



### Curriculum Statement of Intent

- Our curriculum at Teversham is underpinned by Christian values and aims to inspire all our children in their learning.
- The curriculum will enable children to explore, discover, flourish and achieve their best.
- Our broad and balanced curriculum provides opportunities to link knowledge and skills across areas of learning.
- Our curriculum is enriched with experiences which celebrate the opportunities in our local area and raise aspirations

### PSHE Curriculum Statement

Our aims for PSHE are:

- Our PSHE curriculum enables our children to become healthy, independent and responsible members of a society.
- We aim to help children understand how they are developing personally and socially, and to give them the skills to tackle many of the moral, social and cultural issues that are part of growing up.
- The curriculum provides opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.
- Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives.

### Aims of PSHE

To promote the spiritual, moral, cultural, mental and physical development of pupils at our school and of society, and prepare pupils at our school for the opportunities, responsibilities and experiences of later life.

Our PSHE and Citizenship programme (which is covered through the taught curriculum and our wider provision) includes teaching and learning within the following strands and themes:

- **Myself and My Relationships:** including My Emotions, Beginning and Belonging, Anti-bullying, Family and Friends and Managing Change.
- **Healthy and Safer Lifestyles:** including Personal Safety, Digital Lifestyles, Drug Education, Relationships and Sex Education, Healthy Lifestyles and Managing Safety and Risk (including Road Safety).
- **Citizenship:** including Diversity and Communities, Rights, Rules and Responsibilities and Working Together.
- **Economic Wellbeing:** including Financial Capability.

## PSHE Framework Overview Updated September 2021

Each PSHE unit is taught during the year, but the term in which it is taught in may occasionally change due to cross-curricular links.

The Digital Lifestyle work is taught continuously throughout the year in the Computing curriculum, but it is also a main focus in PSHE as well.

The Anti-Bullying unit is taught in the autumn term, but the key messages are regularly revisited.

