

<p style="text-align: center;">Autumn 1 Being Me</p>	<p style="text-align: center;">Spring 1 Digital Me</p>	<p style="text-align: center;">Summer 1 Healthy Me</p>
<p style="text-align: center;"><u>What makes a healthy and happy relationship?</u></p> <p><u>Relationships Education</u> Respectful friendships:</p> <ul style="list-style-type: none"> • The conventions of courtesy and manners. • The importance of permission seeking and giving in relationships with friends, peers and adults. <p>Online relationships:</p> <ul style="list-style-type: none"> • That the same principles apply to online relationships as to face-to-face relationships. <p>Families and people who care for me:</p> <ul style="list-style-type: none"> • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members. • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. <p>Caring friendships:</p> <ul style="list-style-type: none"> • The characteristics of friendships, including mutual respect, trustfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • That healthy friendships are positive and welcome towards others, and do not make others feel lonely or excluded. 	<p style="text-align: center;"><u>Can I trust everything that I see online?</u></p> <p><u>Relationships Education:</u> Being safe:</p> <ul style="list-style-type: none"> • How to respond safely and appropriately to adults they encounter online whom they do not know. <p>Online relationships:</p> <ul style="list-style-type: none"> • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • How information and data is shared and used online. • That people sometimes behave differently online, including by pretending to be someone they are not. <p><u>Health Education:</u> Internet safety and harms:</p> <ul style="list-style-type: none"> • How to be a discerning consumer of information online, including understanding that information, including that from search engines is ranked, selected and targeted. • That the Internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. 	<p style="text-align: center;"><u>How do I manage my health?</u></p> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> • Where and how to seek support (including recognising the triggers for seeking support) including who in school they should speak to if they are worried about their own or someone else's wellbeing or ability to control their emotions (including issues arising online). • It is common for people to experience mental ill health, for many people who do the problems can be resolved if the right support is made available, especially if accessed early enough. <p>Basic first aid:</p> <ul style="list-style-type: none"> • Concepts of basic first aid for example, dealing with common injuries including head injuries. <p>Health and prevention:</p> <ul style="list-style-type: none"> • How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body. • The facts and science relating to immunisation and vaccination. • About safe and unsafe exposure to the sun and how to reduce the risk of sun damage and reduce the risk of some damage including skin cancer. • The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
<p style="text-align: center;">Autumn 2 Celebrating Differences</p>	<p style="text-align: center;">Spring 2 Changing Me</p>	<p style="text-align: center;">Summer 1 The World and Me</p>
<p style="text-align: center;"><u>What are human rights?</u></p> <p><u>Relationships Education</u> Respectful relationships:</p> <ul style="list-style-type: none"> • The importance of respecting others even when they are very different to them or make different choices or have different preferences or beliefs. • That in school, and in wider society, they can expect to 	<p style="text-align: center;"><u>Why I am changing?</u></p> <p><u>Relationships:</u> Respectful relationships:</p> <ul style="list-style-type: none"> • The importance of self-respect and how this links to their own happiness. 	<p style="text-align: center;"><u>What is my place in the world?</u></p> <p><u>Relationships Education:</u> <u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> • The benefits of community participation voluntary and service based activity on mental wellbeing and happiness.

<p>be treated with respect by others and that in turn they should show due respect to others including those in position to authority.</p> <ul style="list-style-type: none"> • What a stereotype is, and how stereotypes can be unfair, negative or destructive. <p>Caring friendships:</p> <ul style="list-style-type: none"> • Resorting to violence is never right. <p>Being safe:</p> <ul style="list-style-type: none"> • How to report concerns or abuse, and the vocabulary and confidence needed to do so. <p>Families and people who care for me:</p> <ul style="list-style-type: none"> • That other families either in school or the wider world sometimes look different to their family but they should respect those differences and know that other children's families are characterised by love and care. • That marriage represents a formal and legal recognised commitment of two people to each other, which is intended to be life long. <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> • That bullying (including cyber-bullying) has a negative and often lasting impact on mental wellbeing. 	<p>Being safe:</p> <ul style="list-style-type: none"> • That a person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact. <p><u>Health Education:</u> Drugs, alcohol and tobacco:</p> <ul style="list-style-type: none"> • The facts about legal and illegal harmful substances and associated risks including smoking, alcohol use and drug taking. <p>Changing adolescent body: SRE unit</p> <ul style="list-style-type: none"> • Key facts about puberty and the changing adolescent body including physical and emotional changes. <p>Health and prevention:</p> <ul style="list-style-type: none"> • About personal hygiene 	
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