



	Autumn 1 Relationships	Autumn 2 Healthy Me	Spring 1 Safety First	Spring 2 Money Matters Aiming High	Summer 1 Mental Health and Wellbeing	Summer 2 Growing, Changing and Me
Year 1 /2 Cycle A	What Is a Friend? Recognise what friendship is and describe a good friend To identify actions that are kind and unkind We Are All Different Recognise we are all different and have different likes and dislikes – Talk about what makes them special and unique Playing Together Identify how to play cooperatively – how to share, take turns and include others. Know when to ask for permission. Families Are Special Recognise the common features of a family Talk about their families Recognise that they are different types of families and everyone's family is unique and special Trusted Adults Identify what a trusted adult is. Be able to recognise trusted adults who are familiar to them, adults in the community and adults they don't know.	Be a Germ Buster! Recognise simple hygiene routines that can stop germs from spreading Tooth Heroes Know how to brush teeth correctly; about visiting the dentist and how food and drink choices affect dental Super Foods for Super Bodies Recognise that what someone eats and drinks can affect their health; about food and drink that support good health, the importance of eating a range of foods, the effects of consuming too much sugar; Healthy Me: Moving Every Day Identify what being healthy means and how physical activity helps people to stay healthy - ways to be physically active every day Helpers When I'm Sick or Hurt Identify people who help them stay healthy and who can help if feeling unwell or hurt that medicines can help people to stay healthy or feel better if they are unwell. Identify who to talk to if they are worried about their health	Stop, Look, Listen: Crossing the Road Safely Know how to cross the road safely with adult support Stranger Smart ways to keep safe when out and about (stranger Danger) Who Can Help Me Stay Safe? Know about the people whose job it is to help keep children safe and how to get help from an adult if there is an accident or emergency 999: How to Call for Help in an Emergency Know how to dial 999 in an emergency (including from a locked mobile phone), and what to say Exploring the Internet Recognise different ways people use the internet in everyday life. Recognise that not everything on the internet is true or real. Being Safe and Kind Online Recognise how the internet and digital devices can be used to safely and respectfully communicate with others	My Strengths and interests Identify that everyone has different strengths and interests; to identify what they enjoy, are good at or feel proud of Jobs in our community Identify different jobs that people do, including roles and responsibilities people have in their community Work and earning money Recognise that people can earn money to pay for things by having a job What is money? Identify what money is, how people get money, and what it is used for Recognise different ways of paying for things Saving, spending, needs & wants Know that money can be saved or spent; that people make different choices about saving and spending money Identify the difference between needs and wants; that people may not always be able to have the things they want	Things That Make Me Feel Good Talk about things that can help people feel good, e.g. playing outside, being in nature, physical activity, doing things they enjoy, spending time with family and friends, and getting enough sleep. Big Feelings, Little Feelings How to notice and name a range of feelings in themselves and others, such as happiness, excitement, anger and sadness; that feelings can be felt more, or less, strongly. Understanding my Thoughts and Feelings Know that being aware of their thoughts and feelings can help someone to manage them and is an important part of keeping healthy and well. Know some simple strategies to manage distraction, unhelpful thoughts and strong, unpleasant or uncomfortable feelings; that the brain can get better at remembering how to use these strategies.	Growing and Changing Recognise and describe about growing and changing from young to old and how people's needs change When Things Change or We Lose Something Recognise how different change and loss can affect people and who can help When Someone Dies: Feelings and Support. About different kinds of change and loss (death); how loss can affect people and who can help Naming Body Parts Name the private parts of the body. My Body, My Boundaries Understand that our bodies are private and belong to us. Moving Up: Feelings About Change Think about preparing to move to a new class and year group and how to manage feelings during times of change

			Understand that it is important to be kind online and that people's feelings can be hurt by unkindness online. Learn basic rules for staying safe online, including keeping personal details private and understanding that anything shared online can be shared by others.		Feelings Can Affect Our Actions Know that someone's feelings can affect how they behave; ways to manage strong feelings, reactions and responses Who Can Help Me? Say who they can talk to if finding things difficult or needing help with feelings (including adults in school) and how to ask for help.	
