to these.
I can explain how ideas are linked.
I can support and build on ideas of others.
I can stay focussed on a matter at hand.
I can explore a range of different possibilities.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well