

Autumn 1 Being Me	Spring 1 Digital Me	Summer 1 The World & Me
<p style="text-align: center;"><u>How can I resolve problems?</u></p> <p><u>Relationships Education</u> Families and people who care for me:</p> <ul style="list-style-type: none"> • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. <p>Caring friendships:</p> <ul style="list-style-type: none"> • Most friendships have ups and downs, and that these can be worked through so that the friendship is repaired or even strengthened. <p>Respectful relationships:</p> <ul style="list-style-type: none"> • The conventions of courtesy and manners. • Practical steps they can take, in a range of different contexts to improve or support respect relationships. <p>Being safe:</p> <ul style="list-style-type: none"> • How to ask for advice or help for themselves or others, and to keep trying until they are heard. <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> • Simple self-care techniques • Where and how to seek support, including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions. 	<p style="text-align: center;"><u>What is an online relationship?</u></p> <p><u>Relationships Education:</u> Online relationships:</p> <ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not. • That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. • How to critically consider their online relationships including the awareness of risks associated with people they have never met. • How information and data is shared and used online. <p><u>Health Education:</u> Internet safety and harms:</p> <ul style="list-style-type: none"> • How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. 	<p style="text-align: center;"><u>What is my place in the world?</u></p> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> • The benefits of community participation voluntary and service-based activity on mental wellbeing and happiness.

<p style="text-align: center;">Autumn 2 Celebrating Differences</p>	<p style="text-align: center;">Spring 2 Healthy Me</p>	<p style="text-align: center;">Summer 2 Changing Me</p>
<p style="text-align: center;"><u>What is diversity?</u></p> <p><u>Relationships Education:</u> Families and people who care for me.</p> <ul style="list-style-type: none"> Families, either in school or the wider world, sometimes look different from their family but they should respect those differences and know that other children’s families are also characterised by love and care. <p>Respectful relationships:</p> <ul style="list-style-type: none"> The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs. Different types of bullying including cyber bullying. <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> That bullying, including cyber bullying, has a negative and often lasting impact on mental wellbeing. 	<p style="text-align: center;"><u>How do I keep my mind and body healthy?</u></p> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> That mental wellbeing is a normal part of daily life, in the same way as physical health. Simple self-care techniques, including the importance of rest/sleep time spent with family and friends and the benefits of hobbies and interest. <p>Physical health and fitness:</p> <ul style="list-style-type: none"> The importance of building regular exercise into daily and weekly routines and how to achieve this. <p>Healthy eating:</p> <ul style="list-style-type: none"> What constitutes a healthy diet (including understanding calories and other nutritional content) 	<p style="text-align: center;"><u>What is personal space?</u></p> <p><u>Relationships Education:</u> Respectful relationships:</p> <ul style="list-style-type: none"> The importance of self-respect and how this links to their own happiness. The importance of permission seeking and giving in relationships with friends, peers and adults. <p>Being safe:</p> <ul style="list-style-type: none"> What sort of boundaries are appropriate in friendships with peers and others (including digital context) The concept of privacy and the implications of it for both children and adults, including that it is not always right to keep secrets if they relate to being safe. How to recognise and report feelings of being unsafe or feeling bad about an adult. How to report concerns or abuse, and the vocabulary and confidence needed to do so. That a person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact. <p><u>Health Education:</u> Drugs, alcohol and tobacco:</p> <ul style="list-style-type: none"> The facts about legal and illegal harmful substances and associated risks, including smoking.