

RSHE						
KS1		LKS2		UKS2		
When should we dial 999? BASIC FIRST AID	What does it mean to be sad? CARING FRIENDSHIPS	How do our actions affect others? RESPECTFUL RELATIONS	Does everyone feel the same emotions? MENTAL WELLBEING	How can I make a difference? The invisible(text) MENTAL WELLBEING	Why do we make friendships? CARING FRIENDSHIP	
C O N F L I C T	Children Know : <ul style="list-style-type: none"> what to do if there is an accident and someone is hurt How to get help in an emergency (how to dial 999 and what to say) About things that people can put in to their body or on their skin; how these can affect how people feel 	Children learn to: About what is kind and unkind behaviour and how this can affect others About how to recognise when they or someone else feels lonely and what to do How to ask for help is a friendship is making them feel unhappy	Children Know : -The differences and similarities between people and recognise what they have in common with others eg physically, in personality or background. - the impact of bullying, including offline and online and the consequences of hurtful behaviour. -What to do if they are not treated respectfully. -About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online.) -About seeking and giving permission (consent) in different situations. To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own.	Children Know : -That mental health, just like physical health, is part of daily life; the importance of taking care of mental health. -Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. -how to recognise that feelings can change over time and range in intensity - to use a varied vocabulary when talking about feelings; about how to express feelings in different ways. -To recognise warning signs about mental health and wellbeing and how to seek support for themselves and others.	Children Know : -Problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools -Strategies and behaviours that support mental health- including how good quality sleep, physical exercise/ time outdoors, being involved in community groups, doing things for others, clubs and activities, hobbies and spending time with family and friends can support mental health and wellbeing. -About the different groups that make up their community; what living in a community means. Use the text "The Invisible." By Tom Percival as a basis for this unit. -About the impact of bullying, including offline and online and the consequences of hurtful behaviour -Strategies to respond to hurtful behaviour experienced or witnessed, off line and online (including teasing, name calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this	Children Know : -That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely. -To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary
	Who is a trusted adult? ONLINE RELATIONSHIPS BEING SAFE Chicken Clicking text		How do you respond in an emergency? BASIC FIRST AID https://firstaidchampions.edcross.org.uk/primary/	Can a tree be your friend? CARING FRIENDSHIPS	Are all role models positive? DRUGS ALCOHOL AND TOBACCO	What should I do if I don't feel safe? BEING SAFE
P L A N E T E A R T H	Children Know : <i>there are situations when they should ask for permission and also when their permissions should be sought</i> <i>About the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)</i> <i>That sometimes people may behave differently online, including by pretending to be someone they are not</i> <i>How to respond safely to adults they don't know</i> <i>Basic techniques for resisting pressure to do something they do not want to do and which may make them unsafe</i> <i>What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</i>	Children learn : <i>to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</i> <i>About how to respond if physical contact makes them uncomfortable or unsafe</i>	Children Know : -How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. -About what is meant by first aid; basic techniques for dealing with common injuries (common injuries might include bruises, scalds, burns, bleeds-cuts/nose bleeds, asthma attacks, allergic reactions, choking, unresponsiveness)	Children Know : -About the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing. -The importance of seeking support if feeling lonely or excluded. -That healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them.	Children Know : -About the risks and effects of legal drugs common to everyday life (eg cigarettes, e- cigarettes/ vaping, alcohol and medicines and their impact on health; recognise that drug use can become a habit that can be difficult to break. -To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. -About the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations. -About why people choose to use or not use drugs (including nicotine, alcohol and medicines.) -About the mixed messages in the media about drugs, including alcohol and smoking/ vaping. -About the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns. <i>-Links to Science curriculum Summer Britain : Recognise the importance of diet, exercise, drugs and lifestyle on the way the human body functions.</i>	Children Know : -That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. -Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact
	What if we were all the same? (text) RESPECTFUL RELATIONS	What colour is happiness? MENTAL WELLBEING	Should you always keep a secret? BEING SAFE	Why are there age limits on films and games? ONLINE RELATIONSHIPS	When should you be respectful? ONLINE RELATIONSHIPS + RESPECTFUL RELATIONS	

	Children Know :	Children Know :	Children Know :	Children Know :	Children Know :	Children learn to:
B R I T A I N	<p><i>To recognise the ways in which we are all unique</i> To recognise the ways in which they are the same and different to others About the different groups they belong to</p> <p><i>About how people make friends and what makes a good friendship</i> <i>Simple strategies to resolve arguments between friends positively</i> How to talk about and share their opinions on things that matter to them</p> <p>About how to treat themselves and others with respect; how to be polite and courteous and how this makes other people feel.</p> <p>That bodies and feelings can be hurt by words and actions; that people can say hurtful things online About how people may feel if they experience hurtful behaviour or bullying That hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p> <p>what makes them special To identify what they are good at, what they like and dislike</p>	<p>About what keeping healthy means; different ways to keep healthy.</p> <p>How to recognise and name feelings</p> <p>How feelings can affect people's bodies and how they behave</p> <p>To recognise that not everyone feels the same at the same time, or feels the same about the same things</p> <p>About things that help people feel good (eg playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p> <p>About preparing to move to a new class/ year group</p>	<p>-that you should only agree to keep something confidential or secret when it is a surprise that others will find out about (eg a birthday surprise) - that sometimes it's right to break a confidence or share a secret if it is for someone's safety emotional or physical -About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)</p>	<p>- the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. -Reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films and online gaming. - That personal behaviour can affect other people; to recognise and model respectful behaviour online -Recognise ways in which the internet and social media can be used both positively and negatively. Links to computing curriculum.</p> <p>How to recognise ways in which the internet and social media can be used both positively and negatively.</p>	<p>-How to respond safely and appropriately to people they may encounter (in all contexts including online) whom they do not know. -That personal behaviour can affect other people; to recognise and model respectful behaviour online.</p> <p>-The importance of self-respect and how this links to their own happiness. -To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships. -About how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.</p>	<p>-About why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns.</p> <p>what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact. -About some of the different ways information and data is shared online, including for commercial purposes. -About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. -About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.</p>
	<p>Do all families look the same? We are Family (Text) FAMILIES AND PEOPLE WHO CARE FOR US</p>	<p>Which Mr .Man would you choose to be your friend? CARING FRIENDSHIPS</p>	<p>Is being strong the same as being healthy? PHYSICAL HEALTH AND FITNESS</p>	<p>How can we influence people's happiness? https://vimeo.com/73026206 The Promise by Nicola Davies. MENTAL WELLBEING</p>	<p>What does marriage mean to different people? FAMILIES AND PEOPLE WHO CARE FOR US</p>	<p>Will we always have the same friends? CARING FRIENDSHIPS</p>
H U M A N K I N D	<p>Children Know :</p> <p>To identify the people who love and care for them and what they do to help them feel cared for</p> <p>About the roles different people (eg acquaintances, friends and relatives) play in our lives</p> <p>To identify common features of family life</p> <p>About different types of families including those that may be different to their own</p> <p>To recognise the ways in which we are all unique</p> <p>That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p>	<p>Children Know :</p> <p>About how people make friends and what makes a good friendship</p> <p>Simple strategies to resolve arguments between friends positively</p> <p>How to listen to other people and play and work co-operatively</p>	<p>Children Know :</p> <p>-How regular (daily/ weekly) exercise benefits mental and physical health (eg walking or cycling to school, daily active mile); -How to recognise that habits can have both positive and negative effects on a healthy lifestyle. -How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. Objectives also covered in PE curriculum. recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.</p>	<p>Children Know :</p> <p>-About strategies and behaviours that support mental health- including how good quality sleep, physical exercise/ time outdoors, being involved in community groups, doing things for others, clubs and activities, hobbies and spending time with family and friends can support mental health and wellbeing</p> <p>recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.</p>	<p>Children Know :</p> <p>-That people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different – LGBT. -About personal identity; what contributes to who we are (eg. Ethnicity, family, gender (including gender identity), faith, culture, hobbies, likes/dislikes) -To recognise that there are different types of relationships (eg friendships, family relationships, romantic relationships, online relationships) -About marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong -That people who love and care for each other can be in a committed relationship (eg marriage), living together but may also live apart. -That forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others -How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.</p>	<p>Children Know :</p> <p>-How friendships can change over time, about making new friends and the benefits of having different types of friends. -Strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effects of online action on others -Problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. (Revisit with respect to friendships)</p>
	<p>What colour are you today? Lucy's Blue hair day https://www.youtube.com/watch?v=UmrUV8v-KQg</p>	<p>What makes a family? FAMILIES AND PEOPLE WHO CARE FOR US</p>	<p>Can you invent the perfect friend? CARING</p>	<p>How can we protect ourselves? HEALTH AND PREVENTION</p>	<p>Is blue for boys? (Text: The Island)</p>	

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	MENTAL WELLBEING			FRIENDSHIPS		RESPECTFUL RELATIONS