	<u>Autumn term 1</u>	<u>Autumn term 2</u>	<u>Spring term 1</u>	<u>Spring term 2</u>	<u>Summer term 1</u>	<u>Summer term 2</u>
<b>Reception</b>	<p align="center"><b><u>Myself and my relationships (1,2 and 3):</u></b></p> <p align="center"><b>Beginning and belonging</b></p> <ul style="list-style-type: none"> <li>• How am I special and what is special about other people in my class?</li> <li>• What have I learnt to do and what would I like to learn next?</li> <li>• How do we welcome new people to our class?</li> <li>• What can I do to help everyone in our classroom feel safer and happier?</li> <li>• How can I play and work well with others?</li> <li>• How can I show I am listening to an adult?</li> <li>• What can help me to follow instructions?</li> </ul> <p align="center"><b>My Family and Friends (including anti bullying)</b></p> <ul style="list-style-type: none"> <li>• Who are my special people and why are they special to me?</li> <li>• Who is in my family and how do we care for each other?</li> <li>• What is a friend and how can I be a good one?</li> <li>• How do I make new friends?</li> <li>• Do I know what to do if someone is unkind to me?</li> <li>• How can I respect my own needs and the needs of others?</li> <li>• How can I make up with friends when I have fallen out with them?</li> <li>• How does what I do affect others?</li> </ul> <p align="center"><b>My emotions</b></p> <ul style="list-style-type: none"> <li>• Can I recognise and talk about my feelings?</li> <li>• Can I recognise emotions in other people and say how they might be feeling?</li> <li>• Do I know what might cause different emotions in myself and other people?</li> <li>• How might I and others feel when things change?</li> <li>• What are some simple ways to help myself feel better?</li> <li>• How can I help other people feel better?</li> <li>• What could I do when things are difficult for me?</li> </ul>		<p align="center"><b><u>Health and Safer Lifestyles (2):</u></b></p> <p align="center"><b>Keeping safe (including drug education)</b></p> <ul style="list-style-type: none"> <li>• What are some situations where I need to think about how to keep myself safer?</li> <li>• Do I understand simple safety rules for when I am at home, at school and when I am out and about?</li> <li>• What are the clues my body gives me if I am feeling unsafe?</li> <li>• Can I say 'No!' if I feel unsafe or unsure about something?</li> <li>• Can I ask for help and tell people who care for me if I feel unsafe, worried or upset?</li> <li>• Who are the people who help to keep me safe?</li> <li>• What goes on to and into my body and who puts it there?</li> <li>• Why do people use medicines?</li> <li>• What are the safety rules relating to medicines and who helps me with these?</li> </ul> <p align="center"><b><u>Citizenship (1 and 2)</u></b></p> <p align="center"><b>Identity and Diversity</b></p> <ul style="list-style-type: none"> <li>• Who are the people in my class and how are we similar to and different from each other? P</li> <li>• Who are the people in my family, and who are the people in other families?</li> <li>• What is especially important to my family and me?</li> <li>• What are some of the similarities and differences in the way people live their lives?</li> <li>• What is life like in other countries?</li> <li>• How can we value different types of people including what they believe in and how they live their lives?</li> <li>• How do we celebrate what we believe in and how is this different for different people?</li> </ul> <p align="center"><b>Me and My World</b></p> <ul style="list-style-type: none"> <li>• Who are the people who help to look after me and my school? PP</li> <li>• How can I help to look after my school?</li> <li>• How can I help to care for my things at home?</li> <li>• Where do I live and what are the different places and features in my neighbourhood? PCC</li> <li>• Who are the people who live and work in my neighbourhood, including people who help me? PP</li> <li>• How can we look after the local neighbourhood and keep it special for everybody?</li> <li>• What do animals and plants need to live and how can I help to take care of them?</li> <li>• What is money and why do we need it?</li> </ul>		<p align="center"><b><u>Health and safer lifestyles (1 and 3)</u></b></p> <p align="center"><b>My Body and growing up</b></p> <ul style="list-style-type: none"> <li>• What does my body look like?</li> <li>• How has my body changed as it has grown?</li> <li>• What can my body do?</li> <li>• What differences and similarities are there between our bodies?</li> <li>• How can I look after my body and keep it clean?</li> <li>• How am I learning to take care of myself and what do I still need help with?</li> <li>• Who are the members of my family and trusted people who look after me?</li> <li>• How do I feel about growing up?</li> </ul> <p align="center"><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• What things can I do when I feel good and healthy?</li> <li>• What can't I do when I am feeling ill or not so healthy?</li> <li>• What can I do to help keep my body healthy?</li> <li>• Why are food and drink are good for us?</li> <li>• How can I make healthier choices about food?</li> <li>• What is exercise is and why is it good for us?</li> <li>• Why are rest and sleep good for us?</li> </ul>	

**Myself & my relationships**  
**Beginning and belonging**

- Do I understand simple ways to make sure my school is a safe, happy place?
- How can I get to know the people in my class?
- How can I make someone feel welcome in my class?
- What helps me manage new situations?
- Who can help me at home and at school?

**Myself & my relationships**  
**Anti-bullying**

- Why might people fall out with their friends?
- Can I describe what bullying is?
- Do I understand some of the reasons people bully each other?
- Why is bullying never acceptable or respectful?
- Who can I talk to if I have worries about friendship difficulties or bullying?
- What does my school do to stop bullying?

**Myself & my relationships**  
**My Emotions**

- What am I good at and what is special about me?
- How can I stand up for myself?
- Can I name some different feelings?
- How do my feelings and actions affect others?
- How do I manage some of my emotions and associated behaviours?
- Who do I share my feelings with?

**Citizenship**

**Working together**

- What am I and other people good at?
- What new skills would I like to develop?
- How can I listen well to other people? RR
- How can I work well in a group? RR
- Why is it important to take turns? RR
- How can I negotiate to sort out disagreements?
- How are my skills useful in a group?

**Healthy & Safer Lifestyles**  
**Personal safety**

- Which school/classroom rules are about helping people to feel safe?
- Can I name my own early warning signs?
- Who can I talk to if I am worried or need to ask for help?
- What can I do if a friend or somebody in my family isn't kind to me?
- Can I identify private parts of the body and say 'no' to unwanted touch?
- What could I do if I feel worried about a secret?
- What could I do if something worries or upsets me online?

