

Autumn 1 Being Me	Spring 1 Digital Me	Summer 1 The World & Me
<p><u>What makes respectful relationships?</u></p> <p><u>Relationships Education</u> Respectful friendships:</p> <ul style="list-style-type: none"> • Practical steps they can take in a range of different contexts to improve or support respectful relationships. • The conventions of courtesy and manners. <p>Caring friendships</p> <ul style="list-style-type: none"> • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable. • How important friendships are in making us feel happy and secure, and how people choose and make friends. <p>Families and people who care for me:</p> <ul style="list-style-type: none"> • The importance of spending time together and sharing each other's lives <p>Keeping safe:</p> <ul style="list-style-type: none"> • What sort of boundaries are appropriate in friendships with peers and others (digital context). <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> • How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and other's feelings. 	<p><u>What is a digital footprint?</u></p> <p><u>Relationships Education:</u> Online relationships:</p> <ul style="list-style-type: none"> • How information and data is shared and used online. • 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"> • That for most people the Internet is an integral part of life and has many benefits. • Where and how to report concerns and get support with issues online. • The impact of positive and negative content online on their own and others' mental and physical wellbeing. • How to consider the effect of their online actions on others. <p>Mental wellbeing:</p> <ul style="list-style-type: none"> • That cyber bullying has a negative and often lasting impact on mental wellbeing. 	<p><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 does discrimination mean?</u></p> <p><u>Relationships Education</u> Respectful relationships:</p> <ul style="list-style-type: none"> • Different types of bullying (including cyber bullying), the impact of bullying, responsibilities to bystanders and how to get help. • The importance of respecting others, even when they are different from them, or make different choices or have different preferences or beliefs. <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 • Where to get advice e.g. family, school or other sources <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> • Isolation and loneliness can affect children and it is very important for children to discuss their feelings with an adult and seek support. • That bullying (including cyber-bullying) has a negative and often lasting impact on mental wellbeing. 	<p style="text-align: center;"><u>What choices help my health?</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, time spent with friends and families, and the benefits of hobbies and interests. <p>Healthy eating:</p> <ul style="list-style-type: none"> • The principles of planning and preparing a range of healthy meals. <p>Physical health and fitness:</p> <ul style="list-style-type: none"> • How and when to seek support including which adults to speak to in school if they are worried about their health. • The importance of building regular exercise into daily and weekly routines and how to achieve this. 	<p style="text-align: center;"><u>Why 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 drug taking. <p>Changing adolescent body: SRE unit</p> <ul style="list-style-type: none"> • Key facts about puberty and the changing adolescent body including physical and emotional changes. <p>Health and prevention:</p> <ul style="list-style-type: none"> • About personal hygiene