I N V E N T I O N S	Children Know : About different feelings that humans can experience About ways of sharing feelings; a range of words to describe feelings How to recognise what others may be feeling To recognise that not everyone feels the same at the same time, or feels the same about the same things Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it <i>Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</i> About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better <i>the importance of telling a trusted adult</i> <i>How to manage when finding things difficult</i>	Children Know : How to manage when finding things difficult <i>How to manage when finding things difficult</i> <i>About how to recognise when they or someone else feels lonely and what to do</i> <i>That bodies and feelings can be hurt by words and actions; that people can say hurtful things online</i> <i>About how people may feel if they experience hurtful behaviour or bullying</i> <i>To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</i> <i>That hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying</i> How to recognise and name feelings How feelings can affect people's bodies and how they behave	Children Know : -That a feature of positive family life is caring relationships; about the different ways in which people care for one another. -To recognise and respect that there are different types of family structure (including single parents, same sex parents, step parents, blended families, foster parents); that families of all types can give family members love, security and stability To recognize other shared characteristics of healthy family life including commitment, care, spending time together; being there for each other in times of difficulty.	Children Know : -What constitutes a positive healthy friendship (eg mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face to face relationships.	Children Know : -About the benefits of sun exposure and risks of over exposure; how to keep safe from sun damage and sun/ heat stroke and reduce the risk of skin cancer. -About hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe -Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about -About the elements of a balanced, healthy lifestyle -About choices that support a healthy lifestyle, and recognise what might influence these. -About what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. (Link to science curriculum.) How to predict, assess and manage risk in different situations. -How to make informed decisions about health.	-Children Know : About discrimination: what it means and how to challenge it. -To value the different contributions that people and groups make to the community. -About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities. stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes -To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own. Use the text "The Island," by Armin Greder.
	HEALTHY EATING (SEE SCIENCE)	How many ways can we keep ourselves safe? HEALTH AND PREVENTION (inc drug and alcohol)	What keeps us healthy? HEALTH AND PREVENTION	Should we always stand up for what we believe? RESPECTFUL RELATIONS	Why do people behave differently online? ONLINE RELATIONSHIPS	Is grief a negative emotion? (The Lonely Tree text.) MENTAL WELLBEING
C I V I L I S A T I O N S	Children Know : About foods that support good health and the risks of eating too much sugar <i>About how physical activity helps us to stay healthy; and ways to be physically active everyday</i> <i>Link to Humankind science: Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene.</i>	Children Know : How to keep safe in the sun and protect skin from sun damage why sleep is important and different ways to rest and relax About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health Simple hygiene routines that can stop germs from spreading That medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy About how to keep safe at home (including around electrical appliances) and fire safety (eg not playing with matches and lighters) That household products (including medicines) can be harmful if not used correctly About the people whose job it is to help keep us safe Ways to keep safe in familiar and unfamiliar environments (eg beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely About things that people can put in to their body or on their skin; how these can affect how people feel	Children Know : what good physical health means; how to recognise early signs of physical illness. how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and the ability to learn. -How to maintain good oral hygiene, why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (eg sugar consumption/ acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking.) Covered in Science Autumn Conflict. -That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. -About the importance of taking medicines correctly and using household products safely (eg following instructions carefully.) -How medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.	Children Know : -To recognise their individuality and personal qualities. -To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth. -To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships. How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with	Children Know : -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 - what it means to 'know someone online' and how this differs from knowing someone face to face; risks of communicating online with others not known face to face. -Where to get advice and report concerns if worried about their own or someone else's personal safety (including online) -About the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves or others -Recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images. Linked to computing curriculum. How to assess the reliability of sources of information online; and how to make safe, reliable choices from search results	Children Know : -About change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement. Suggested text: The Lonely Tree by Nicholas Halliday.