**Healthy & Safer Lifestyles**  
**Digital Lifestyles**

- What are some examples of ways in which I use technology and the internet and what are the benefits?
- What is meant by identity and how might someone's identity online be different from their identity in the physical world?
- What sort of information might I choose to put online and what do I need to consider before I do so?
- Who can help me if I have questions or concerns about what I experience online or about others' online behaviour?

**Healthy & Safer Lifestyles**

**Managing Safety & Risk**

- What are risky situations and how do they make me feel?
- What is my name, address and phone number and when might I need to give them?
- What is an emergency and who can help?
- What makes a place or activity safe?
- What are the risks for me if I am lost and how can I get help?
- How can I stop simple accidents from happening and how can I help if there is an accident?

**Citizenship**

**Diversity & communities**

- What makes me 'me', what makes you, 'you'?
- Do all girls and boys like the same things?
- What is my family like and how are families different?
- What different groups do we belong to?
- What is a stereotype?
- What does 'my community' mean and how does it feel to be a part of it?

**Healthy & Safer Lifestyles**  
**Relationships and Sex Education**

- What are the names of the main parts of the body?
- When am I in charge of my actions and my body?
- How can I keep my body clean?
- How can I avoid spreading common illnesses and diseases?

<p><b><u>Citizenship</u></b> <b>Rights, Rules &amp; Responsibilities</b></p> <ul style="list-style-type: none"> <li>• How do rules make me feel happy and safe?</li> <li>• How do I take part in making rules?</li> </ul> <p><b><u>Myself &amp; My Relationships</u></b> <b>Anti-bullying</b></p> <ul style="list-style-type: none"> <li>• Why might people fall out with their friends?</li> <li>• Can I describe what bullying is?</li> <li>• Do I understand some of the reasons people bully others?</li> <li>• Why is bullying never acceptable or respectful?</li> <li>• How might people feel if they are being bullied?</li> <li>• Who can I talk to if I have worries about friendship difficulties or bullying?</li> <li>• How can I be assertive?</li> <li>• Do I know what to do if I think someone is being bullied?</li> <li>• How do people help me to build positive and safe relationships?</li> <li>• What does my school do to stop bullying?</li> </ul>	<p><b><u>Myself &amp; My Relationships</u></b> <b>Family and Friends</b></p> <ul style="list-style-type: none"> <li>• Can I describe what a good friend is and does and how it feels to be friends?</li> <li>• Why is telling the truth important?</li> <li>• What skills do I need to choose, make and develop friendships?</li> <li>• How might friendships go wrong, and how does it feel?</li> <li>• How can I try to mend friendships if they have become difficult?</li> <li>• What is my personal space and how do I talk to people about it?</li> <li>• Who is in my family and how do we care for each other?</li> <li>• Who are my special people, why are they special and how do they support me?</li> </ul>	<p><b><u>Healthy &amp; Safer Lifestyles</u></b> <b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• How can I stay as healthy as possible?</li> <li>• What does it feel like to be healthy?</li> <li>• What does healthy eating mean and why is it important?</li> <li>• Why is it important to be active &amp; what are the opportunities for physical activity?</li> <li>• What foods do I like and dislike and why?</li> <li>• What can help us eat healthily?</li> <li>• Why do we need food?</li> <li>• What healthy choices can I make?</li> </ul> <p><b><u>Healthy &amp; Safer Lifestyles</u></b> <b>Digital Lifestyles</b></p> <ul style="list-style-type: none"> <li>• What is meant by “identity” and how might someone’s identity online be different from their identity in the physical world?</li> <li>• What are some examples of online content or contact which might mean I feel unsafe, worried or upset?</li> <li>• What sort of information might I choose to put online and what do I need to consider before I do so?</li> </ul>	<p><b><u>Healthy &amp; Safer Lifestyles</u></b> <b>Drug Education</b></p> <ul style="list-style-type: none"> <li>• Which substances might enter our bodies, how do they get there and what do they do?