Year 1/ 2 Cycle B	Being a Good Friend Identify the qualities of a good friend Talk about what other groups that they belong to, and this contributes to a sense of belonging Friends, Arguments and Pressure Know that friends can argue and they can also make up Recognise what pressure feels like and some basic strategies for resisting pressure Know ways to solve arguments with friends and know that physically hurting someone is not the right way to solve the argument. Know how to ask for help if a friendship is making them feel happy. Bullying and Getting Help Recognise what bullying means and what to do if they experience or witness bullying Being Polite and Respectful Identify ways to show politeness and respect and why this is important Our Families Identify how families show love and care. Talk about how families spend time together and share each other's lives. Recognise that families are to keep us safe and what to do if family life is upsetting and concerning. Secrets, Safety and Speaking Up Know the importance of not keeping secrets and what to do if a secret makes them feel uncomfortable, worried, embarrassed or unsafe.	Sleep Well, Feel Well Identify why sleep is important; bedtime routines and ways to rest and relax Let's Get Active! Identify what being healthy means and how physical activity helps people to stay healthy - ways to be physically active every day Food for Thought Knows that what someone eats and drinks can affect their health; about food and drink that support good health, the importance of eating a range of foods, the effects of consuming too much sugar. Identify who to talk to if worried about what they eat and drink Identify when and how children can make choices about what they eat and drink and who can help them make healthier choices Know that people often share food together, e.g. during mealtimes or special occasions From Farm to Table <i>Recognise that food and drink come from different sources (e.g. eggs from chickens, fruit from trees/plants) and how some foods can be changed (e.g. grains into bread) before they are eaten or drunk</i> Identify that there are different types of food and drink, with different tastes and textures, and people enjoy different foods	Water Wise: Staying Safe Around Water Know how to keep safe around water, using the water safety code Fun in the Sun Know how to keep safe and well in the sun and protect skin from sun damage Safety Detectives: Spotting Dangers Around Us Know how to recognise potentially harmful or hazardous situations in everyday life, including at home Be Safe Near the Railway ways to keep safe when out and about (Railway safety) Who Are You Online? Explain that people may behave differently online, including pretending to be someone they are not or saying things that are not true. Understand and recognise that not everything on the internet is true or real. Healthy and Safe Digital Choices Understand how rules and age restrictions help protect children's wellbeing online and why it	Skills, strengths and future jobs Know that everyone has different strengths and interests; to identify what they enjoy, are good at or feel proud of Recognise some of the strengths and interests someone might need to do different jobs Earning and using money Explain what money is, how people get money, and what it is used for Discuss that people can earn money to pay for things by having a job Keeping money safe Recognise that money needs to be looked after; different ways of doing this, including keeping money in an account Saving or sending? Identify that money can be saved or spent; that people make different choices about saving and spending money Needs, wants and making choices	Looking After My Mind and Body Understand how things that can help people feel good, e.g. playing outside, being in nature, physical activity, doing things they enjoy, spending time with family and friends, and getting enough sleep. Feelings Have Different Strengths How to notice and name a range of feelings in themselves and others, such as happiness, excitement, anger and sadness; that feelings can be felt more, or less, strongly. Ways to Manage my Feelings Know that being aware of their thoughts and feelings can help someone to manage them and is an important part of keeping healthy and well. Know some simple strategies to manage distraction, unhelpful thoughts and strong, unpleasant or uncomfortable feelings; that the brain can get better at remembering	Growing Up: Changes and Needs Explain and identify about growing and changing from young to old and how people's needs change Coping with Change and Loss Recognise how different change and loss can affect people and who can help. Understanding Grief and Bereavement Know what loss is (death); how loss can affect people and who can help Body Parts and Privacy Name the private parts of the body. Respecting Boundaries Understand that our bodies are private and belong to us. Ready for the Next Year: Managing Change Think about preparing to move to a new class and year group and how to manage feelings during times of change

		Helpful or Harmful Recognise that some things that go into or onto bodies can be harmful and how we might know if something is harmful Recognise risk in relation to medicines, cleaning fluids and other potentially harmful products that might be in the home; what to do and who to tell if they think they are at risk	is important to limit screen time and take breaks from digital devices. Identify some benefits and risks of watching videos or playing games online.	Discuss the difference between needs and wants, that people may not always be able to have the things they want	how to use these strategies. Big Feelings, Better Choices That someone's feelings can affect how they behave; ways to manage strong feelings, reactions and responses. Speaking Up When I Need Help Identify who they can talk to if finding things difficult or needing help with feelings (including adults in school) and how to ask for help.	
