

	<p>Digital Citizenship 3.16 Know that anything that is posted online is permanent Being Human (Y5) Learning critically online (Y5)</p> <p>Growing and changing 3.09 Know that peer pressure is an influence on actions that may increase risk or danger to ourselves and others Being Human (Y5)</p> <p>Brain and Metacognition 3.13 Know that stress can inhibit learning Brainwave: The brain (Y5) Brainwave: Metacognition (Y6) Full Power (Y6) 3.17 Know that people and events represented online may not reflect reality Being Human (Y5) Learning critically online (Y5) 3.18 Understand the risks associated with sharing information online Being Human (Y5) Learning critically online (Y5)</p>	<p>Growing and changing 3.04 Understand that self-regulation strategies can support a positive response to the changes that take place during puberty Brainwave: Metacognition (Y6) 3.05 Understand that people choose different ways to support health and wellbeing Being Human (Y5) Brainwave: The brain (Y5) Brainwave: Metacognition (Y6) Full Power (Y6) 3.06 Be able to identify when a strategy to reduce stress and improve wellbeing is needed and act accordingly Being Human (Y5) Brainwave: The brain (Y5) Brainwave: Metacognition (Y6) 3.07 Understand how to develop and maintain positive relationships Being Human (Y5) Brainwave: The brain (Y5) Learning critically online (Y5) Brainwave: Metacognition (Y6) 3.10 Know that some aspects of our identity are very central to who we are whereas others are less important and may change depending on the situation Being Human (Y5) Brainwave: The brain (Y5) Brainwave: Metacognition (Y6)</p> <p>Brain and Metacognition 3.12 Understand that Knowledge, Skills and Understanding require different ways of learning Brainwave: The brain (Y5) Brainwave: Metacognition (Y6) 3.15 Be able to select the most effective metacognitive strategies to improve their own learning Brainwave: The brain (Y5) Brainwave: Metacognition (Y6)</p>	<p>Financial literacy 2.19 Understand that money comes from different sources and can be used for different purposes, including saving Bright Sparks (Y3) 3.19 Understand that how people choose to spend money is influenced by needs and wants</p> <p>Growing and changing 3.06 Be able to identify when a strategy to reduce stress and improve wellbeing is needed and act accordingly Being Human (Y5) Brainwave: The brain (Y5) Brainwave: Metacognition (Y6)</p>	<p>Growing and changing 3.01 Know about the various restrictions on substances such as medicines, drugs and alcohol Being Human (Y5) 3.05 Understand that people choose different ways to support health and wellbeing Being Human (Y5) Brainwave: The brain (Y5) Brainwave: Metacognition (Y6) Full Power (Y6) 3.09 Know that peer pressure is an influence on actions that may increase risk or danger to ourselves and others Being Human (Y5)</p>
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