</li> <li>• What are medicines and why and when do some people use them?</li> <li>• When and why do people have an injection from a doctor or a nurse?</li> <li>• Who is in charge of what medicine I take?</li> <li>• What different things can help me feel better if I feel poorly?</li> <li>• How can I keep safe with medicines and substances at home and at school?</li> <li>• What is persuasion and how does it feel to be persuaded?</li> </ul> <p><b><u>Healthy &amp; Safer Lifestyles</u></b> <b>Digital Lifestyles</b></p> <ul style="list-style-type: none"> <li>• When might I need to report something and how would I do this?</li> <li>• What sort of rules can help to keep us safer and healthier when using technology?</li> <li>• Who can help me if I have questions or concerns about what I experience online or about others’ online behaviour?</li> </ul>	<p><b><u>Economic Wellbeing</u></b> <b>Financial Capability</b></p> <ul style="list-style-type: none"> <li>• Where does money come from and where does it go when we ‘use’ it?</li> <li>• How might I get money and what can I do with it?</li> <li>• How do we pay for things?</li> <li>• What does it mean to have more or less money than you need?</li> <li>• How do I feel about money?</li> <li>• How do my choices affect me, my family, others?</li> <li>• What is a charity?</li> </ul> <p><b><u>Citizenship</u></b> <b>Rights, Rules &amp; Responsibilities</b></p> <ul style="list-style-type: none"> <li>• Who looks after me and what are their responsibilities?</li> <li>• What jobs and responsibilities do I have in school and at home?</li> <li>• Can I listen to other people, share my views and take turns?</li> <li>RR</li> <li>• Can I take part in discussions and decisions in class?</li> </ul>	<p><b><u>Healthy &amp; Safer Lifestyles</u></b> <b>Relationships and Sex Education</b></p> <ul style="list-style-type: none"> <li>• How do babies change and grow?</li> <li>• How have I changed since I was a baby?</li> <li>• What’s growing in that bump?</li> <li>• What do babies and children need from their families?</li> <li>• Which stable, caring relationships are at the heart of families I know?</li> <li>• What are my responsibilities now I’m growing up?</li> </ul> <p><b><u>Myself &amp; My Relationships</u></b> <b>Managing Change</b></p> <ul style="list-style-type: none"> <li>• How are my achievements, skills and responsibilities changing and what else might change?</li> <li>• How might people feel during times of loss and change?</li> <li>• How do friendships change?</li> <li>• What helps me to feel calmer when I am experiencing strong emotions linked to loss and change?</li> <li>• How might people feel when they lose a special possession?</li> <li>• When can I make choices about changes?</li> </ul>
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<p><b><u>Myself and relationships</u></b> <b>Beginning and Belonging</b></p> <ul style="list-style-type: none"> <li>• What is my role in making my school a place where we can learn happily and safely?</li> <li>• How can we build relationships in our class and how does this benefit me?</li> <li>• What does it feel like to be new or to start something new?</li> <li>• How can I help children and adults feel welcome in school?</li> <li>• What helps me manage a new situation or learn something new?</li> <li>• Who are the different people in my network who I can ask for help?</li> </ul> <p><b><u>Myself and my relationships</u></b> <b>Anti-bullying</b></p> <ul style="list-style-type: none"> <li>• How are falling out and bullying different?</li> <li>• How do people use power when they bully others?</li> <li>• What are the key characteristics of different types of bullying?</li> <li>• How can lack of respect and empathy towards others lead to bullying?</li> <li>• What is the difference between direct and indirect forms of bullying?</li> <li>• What are bystanders and followers and how might they feel?</li> <li>• Do I understand that bullying might affect how people feel for a long time?</li> <li>• How can I support people I know who are being bullied by being assertive?</li> <li>• How does my school prevent bullying and support people involved?