Year 3 / 4 Cycle A	Healthy Friendships Describe the importance of friendships and those positive friendships support wellbeing. Explain what a healthy friendship is- (mutual respect, trust, kindness, generosity, sharing interests, enjoying being together, support with problems and difficulties, respecting each other's boundaries) and that truthfulness and loyalty are part of this, but when these might be less appropriate. Friendships: Working Through Ups and Downs Identify that friendships have ups and downs and strategies to deal with these situations. **Know the importance of seeking support if feeling lonely or excluded Different Families, Same Love and Care Discuss how and why families differ (with or without children, single parents, same sex blended families, adoption, fostering) and all families should be respected. Know that families should provide care, protection and safety as they grow up. Secrets, Surprises and Speaking Up Know about keeping something confidential or secret, when this should not be agreed to, and when it is right to break a confidence or share a secret; who and how to tell about secrets that make them feel uncomfortable, worried or unsafe. *Know they would tell a trusted adult and can identify a trusted adult. Caring Hands: Our Shared Responsibilities Explain how everyone has shared responsibilities to care for other people and living things. Handling Disappointment and Frustration	Healthy Smiles: Looking After Our Teeth Describe how to maintain good oral hygiene (including correct brushing and cleaning between teeth); why regular visits to the dentist are essential; the impact of lifestyle choices on dental health Move More, Feel Better! Describe the benefits of regular physical activity for mental and physical health; how to build moderate and vigorous exercise into daily/weekly routines. Building a Balanced Plate Discuss the elements of a healthy, balanced diet; foods that should be eaten often or less often, and the benefits of eating a variety of nutritionally rich foods for health and wellbeing Healthy Choices: Move, Eat, and Feel Great Discuss choices that support a healthy lifestyle and what might influence these; risks associated with an inactive lifestyle, such as unhealthy weight gain Recognise what good physical health means; the characteristics of a balanced, healthy lifestyle. Everyday Medicines Recognise that medicines can help us stay healthy and	Recognising hazards in the home Recognise hazards that may cause harm or injury in the home. How to predict, assess and manage risk in different situations Spot It, Stop It, Stay Safe (Recognising dangers) Recognise strategies for keeping safe in familiar and unfamiliar places or when travelling with, or without, an adult. How to predict, assess and manage risk in different situations Know that rules and laws in keeping people safe First Aid Heroes: Cuts and Grazes What is meant by first aid; basic techniques for dealing with common injuries (Cuts and grazes) Good and Not-So-Good Choices online Identify ways in which the internet can be used both positively and negatively as part of daily life; the advantages and disadvantages of different ways of connecting online. Kind, Respectful and Safe Online Know that the same principles about how to	Needs vs Wants: Making Smart Money Choices Recognise that people have different attitudes towards saving and spending money Money & Feelings: Talking About Money Worries Know how money can affect someone's emotions and wellbeing; how to manage feelings about money, including who to talk to Money Can Make a Difference Recognise that what people do with their money can affect others and the environment (e.g. giving to charity, buying fair trade, buying single-use plastics) Keeping Money Safe Describe different ways to keep track of money; how to keep money safe at home, outside the home or in a bank account My Strengths, My Goals Recognise their achievements and personal strengths; how to set targets to help achieve their goals	Keeping Our Minds and Bodies Healthy Recognise the importance of taking care of mental health and wellbeing, as well as physical health. Recognise that everyday behaviours that help maintain wellbeing. Recognise how to direct attention and manage distractions to support mental health and wellbeing. Getting to Know Our Feelings Recognise names and describe a wide range of emotions; understand that emotions vary in intensity and can change over time. When Feelings Affect What We Do Discuss how feelings can impact behaviour and responses to others. Explain some self-regulation strategies for managing feelings, thoughts and responses. When We Feel Worried, Sad or Lonely Know that everyone experiences worry, loneliness or sadness and the benefits of speaking to someone.	Coping with Change and Loss Recognise change, loss and grief; understanding that people experience and manage grief differently; strategies that can help. My Body, My Body Parts Identify and correctly name the main external parts of the male and female body, including the external genitalia. Understand that bodies are different and that everyone deserves privacy and respect. Inside Our Bodies Identify the external genitalia and internal reproductive organs in males and females Growing and Changing Recognise the emotional and physical changes that occur during puberty in both males and females (e.g. mood swings, body hair); strategies to prepare for and manage these changes Moving Up a Year Discuss preparing for the opportunities and challenges of moving to a new class or school, including

