

	1 Me and my Relationships	2 Valuing Difference (including Anti-Bullying)	3 Keeping Myself Safe (including Internet Safety)	4 Rights and Responsibilities	5 Being my Best (including Mental Health & Wellbeing)	6 Growing and Changing
EYFS	My feelings What makes me special? Who can help me?	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after: Our friends, Our classroom Our world	Keeping my body healthy – food, exercise, sleep Growth Mindset	Life stages in plants, animals and humans Getting bigger
Y1	Different feelings Being a good friend Who are our special people?	Recognising, valuing and celebrating difference Fair or unfair? Kind or unkind?	How our feelings can keep us safe Medicine safety Appropriate and inappropriate touch	Taking care of things: My self My money My environment	Growth Mindset: the learning line Keeping by body healthy Coping with loss	Getting help Growing and changing Keeping privates private
Y2	How do we make others feel? Being a good friend Being kind and helping others	Gender differences and stereotypes Strategies for dealing with bullying Types of bullying	Safe and unsafe secrets Safety with medicines Dealing with unsafe situations	Cooperation and helping others Self-regulation Basic first aid: Conscious casualty	Looking after my body Keeping clean Growth Mindset	Life cycles Respecting privacy Body parts
Y3	Cooperation Getting on and falling out Positive relationships	Recognising and respecting diversity Being respectful and tolerant	Dangers and risks Drugs which help or harm (including medicines) Helping each other stay safe Keeping personal information private online	Fact or opinion? (including online) Decisions about spending money Resisting pressure	Expressing my feelings Keeping myself healthy Celebrating and developing my skills	Body difference Personal space Help and support
Y4	Conflicting Emotions Managing dares Respectful relationships	Recognising and celebrating difference Recognising and challenging stereotypes	Managing risk Social norms of alcohol use Pressure and influences Share aware	Different ways of helping others or the environment Basic first aid: Unconscious casualty Consequences of our actions	Having choices and making decisions about my health Growth Mindset: persevering	Body changes in puberty Menstruation Emotional changes during puberty Relationships including marriage
Y5	Changing feelings Friendship skills including compromise Assertiveness skills	Recognising and celebrating difference, including religions and cultural Influence and pressure of media Types of bullying, including homophobic	Peer pressure Social norms of smoking Dealing with dilemmas Using social media and the internet safely and respectfully	Rights and responsibilities and duties to others Decisions about lending, borrowing and spending money	Managing challenges and change Our emotional needs Getting fit	Talking about puberty; physical and emotional changes The reproductive system Managing change and getting support
Y6	Assertiveness Negotiation and compromise Working together	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Emotional needs and risks Drugs: norms and risks (including the law) Sharing images online Online relationships	Understanding media bias, including social media Community action groups and charities Basic First Aid: Bleeding and choking	Aspirations and goal setting Five ways to wellbeing Body image and the media	Transition support Puberty and reproduction Families, conception and pregnancy Types of commitment

