

Lesson number and title	Strand	Objectives	Overview
1. My awesome body	Health education Relationships education	To understand the importance of self-respect and how this links to their own happiness. To understand the risks associated with an inactive lifestyle, and what constitutes a healthy diet.	Pupils think of all the amazing things which their bodies can do. They play a pairing game finding different people within the class who have particular attributes. They think about things which they admire in their peers.
2. Body image through the ages	Health education Relationships education	To understand the importance of self-respect and how this links to their own happiness. To know that body image has changed throughout the ages and can be influenced by society.	Pupils explore trends and fashions in body image and style through the ages, choosing a particular era to research and present to the class. If there is time, pupils can create a 'body image through the ages' collage.
3. Images on the internet	Health education Relationships education	To understand the importance of self-respect and how this links to their own happiness. To know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. To understand the risks associated with an inactive lifestyle (including obesity). To know what constitutes a healthy diet (including understanding calories and other nutritional content).	Pupils spot the differences between original and photoshopped pictures and have a go at photoshopping their own images.
4. The big debate	Health education Relationships education Living in the Wider World	To understand the importance of self-respect and how this links to their own happiness. To know how to be a discerning consumer of information online and in print, including understanding that information, such as that from search engines, is ranked, selected and targeted. To learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	Pupils engage in a debate on the question: Should it be made illegal to photoshop images which are posted online or used in advertising?

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5. Celebrating our bodies	Health education Relationships education	To understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	Pupils research and design a positive body image campaign. This could include writing letters to government, head of school, a twitter hashtag, a PowerPoint assembly, etc.