	Recognise how to respond to situations where they experience disappointment or frustration with others	manage common health issues such as allergies and asthma. Understand that medicines should be used responsibly and safely. Helpful or Harmful? Identify common legal drug products found in everyday life, including medicines, caffeine and alcohol. Begin to recognise that drugs can have different effects and that some can be harmful if used incorrectly	treat others apply in all contexts, including online Recognise how someone's online behaviour can affect other people; the importance of, and how to maintain, positive, kind and respectful communication online, including when anonymous. Think Before You Share Identify how to decide what is appropriate to share online and what should not be shared. Identify the risks of sharing things online, including images or words; that once these have been circulated online, they might spread quickly and far; that it can be difficult to control who sees them and to remove them from everywhere on the inter.		Recognise when unpleasant thoughts and feelings may indicate a mental health difficulty Who Can Help Me? Identify when, why and how to seek help for own or others' wellbeing or mental health; identifying people who can help at home and school.	managing thoughts and feelings associated with transition
Year 3/ 4 Cycle B	Relationships The ingredients of a strong friendship Explain how people choose and make friends and the skills needed for building caring kind relationships (mutual support, listening, respecting boundaries, celebrating friends' successes) Explain what make a healthy friendship (they are not controlling or possessive; that everyone can have more than one friend, and that having different friends can bring different positive experiences) Included, Safe and Happy Explain how healthy friendships make people feel (included, safe and happy) Identify how to recognise when they or others feel lonely or excluded and use strategies to include others. Explain the importance of seeking support if feeling lonely or excluded Bullying: Recognising It and Speaking Up Explain different types of bullying, and the impacts. What to do and who to tell. Pressure and Making Good Choices Identify what pressure from others is, to do something that is unsafe or makes them feel uncomfortable, and strategies for managing that. Families: Different and Caring	The Power of Sleep Identify how sleep quality and quantity support a healthy lifestyle; the effects of lack of sleep on the body, feelings, behaviour, and ability to learn, and routines for good quality sleep Healthy Eating, Healthy Me Explain the elements of a healthy, balanced diet; foods that should be eaten often or less often, and the benefits of eating a variety of nutritionally rich foods for health and wellbeing Explain the effects of different food and drink on the body and the effects of eating a less healthy diet, including ultra-processed foods Drugs in Everyday Life Identify common legal drugs such as caffeine, alcohol, cigarettes and vapes, and describe some of their effects on the body and behaviour. Recognise that medicines can contribute to health when used responsibly.	Understanding risks and prevention in the home Know about hazards that may cause harm or injury in the home How to predict, assess and manage risk in different situations. Making safe choices Identify strategies for keeping safe in familiar and unfamiliar places or when travelling with, or without, an adult. How to predict, assess and manage risk in different situations Know that rules and laws in keeping people safe Cool It! How to Treat Burns and Scalds What is meant by first aid; basic techniques for dealing with common injuries (burns and scalds) Can I Trust What I See Online? Know how content on the internet is ranked and targeted at specific	Save or spend? Making Money Choices Identify what influences people's decisions about saving and spending, including individual priorities, needs and wants Money & Feelings: Managing Money Worries. Discuss how money can affect someone's emotions and wellbeing; how to manage feelings about money, including who to talk to Money Choices: Making a Difference Discuss what people do with their money can affect others and the environment (e.g. giving to charity, buying fair trade, buying single-use plastics) Keeping Track & Keeping Money Safe Explain different ways to keep track of money; how to keep money safe at home, outside the home or in a bank account	Building Healthy Habits for Wellbeing Identify the importance of taking care of mental