</li> </ul>	<p><b><u>Citizenship- Rights, Rules &amp; Responsibilities</u></b></p> <ul style="list-style-type: none"> <li>• What does it mean to be treated and to treat others with respect?</li> <li>• Who are those in positions of authority within our school and communities and how can we show respect?</li> <li>• Why do we need rules at home and at school?</li> <li>• What part can I play in making and changing rules?</li> <li>• What do we mean by rights and responsibilities?</li> <li>• What are my responsibilities at home and at school?</li> <li>• How do we make democratic decisions in school?</li> <li>• What is a representative and how do we elect them?</li> </ul>	<p><b><u>Healthy and Safer Lifestyles</u></b> <b>Digital Lifestyles</b></p> <ul style="list-style-type: none"> <li>• How does my own and others' online identity affect my decisions about communicating online?</li> <li>• How might my use of technology change as I get older, and how can I make healthier and safer decisions?</li> <li>• How might people with similar likes &amp; interests get together online?</li> <li>• Can I explain the difference between "liking" and "trusting" someone online?</li> <li>• What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact?</li> <li>• When looking at online content, what is the difference between opinions, beliefs and facts?</li> </ul> <p><b><u>Healthy and safer lifestyles:</u></b> <b>Healthy lifestyles</b></p> <ul style="list-style-type: none"> <li>• What does healthy eating and a balanced diet mean?</li> <li>• What is an active lifestyle and how does it help me to be healthier?</li> <li>• What is mental wellbeing and how is it affected by my physical health?</li> <li>• How much sleep do I need &amp; what happens if I don't have enough?</li> <li>• How do nutrition and physical activity work together?</li> <li>• How can I plan and prepare simple, healthy meals safely?</li> <li>• How can I look after my teeth and why is it important?</li> <li>• Who is responsible for my lifestyle choices and how are these choices influenced?</li> </ul>	<p><b><u>Healthy and Safer Lifestyles</u></b> <b>Drug Education</b></p> <ul style="list-style-type: none"> <li>• What medical &amp; legal drugs do I know about, and what are their effects?</li> <li>• Who uses and misuses legal drugs?</li> <li>• Why do some people need medicine and who prescribes it?</li> <li>• What are immunisations and have I had any?</li> <li>• What are the safety rules for storing medicine and other risky substances?</li> <li>• What should I do if I find something risky, like a syringe?</li> </ul> <p><b><u>Healthy &amp; Safer Lifestyles</u></b> <b>Digital Lifestyles</b></p> <ul style="list-style-type: none"> <li>• Why is it important to ration the time we spend using technology and/or online?</li> <li>• How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it?</li> <li>• Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making?</li> </ul>	<p><b><u>Myself and my relationships</u></b> <b>My Emotions</b></p> <ul style="list-style-type: none"> <li>• Why is it important to accept and feel proud of who we are?</li> <li>• What does the word 'unique' mean and what do I feel proud of about myself?</li> <li>• Why is mental wellbeing as important as physical wellbeing?</li> <li>• How can I communicate my emotions?</li> <li>• Can I recognise some simple ways to manage difficult emotions?</li> <li>• What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others?</li> <li>• How do my actions and feelings affect the way I and others feel?</li> <li>• How do I care for other people's feelings?</li> <li>• Who can I talk to about the way I feel?</li> <li>• How can I disagree without being disagreeable?</li> </ul>	<p><b><u>Healthy and Safer Lifestyles</u></b> <b>Relationships and Sex Education</b></p> <ul style="list-style-type: none"> <li>• How are male and female bodies different and what are the different parts called?</li> <li>• When do we talk about our bodies, how they change, and who do we talk to?</li> <li>• What can my body do and how is it special?</li> <li>• Why is it important to keep myself clean?</li> <li>• What can I do for myself to stay clean and how will this change in the future?</li> <li>• How do different illnesses and diseases spread and what can I do to prevent this?</li> </ul>
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**Citizenship**

