

	Me and my relationships	Valuing difference	Keeping safe	Rights and respect	Being my best	Growing and changing
EYFS	What makes me special. People close to me. Getting help.	Similarities and difference. Celebrating difference. Showing kindness.	Keeping my body safe. Safe secrets and touches. People who keep us safe.	Looking after things, friends, environment and money.	Keeping my body healthy - food, exercise, sleep. Growth mindset.	Cycles. Life stages. Girls and boys - similarities and difference.
Year 1	Feelings. Special people. Getting help Classroom rules. Being a good friend.	Recognising, valuing and celebrating difference. Developing respect and accepting others. Bullying and getting help (anti- bullying week)	How our feelings can keep us safe. Safe and unsafe touches. Medicine and safety. Sleep. First Aid.	Taking care of things (myself, my money, my environment)	Growth mindset. Hygiene and health.	Getting help. Becoming independent. My body parts. Taking care of myself and others.
Year 2	Bullying and teasing Our school rules about bullying (anti-bullying week) Being a good friend. Feelings/self-regulation. Cooperation.	Being kind and helping others. Celebrating difference. People who help us. Listening skills.	Safe and unsafe secrets. Appropriate touch (PANTS) Medicine safety. First Aid.	Cooperation Self-regulation Looking after money - saving and spending.	Growth mindset Looking after my body Hygiene and health. Exercise and sleep.	Dealing with loss. Being supportive. Growing and changing. Privacy.
Year 3	Rules and their purpose. Cooperation. Friendship including respectful relationships. Coping with loss.	Recognising and respecting diversity. Being respectful and tolerant. My community.	Managing risk. Decision making skills. Drugs and their risk. First Aid.	Skills we need to develop as we grow up. Helping and being helped. Looking after the environment.	Keeping myself healthy and well. Celebrating and developing my skills. Developing empathy.	Relationships. Consent. Keeping safe and unsafe secrets.
Year 4	Healthy relationships. Listening to feelings. Bullying (anti-bullying week) Assertive skills.	Recognising and celebrating difference (including cultural and religious) Understanding and challenging stereotypes.	Managing risk. Understanding the norms of drug use. (cigarette and alcohol use) Influences. First Aid.	Managing difference (different ways of helping others or the environment) Media influence. Decisions about spending money.	Having choices and making decisions about my health. Taking care of my environment. My skills and interests.	Body changes during puberty. Managing difficult feelings. Relationships including marriage.
Year 5	Feelings Friendship skills. Assertive skills. Cooperation. Recognising emotional needs.	Recognising and celebrating difference (including cultural and religious) Influence and pressure of social media.	Norms around use of legal drugs (tobacco, alcohol) Decision making skills. First Aid.	Rights, respect and duties relating to my health. Making difference. Decisions about lending, borrowing and spending.	Growing independence and taking ownership. Keeping myself healthy. My community.	Managing difficult feelings. Managing change. How my feelings help keeping safe. Getting help.

Year 6	<p>Assertiveness. Cooperation. Safe/unsafe touches. Positive relationships.</p>	<p>Recognising and celebrating difference. Recognising and reflecting on prejudice-based bullying (anti-bullying week) Understanding bystander behaviour. Gender stereotype.</p>	<p>Understanding emotional needs. Drugs: norms and risks (including the law) First Aid.</p>	<p>Caring: communities and the environment. Earning and saving money. Understanding democracy.</p>	<p>Aspirations and goal setting. Managing risk. Looking after my mental health.</p>	<p>Coping with changes. Keeping safe. Body image. Sex education. Self-esteem.</p>
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