health and wellbeing, as well as physical health. Identify everyday behaviours that help maintain wellbeing. Recognise how to direct attention and manage distractions to support mental health and wellbeing Understanding the Strength of Our Emotions Identify, name and describe a wide range of emotions; understand that emotions vary in intensity and can change over time. Learning to Manage Strong Feelings Recognise how feelings can impact people's behaviour and how they respond to others; skills to manage strong	Growing, Changing and Me Understanding Grief and Managing Difficult Changes managing emotional responses to events outside of our control. change, loss and grief; understanding that people experience and manage grief differently; strategies that can help. Know that families can go through change (new siblings, moving home) and experience difficult times and support each other. Puberty: Growing Up and Changing Recognise the emotional and physical changes that occur during puberty in both males and females (e.g. mood Swings, periods, body hair); strategies to prepare for

	Explain how families are different but know they should still treat with respect. Explain that families should provide care, protection and safety as they grow up. Identify that families can go through change (new siblings, moving home) and experience difficult times and support each other. Know who to talk to if someone is worried about their family or feels unsafe. Many Differences, One Community Explain that we live in a diverse community and the benefits and that everyone should be treated with respect	Safe Choices Recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. Adults Who Support Our Health The role of adults and medical professionals in supporting children's health	individuals and groups; the different ways information and data is shared and used online, including for commercial purposes; how to make safe, reliable choices about search results or the content they see Recognise how text and images in the media and online can be manipulated or fabricated; strategies to critically engage with what they see, read or hear online and identify misinformation and disinformation. Online Friends and Real-Life Relationships Recognise similarities and differences between communicating with someone online and offline; the importance of meaningful in-person relationships; that while online communication might enhance some relationships, purely online relationships may be less fulfilling. Learn about why someone may behave differently online, including pretending to be someone they are not; strategies for evaluating online relationships, recognising risks, harmful content and contact; how to report concerns to trusted adults and reliable sources of support Learn strategies for managing peer influence on their online behaviour; the importance of not pressuring others, and how to resist pressure from others, to share personal information or images online.	Skills for My Future. Identify and build skills that might help them in their future careers e.g. teamwork, communication, negotiation, critical thinking and digital literacy	emotions, reactivity and responses. Describe self-regulation strategies and how to use them to manage feelings, thoughts, setbacks and responses in different situations. When Feelings Start to Affect Our Everyday Life Discuss that everyone feels worried, lonely or sad sometimes and that these feelings can affect wellbeing; the benefits of speaking to someone if feeling lonely, worried or sad Understand that unpleasant thoughts and feelings are strong, last a long time, or cause problems that affect daily wellbeing (e.g. by making it difficult to do important things, such as learning or playing), this can be a sign of a mental health difficulty, and there is support available to help people manage this Knowing When and How to Ask for Help Identify when, why and how to seek help for own or others' wellbeing or mental health; identifying people who can help at home and school.	and manage these changes. Periods: What Are They? Recognise the emotional and physical changes that occur during puberty in periods, strategies to prepare for and manage these changes. Explain in simple terms what a period is and why menstruation happens. Period Products and Period Wellbeing Learn about the facts about the menstrual cycle and menstrual wellbeing, including what period products are available; where to get help and advice for menstrual wellbeing Ready for What's Next Discuss preparing for the opportunities and challenges of moving to a new class or school, including managing thoughts and feelings associated with transition
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			When Something Online Goes Wrong Recognise the importance of telling a trusted adult and getting support with anything that worries, scares or concerns them online; when, why, and how to report concerns online Explain where and how to get help if they feel worried, concerned, upset, embarrassed or frightened about something they have seen or engaged with online.			