**Working together**

- What am I good at and what are others good at?
- What new skills would I like or need to develop?
- How well can I listen to other people?
- How do I ask open questions?
- How can I share my views and opinions effectively?
- How can different people contribute to a group task?
- How can I persevere and overcome obstacles to my learning?
- How can I work well in a group?
- What is useful evaluation?
- How do I give constructive feedback and receive it from others?

**Myself and my relationships**

**Anti-bullying**

- How are falling out and bullying different?
- How do people use power when they bully others?
- What are the key characteristics of different types of bullying?
- How can lack of respect and empathy towards others lead to bullying?
- What is the difference between direct and indirect forms of bullying?
- What are bystanders and followers and how might they feel?
- Do I understand that bullying might affect how people feel for a long time?
- How can I support people I know who are being bullied by being assertive?
- How does my school prevent bullying and support people involved?

**Citizenship**

**Diversity and community**

- What have we got in common and how are we different?
- How might others' expectations of girls and boys affect people's feelings and choices?
- How are our families the same and how are they different?
- Do people who live in my locality have different traditions, cultures and beliefs?
- How does valuing diversity benefit everyone?
- Why are stereotypes unfair and how can I challenge them?
- How do people in my locality benefit from being part of different groups?
- What are the roles of people who support others with different needs in my community?
- How does the media work in my community?
- How can we care for the local environment and what are the benefits?
- What do animals need, and what are our responsibilities?

**Myself and My relationships**

**Family and friends**

- How do good friends behave on and offline and how do I feel as a result?
- What is a healthy friendship and how does trust play an essential part?
- What skills do I need for choosing, making and developing friendships and how effective are they?
- How can I help to resolve disagreements positively by listening and compromising?
- Can I empathise with other people in a disagreement?
- How can I check with my friends that their personal boundaries have not been crossed?
- How do my family members help each other to feel safe and secure even when things are tough?
- Who is in my network of special people now and how do we affect and support each other?

**Myself and My relationships**

**Managing change**

- What changes have I and my peers already experienced and what might happen in the future?
- What helps me when I'm experiencing strong emotions due to loss or change?
- What strategies help me to thrive when my friendships change?
- How might I behave when I feel strong emotions linked to loss and change?
- How might people feel when loved ones or pets die, or they are separated from them for other reasons?
- What changes might people welcome and how can they plan for these?

**Economic Wellbeing**

**Financial Capability**

- What different ways are there to earn and spend money?
- What do saving, spending and budgeting mean to me?
- How can I decide what to spend my money on and choose the best way to pay?
- What might my family have to spend money on?
- What is 'value for money'?
- How do my feelings about money change?
- How do my choices affect my family, the community, the world and me?

**Healthy & Safer Lifestyles**

**Digital Lifestyles**

- How might my use of technology change as I get older, and how can I make healthier and safer decisions?
- How does my own and others' online identity affect my decisions about communicating online?
- How might people with similar likes & interests get together online?
- Can I explain the difference between "liking" and "trusting" someone online?
- What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact?
- When looking at online content, what is the difference between opinions, beliefs and facts?
- How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it?
- Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making?

**Healthy and safer lifestyles:**

**Personal Safety**

- How do I recognise my own feelings and communicate them to others?
- Which school/classroom rules are about helping people to feel safe?
- Can I recognise when my Early Warning Signs are telling me I don't feel safe?
- What qualities do trusted adults and trusted friends have?
- Who is on my personal network and how can I ask them for help?
- What could I do if I feel worried about a friendship or family relationship?
- What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted?
- How can I decide if a secret is safe or unsafe?
- How can I keep safe online?

**Healthy and Safer Lifestyles**

**Relationships and Sex Education**

- What are the main stages of the human life cycle?
- How did I begin?
- What does it mean to be 'grown up'?
- What am I responsible for now and how will this change?
- How do different caring, stable, adult relationships create a secure environment for children to grow up?

**Healthy and Safer Lifestyles**

**Managing Safety & Risk**

- How do I feel in risky situations and how might my body react?
- Can I make decisions in risky situations and might my friends affect these decisions?
- When might I meet adults I don't know & how can I respond safely?
- What actions could I take in an emergency or accident and how can I call the emergency services?
- What are the benefits of using the roads and being near water and how can I reduce the risks?
- How is fire risky and how can I reduce the risks?
- How do I keep myself safe during activities and visits?
- How can I stop accidents happening at home and when I'm out?

**Myself & My Relationship  
Beginning and Belonging**

- What are my responsibilities for making sure everyone in school feels happy and safe?
- How can I take responsibility for building relationships in my school and how does this benefit us all?
- How might different people feel when starting something new and how can I help? MW
- How do we make people feel welcome and valued in and out of school?
- What helps me to be resilient in a range of new situations?
- Are there more ways I can get help now and how do I seek support?

**Myself and my relationships  
Anti-bullying**

- Can I explain the differences between friendship difficulties and bullying?
- Can I define the characteristics and different forms of bullying?
- How do people use technology & social media to bully others and how can I help others to prevent and manage this?
- What do all types of bullying have in common? RR
- Might different groups experience bullying in different ways?
- How can people's personal circumstances affect their experiences?
- How does prejudice sometimes lead people to bully others?
- Can I respond assertively to bullying, online and offline?
- How might bullying affect people's mental wellbeing and behaviour?

