

| Autumn 1 Being Me | Spring 1 Digital Me | Summer 1 The World & Me |
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| <p style="text-align: center;"><u>How do I manage conflict?</u></p> <p><u>Relationships Education</u> Caring friendships:</p> <ul style="list-style-type: none"> • Most friendships have ups and downs and that resorting to violence is never right. • Managing conflict and how to manage these situations and how to seek help and advice from others if needed. <p>Respectful relationships:</p> <ul style="list-style-type: none"> • The conventions of courtesy and manners. <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> • 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. • That there is a normal range of emotions and scale of emotions in relation to different experiences and situations. • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. | <p style="text-align: center;"><u>How do I communicate safely online?</u></p> <p><u>Relationships Education:</u> Online relationships:</p> <ul style="list-style-type: none"> • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. <p><u>Health Education:</u> Internet safety and harms:</p> <ul style="list-style-type: none"> • Why social media, some computer games and online gaming are age restricted. • 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. • Where and how to report concerns and get support with issues online. <p>Mental wellbeing:</p> <ul style="list-style-type: none"> • That cyber bullying has a negative and often lasting impact on mental wellbeing. | <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> |
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| <p style="text-align: center;"><u>What are stereotypes?</u></p> <p><u>Relationships Education:</u> Respectful relationships:</p> <ul style="list-style-type: none"> • What a stereotype is, and how stereotypes can be unfair, negative or destructive. • The importance of respecting others, even when they are different from them, or make different choices or have different preferences or beliefs. • That in school and in wider society that they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. <p>Families and people who care for me:</p> <ul style="list-style-type: none"> • That stable and caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • Families are important for children growing up because they give love, security and stability. | <p style="text-align: center;"><u>Why do I need to 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. <p>Healthy eating: The characteristics of a poor diet and risks associated with unhealthy eating and other behaviours.</p> <p>Physical health and fitness:</p> <ul style="list-style-type: none"> • The risks associated with an inactive lifestyle including obesity. <p>Health and prevention:</p> <ul style="list-style-type: none"> • How to reduce the risk of skin damage, including skin cancer. • The importance of a sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. | <p style="text-align: center;"><u>How does my body change?</u></p> <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 alcohol use. <p>Changing adolescent body: SRE unit</p> <ul style="list-style-type: none"> • About menstrual wellbeing including key facts about the menstrual cycle. • Key facts about puberty and the changing adolescent body. |