Year 5	Balancing Ours and Others' Needs Discuss how balancing their own needs with the needs and wishes of others helps build healthy and respectful relationships. Standing Strong: Understanding Peer Pressure Explain what peer pressure means and learn strategies for managing peer influence. Keeping Secrets or Speaking Up? Knowing When to Share Explain about keeping something confidential or secret, when this should not be agreed to, and when it is right to break a confidence or share a secret; who and how to talk about secrets that make them feel uncomfortable, worried or unsafe. Families, Safe Relationships and Getting Help Explain that that they are different types of families and relationships (friendships, romantic, commitment, stable, including marriage and civil partnerships.) start to think and recognise what may be harmful, dangerous or abusive, in a relationship and how to report abuse. Living in a Diverse Community Explain what diversity is and the benefits of living in a diverse community. Breaking Stereotypes Describe what stereotypes are and how they can be unfair; how stereotypes can negatively influence behaviours and attitudes towards others.	Beat the Bugs! Discuss why and how to maintain personal hygiene; about bacteria and viruses and ways to limit the spread of Infection Health Detectives: Spotting Signs and Finding Support Discuss the role of adults and medical professionals in supporting children's health how to recognise early signs of illness and who to talk to if worried about their health Food Detectives: Making Healthy Choices Explain how to develop healthier eating and drinking habits and how to manage influences on their choices Identify that they are some benefits of preparing meals at home; how to plan and prepare healthy meals Caffeine, Energy drinks and vapes Recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others Why Do People Use Drugs? Explore what can influence people to use or not use drugs, including alcohol, nicotine and cannabis. Recognise that drug	Applying safety knowledge in the home Know about hazards that may cause harm or injury in the home How to predict, assess and manage risk in different situations Risk Detectives (Assess and manage) Apply strategies for keeping safe in familiar and unfamiliar places or when travelling with, or without, an adult. How to predict, assess and manage risk in different situations Know that rules and laws in keeping people safe. when and how to make a clear and efficient call to the emergency services; that staying safe and reporting incidents are more important than filming them. Help! Someone Is Choking what is meant by first aid; basic techniques for dealing with common injuries (choking) AI: Helpful, Powerful and Different from People Explain what AI is (including generative AI) and where it might be encountered in	Different People, Different Money Choices Explain what influences people's decisions about saving and spending, including individual priorities, needs and wants Money, Emotions & Financial Pressure Explain how money can affect someone's emotions and wellbeing; how to manage feelings about money, including who to talk to. Money Choices: Comparing Our Impact Discuss what people do with their money can affect others and the environment (e.g. giving to charity, buying fair trade, buying single-use plastics) – comparing and evaluating choices Ways to Pay: Pros & Cons Identify the advantages and disadvantages of different ways of paying for things My Future: Jobs Without Limits Know that there is a broad range of different jobs that people can have; that people often have more	Taking Responsibility for Our Wellbeing Discuss everyday behaviours that help maintain wellbeing (e.g. rest, quality sleep, physical activity, time outdoors and in nature, activities and hobbies, balanced diet, involvement in community groups, doing things for others, time with family and friends Discuss how to direct attention and manage distractions to support mental health and wellbeing Exploring Complex Emotions and How They Change Discuss how to identify, name and describe a wide range of emotions; how emotions range in intensity and can change over time. Taking Control of Our Emotional Responses Discuss how feelings can impact people's behaviour and how they respond to others; skills to manage strong emotions, reactivity and responses.	Growing, Changing and Me Puberty: What Happens to Everyone? Discuss the emotional and physical changes that occur during puberty in both males and females (e.g. mood swings, wet dreams, periods, body hair); strategies to prepare for and manage these changes. Managing the Changes Identify practical and emotional strategies for managing puberty, including personal hygiene, managing periods, dealing with changing emotions the facts about the menstrual cycle and menstrual wellbeing, including what period products are available; where to get help and advice for menstrual wellbeing Feelings, Crushes and Attraction Learn that people can develop crushes and be attracted to others