**Myself & My Relationships  
Myself and My Emotions**

- How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?
- What does it mean to have a 'strong sense of identity' & 'self-respect'?
- What can I do to boost my self-respect?
- How do I manage strong emotions?
- How can I judge if my own feelings and behaviours are appropriate & proportionate?
- What is loneliness and how can we manage feelings of isolation?
- How common is mental ill health and what self-care techniques can I use?
- What kinds of problems can be caused by impulsive online communication?
- How and from whom do I get support when things are difficult?

**Myself & My Relationships  
Family and Friends**

- What are the characteristics of healthy friendships on and offline and how do they benefit me?
- How do trust and loyalty feature in my relationships on and offline?
- What are the benefits and risks of making new friends, including those I only know online?
- Can I always balance the needs of family & friends & how do I manage this?
- Can I communicate, empathise & compromise when resolving friendship issues?

**Citizenship - Working  
Together**

- What are my strengths and skills and how are they seen by others?
- What helps me learn new skills effectively?
- What would I like to improve and how can I achieve this?
- How could my skills and strengths be used in future employment?
- What are some of the jobs that people do?
- How can I be a good listener to other people?
- How can I share my views effectively and negotiate with others to reach agreement?
- How can I persevere and help others to do so?
- How can I give, receive and act on sensitive and constructive feedback?

**Citizenship  
Diversity and Community**

- How do I recognise my own feelings and consider how my actions may affect the feelings of others?
- Can I use my Early Warning Signs to judge how safe I am feeling?
- How do I judge who is a trusted adult or trusted friend?
- How can I seek help or advice from someone on my personal network and when should I review my network?
- How could I report concerns of abuse or neglect?
- Can I identify appropriate & inappropriate or unsafe physical contact?
- How do I judge when it is not right to keep a secret and what action could I take?
- How can I recognise risks online and report concerns?
- What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?

**Healthy & Safer Lifestyles  
Personal Safety**

- How do other people's perceptions, views and stereotypes influence my sense of identity?
- How do views of gender affect my identity, friendships, behaviour & choices?
- What are people's different identities, locally and in the UK?
- How can I show respect to those with different lifestyles, beliefs & traditions?
- What are the negative effects of stereotyping?
- Which wider communities & groups am I part of & how does this benefit me?

**Healthy & Safer Lifestyles  
Managing Safety and Risk**

- When might it be good for my mental health for me to take a risk?
- What are the possible benefits and consequences of taking physical, emotional and social risks?
- When am I responsible for my own safety as I get older and how can I keep others safer?
- How can I safely get the attention of a known or unknown adult in an emergency?
- Can I carry out basic first aid in common situations, including head injuries?
- What are the benefits of cycling and walking on my own and how can I stay safer?
- How can being outside support my wellbeing & how do I keep myself safe in the sun?
- What are the benefits of using public transport and how can I stay safe near railways?
- How can I prevent accidents at school and at home, now that I can take more responsibility?

**Healthy & Safer Lifestyles -  
Sex & Relationships  
Education**

- What are male and female sexual parts called and what are their functions?
- How can I talk about bodies confidently and appropriately?
- What happens to different bodies at puberty?
- What might influence my view of my body?
- How can I keep my growing and changing body clean? HP
- How can I reduce the spread of viruses and bacteria?

	<ul style="list-style-type: none"><li>• How and why might peers become colluders or supporters in bullying situations?</li><li>• Can I identify ways of preventing bullying in school and the wider community?</li></ul>	<ul style="list-style-type: none"><li>• How can I check that my friends give consent on and offline?</li><li>• How do people in my family continue to support each other as things change?</li><li>• Who are in my networks, on &amp; offline, and how have these, changed and how do we support each other?</li></ul>		<ul style="list-style-type: none"><li>• What are voluntary organisations and how do they make a difference?</li><li>• What is the role of the media and how does it influence me and my community?</li><li>• Who cares for the wider environment and what is my contribution?</li></ul>		
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### Citizenship Rights, rules & responsibilities

- What are the conventions of courtesy & manners and how do these vary?
- How does my behaviour online affect others & how can I show respect?
- Why is it important to keep my personal information private, especially online?
- How can I contribute to making and changing rules in school?
- How else can I make a difference in school?
- Are there places or times when I have to behave differently?
- What are the basic rights of children and adults?
- Why do we have laws in our country?
- How does democracy work in our community and in our country?
- What do councils, councillors, parliament and MPs do?
- Can I take part in a debate and listen to other people's views?

