

<h2>Democracy</h2>	<h2>Mutual respect and Relationships</h2>		<h2>Identity</h2>	<h2>A healthy Lifestyle</h2>	
<p>A democracy is fair because everyone over 18 can take part.</p>	<ul style="list-style-type: none"> I must not share my personal details with people I don't know online. Personal details include my name, where my home is, my bank details, information about my family or friends. Being safe is more important than keeping secrets for the sake of privacy. 	<p>Friendships need: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust.</p>	<p>Many of the changes in my life and my body are irreversible.</p> <p>I can cope with loss by seeking help, talking to others, and letting myself feel sad.</p> <p>I have the power to choose the things I like and that I dislike. It is okay to like and dislike whatever I choose.</p>	<p>Before I make choices about my diet, I should know about</p> <ul style="list-style-type: none"> Different types of nutrition in food How many calories are in my food I can enjoy all food as long as I exercise balance 	
<h3>The Royal Family</h3> <p>Members of the Royal Family support The Queen in her many State and national duties, as well as carrying out important work in the areas of public and charitable service, and helping to strengthen national unity and stability.</p>	<p>Boundaries in relationships keep me safe. I can keep boundaries by saying no and seeking help from those I trust.</p>			<p>There are different forms of a balanced diet, and I can choose based on my</p> <ul style="list-style-type: none"> Lifestyle Money 	
<h2>Diversity, Tolerance and Equality</h2>	<h2>Individual Liberty</h2>		<h2>Careers and Finance</h2>		
<p>My attributes are part of my personality.</p> <p>Families can make different choices because of their beliefs. This might be about:</p> <ul style="list-style-type: none"> Food Education How to spend time together <p>It is important to respect the opinions of others. We are allowed to be different, and we should be kind despite our differences.</p>	<p>Rules are only effective when:</p> <ul style="list-style-type: none"> People understand them They are fair They are inclusive. 	<p>I have the responsibility to keep living things safe, by making sure I treat them nicely and am aware of their environment.</p>	<p>People can express themselves by:</p> <ul style="list-style-type: none"> Art Words Actions Not using words or actions. 	<ul style="list-style-type: none"> Some sources of money are more secure than others. Banks keep our money, but they also invest it in other things. The way I spend my money can impact the way I live. My spending could be influenced by the media and others around me. 	
<h2>Risk</h2> <p>The people who keep us safe are:</p> <ul style="list-style-type: none"> Teachers The police force Doctors and nurses. 	<p>I must respond safely and appropriately to adults I encounter by</p> <ul style="list-style-type: none"> Remembering boundaries Remembering how to stay safe 		<h2>The Environment</h2>		
<p>The world is not always treated with respect, but science can help us treat it better.</p> <p>Everyone should use the world's resources responsibly.</p> <p>I can look after the environment by learning what causes damage and being aware of how my choices impact the world.</p>					