		use can become a habit and understand some of the risks and effects associated with regular use.	everyday life. Discuss how AI chatbots work; similarities and differences between interacting with an AI chatbot and a human, and the implications for wellbeing Online Time: Healthy Habits and Wellbeing Explain the no benefits of limiting time spent online and choosing online activities carefully; how to assess the impact of online content, behaviours and habits on their feelings and wellbeing. Find out the reasons for following rules and age restrictions; how rules and age restrictions for some apps, streaming services, films, computer games, online gaming and gambling sites help protect personal safety and promote wellbeing. Gaming, Money and Online Risks Know how to assess and manage risks relating to online gaming, including the impact of compulsive gaming on health and wellbeing; the risks relating to video game monetisation and loot boxes, as well as other online financial harms including scams and fraud, and their impact on wellbeing.	than one type of job during their career Know that a person's career aspirations should not be limited by stereotypes about jobs or career pathways	Explain self-regulation strategies and how to use them to manage feelings, thoughts, setbacks and responses in different situations Know that when someone practises self-regulation strategies, over time their brain will help them to use these strategies automatically and effectively Understanding Mental Health and When We Need Support Discuss that everyone feels worried, lonely or sad sometimes and that these feelings can affect wellbeing; the benefits of speaking to someone if feeling lonely, worried or sad Know that if unpleasant thoughts and feelings are strong, last a long time, or cause problems that affect daily wellbeing (e.g. by making it difficult to do important things, such as learning or playing), this can be a sign of a mental health difficulty, and there is support available to help people manage this Managing Feelings About Things We Cannot Control Discuss how to manage emotional responses to events outside of their control (e.g. climate change or distressing events) Getting Support and Supporting Others Explain when, why, and how to seek help for their own or others' wellbeing or mental health; who they can speak to at home and in school	romantically; that people may be attracted to someone of the same sex or different sex to them Stepping Up: Embracing Change Discuss preparing for the opportunities and challenges of moving to a new class or school, including managing thoughts and feelings associated with transition
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Year 6	Recognising Unhealthy Friendships Analyse relationships and identify an unhealthy friendship. It's OK to Disagree Explore ways of disagreeing respectfully. Pressure, Influence and Making Independent Choices Explain what peer pressure is and negative influences and choose safe, respectful responses. Bullying: Choices, Impacts and Speaking Out Explain about different types of bullying, how bullying behaviours can be influenced by others and the impacts for all involved (including on wellbeing) and how to report and seek help for themselves or others. When Relationships Don't Feel Right Explain different families and changes a family might go through, how these might impact a family but how a family would support each other. Discuss signs that a relationship may be harmful, dangerous or abusive, and how to report abuse. Breaking the Mould: Challenging Stereotypes Discuss what stereotypes are and how they can be unfair; how stereotypes can negatively influence behaviours and attitudes towards others, including leading to bullying and learn strategies for challenging stereotype. *Know who to talk to if someone is worried about their family or feels unsafe. *Know the importance of seeking support if feeling lonely or excluded	Attack of the Microbes: How Vaccines and Immunisation Keep Us Safe Learn about bacteria and viruses and ways to limit the spread of infection (vaccination, immunisation) Legal Drugs: Risks and Effects Explain the risks and effects associated with legal drug products such as alcohol, caffeine, cigarettes, vapes and nicotine pouches. Why do we have drug laws? Understand how laws regulate drugs and medicines and why these laws exist. Habits and addiction Know that drug use can become a habit which is difficult to break Know there are organisations that can support people to stop using alcohol, nicotine or other drugs. Identify who they can talk to if worried about people they know.	Be Home Safe: Spotting Hazards and Preventing Harm Know about hazards that may cause harm or injury in the home safe. How to predict, assess and manage risk in different situations Rules, Risks and Responsibilities Assess and apply strategies for keeping safe in familiar and unfamiliar places or when travelling with, or without, an adult. How to predict, assess and manage risk in different situations Know that rules and laws in keeping people safe. when and how to make a clear and efficient call to the emergency services; that staying safe and reporting incidents are more important than filming them When Someone Collapses: Emergency First Aid What is meant by first aid techniques for dealing with common injuries (Unconsciousness, recovery position & CPR) FGM: The Law, Staying Safe and Getting Help Know that female genital mutilation (FGM) is against British law; what to do and who to tell if they think they or someone they know might be at risk Social Media: Age, Safety and Responsibility Know that the minimum age requirement for social media; how this protects children from inappropriate content or unsafe contact from other social media users. Explain how someone's online behaviour can affect other people; the importance of, and how to	Managing My