### Myself and my relationships Anti-bullying

- Can I explain the differences between friendship difficulties and bullying?
- Can I define the characteristics and different forms of bullying?
- How do people use technology & social media to bully others and how can I help others to prevent and manage this?
- What do all types of bullying have in common?
- Might different groups experience bullying in different ways?
- How can people's personal circumstances affect their experiences?
- How does prejudice sometimes lead people to bully others?

### Healthy and Safer Lifestyles Healthy Lifestyles

- How does physical activity help me & what might be the risks of not engaging in it?
- What could characterise a balanced or unbalanced diet and what are the associated benefits and risks?
- What are the different aspects of a healthy lifestyle and how could I become healthier?
- What are the factors influencing me when I'm making lifestyle choices and how might these change over time?
- What might be the signs of physical illness and how might I respond?
- What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health?
- Why are online apps and games age restricted?

### Healthy and Safer Lifestyles Drug Education

- What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them?
- How does drug use affect the way a body or brain works?
- How do medicines help people with different illnesses?
- What immunisations have I had or may I have in future and how do they keep me healthy?
- What is drug misuse?
- What are some of the laws about drugs?
- When and how should I check information about drugs?

### Healthy and Safer Lifestyles - Personal Safety

- How do I recognise my own feelings and consider how my actions may affect the feelings of others?
- Can I use my Early Warning Signs to judge how safe I am feeling?
- How do I judge who is a trusted adult or trusted friend?
- How can I seek help or advice from someone on my personal network and when should I review my network?
- How could I report concerns of abuse or neglect?
- Can I identify appropriate & inappropriate or unsafe physical contact?
- How do I judge when it is not right to keep a secret and what action could I take?
- How can I recognise risks online and report concerns?
- What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?

### Economic Wellbeing - Financial Capability

- What different ways are there to gain money?
- What sort of things do adults need to pay for?
- How can I afford the things I want or need?
- How can I make sure I get 'value for money'?
- Why don't people get all the money they earn?
- How is money used to benefit the community or the wider world?
- What is poverty?

### Healthy and Safer Lifestyles Me and my online identity

- What are some examples of how I use the internet, the services it offers, and how do I make decisions?
- What are the principles for my contact and conduct online, including when I am anonymous?
- How can I critically consider my online friendships, contacts and sources of information, and make positive contributions?
- How might the media shape my ideas about various issues and how can I challenge or reject these?
- Can I explain some ways in which information and data is shared and used online?
- How can online content impact on me positively or negatively?
- What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these?
- What are some ways of reporting concerns and why is it important to persist in asking? Can I identify, flag and report inappropriate content?

### Healthy and Safer Lifestyles Managing Safety and Risk

- When might it be good for my mental health for me to take a risk?
- What are the possible benefits and consequences of taking physical, emotional and social risks?
- When am I responsible for my own safety as I get older and how can I keep others safer?
- How can I safely get the attention of a known or unknown adult in an emergency?
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- How can I prevent accidents at school and at home, now that I can take more responsibility?

### Myself and My Relationships Managing Change

- What positive and negative changes might people experience?
- How do people's emotions evolve over time as they experience loss and change?
- How can I manage the changing influences and pressures on my friendships and relationships?
- What different strategies do people use to manage feelings linked to loss and change and how can I help?
- How might people whose families change feel?
- When might change lead to positive outcomes for people?
- What positive and negative changes have I experienced and how have these experiences affected me?
- What strategies will help me to thrive when I move to my next school?

### Healthy and Safer Lifestyles Sex and Relationships Education

- What are different ways babies are conceived and born?
- What effect might puberty have on people's feelings and emotions?
- How can my words or actions affect how others feel, and what are my responsibilities?
- What should adults think about before they have children?
- Why might people get married or become civil partners?
- What are different families like?

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