Money Safely Explain different ways to keep track of money. Explain how to keep money safe at home, outside the home or in a bank account. Explain the advantages and disadvantages of different ways of paying for things, making safe and informed choices. that what people do with their money can affect others and the environment (e.g. giving to charity, buying fair trade, buying single-use plastics). Making Smart and Ethical Money Choices Explain what influences people's decisions about saving and spending, including individual priorities, needs and wants Managing Money, Emotions & Wellbeing Discuss how money can affect someone's emotions and wellbeing; how to manage feelings about money, including who to talk to. What Influences My Career Choices? Explain how different factors (e.g. personal interests, values and aspirations, family connections to certain trades or businesses, strengths and qualities, stereotypical assumptions) might influence people's decisions about a job or career Know that people doing different jobs are paid different salaries and money is one factor that may influence a person's job or career choice; that people may choose to do	Making Wellbeing a Priority Analyse everyday behaviours that help maintain wellbeing (e.g. rest, quality sleep, physical activity, time outdoors and in nature, activities and hobbies, balanced diet, involvement in community groups, doing things for others, time with family and friends) Explain how to direct attention and manage distractions to support mental health and wellbeing Staying in Control When Emotions Feel Overwhelming Discuss how feelings can impact people's behaviour and how they respond to others; skills to manage strong emotions, reactivity and response Explain self-regulation strategies and how to use them to manage feelings, thoughts, setbacks and responses in different situations Know that when someone practises self-regulation strategies, over time their brain will help them to use these strategies automatically and effectively Recognising When Mental Health Needs Extra Support Explain that everyone feels worried, lonely or sad sometimes and that these feelings can affect wellbeing; the benefits of speaking to someone if feeling lonely, worried or sad Explain that unpleasant thoughts and feelings which are strong, last a long time, or cause problems that affect daily	Building Resilience Through Change, Loss and Uncertainty Discuss how to manage emotional responses to events outside of their control (e.g. climate change or distressing events. Discuss changes, loss and grief, including bereavement; that people feel, express, and manage grief in different ways; strategies that can How Human Reproduction Works Learn about the processes of reproduction and birth as part of the human lifecycle; how babies are conceived and born (and that there are ways to prevent a baby being made); From Conception to Birth Learn about the processes of reproduction and birth as part of the human lifecycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for Explain how a baby is conceived and how pregnancy develops as part of the human lifecycle. Describe the basic stages from conception through pregnancy to birth. Understand that babies can be born in different ways and that pregnancy and birth are supported by healthcare professionals. Babies, Birth and Choices Learn about the processes of reproduction and birth as part of the human lifecycle; how babies are
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			maintain, positive, kind and respectful communication online, including when anonymous. Online Relationships: Pressure, Identity and Risk Learn strategies for managing peer influence on their online behaviour; the importance of not pressuring others, and how to resist pressure from others, to share personal information or images online Explain why someone may behave differently online, including pretending to be someone they are not; strategies for evaluating online relationships, recognising risks, harmful content and contact; how to report concerns to trusted adults and reliable sources of support	voluntary work which is unpaid Routes into Future Careers Know that there are different routes into careers (e.g. college, apprenticeship, university) Discuss the kind of job that they might like to do when they are older, whilst recognising that they may do a job that does not yet exist, due to societal, environmental and technological changes	wellbeing (e.g. by making it difficult to do important things, such as learning or playing), this can be a sign of a mental health difficulty, and there is support available to help people manage this Taking Charge of My Mental Health and Supporting Others Explain when, why, and how to seek help for their own or others' wellbeing or mental health; who they can speak to at home and in school	conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for *** (Explain that becoming pregnant can happen through sexual intercourse and that there are ways to prevent a pregnancy. Understand that having a baby involves significant responsibility and care. Identify the physical, emotional and practical needs of a baby and understand the importance of caring adults) The Next Chapter: Ready for Secondary School Discuss preparing for the opportunities and challenges of moving to a new class or school, including managing thoughts and feelings associated with transition
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