St Mary and St Peter Catholic Primary School
RSE and PSHE Skills, Knowledge and Progression Plan

EYFS: Personal, Social and Emotional Development - Nursery

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Development Matters	**Autumn** Self-Regulation • Children will be able to separate from their adult. • Children will know that adults in the setting can help. • Children will know that they have similarities and differences to their peers. Managing Self • Children will know and begin to follow classroom rules. Building Relationships • Children will begin to play alongside other children. • Children will be familiar with their key person.		**Spring** Self-Regulation • Children will begin to self soothe themselves when they are feeling upset. Managing Self • Children will begin to change their shoes and put on their coat. Building Relationships • Children will begin to take turns in small group activities.		**Summer** Self-Regulation • Children will use the emotions 'sad', 'upset', 'happy' and 'tired' when referring to their feelings. Managing Self • Children will know how to independently use the toilets. • Children will be able to name basic parts of the body. • Children will be able to distinguish between healthy and unhealthy foods. Building Relationships • Children will begin to form positive relationships with peers.	
Nursery Life to the Full Plus	Rules Pantasaurus Colour Monster: Feelings Handmade with Love	Odd Sock Day Anti- Bullying Week	Role Model	Who's who? You've got a friend in me Forever friends	What is the internet? Playing online Safe inside and out My Body, My Rules Feeling Poorly People who help us	God is love Loving God, Loving Others Me, You, Us Transition
Key Concepts	Special, Unique, Same, Different Feelings	Special, Unique, Same, Different Feelings. Bullying and discrimination.	Care, love, kindness, service to others	Families, Friendships Same, Different Kind, Unkind	Safe Healthy Jobs	Care Same, Different Responsibilities Transition
School Values	Believe, Love, Respect, Trust					
School Rules	Be Safe, Be Kind, Be Respectful					
Critical Knowledge	Rules, why they are important and why different rules are needed for different situations. Recognise what makes them special and Unique How are we the same and different, including likes and dislikes Name Body Parts Know that some parts are private Name our feelings and say how we feel	Love one another – kindness, respect. It's ok to be different. Stand up to bullying and discrimination.	Love one another – kindness, respect	Family groups Different people and their role in our lives. Who to talk to if we are worried. What makes a good friend Kind, unkind behaviour. Respect, how to treat others	Keep safe in the sun. Safe using the internet and devices Safe in familiar and unfamiliar environments Who to talk to if we are worried. Keeping Healthy People who help to keep us safe. People and living things have different needs. Different jobs	People and living things have different needs. Caring for living things Belonging to different groups. Different roles and responsibilities in our communities. How are we same and different?

EYFS: Personal, Social and Emotional Development - Reception

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Development Matters	**Autumn** Self-Regulation • Children will begin to talk about their own emotions. • Children will be able to talk about what makes them unique. Managing Self • Children will know the school rules and will begin to behave accordingly. • Children will be able to wait for their turn during a group activity. Building Relationships • Children will begin to form positive friendships with a range of children in the class.		**Spring** Self-Regulation • Children will begin to show resilience and perseverance when completing a task. • Children will be able to talk about their emotions and will be able to use strategies modelled by the adult to help regulate themselves. Managing Self • Children will be able to independently change themselves for P.E. • Children will know how to be a good pedestrian. Building Relationships • Children will know how to support and comfort their friends if they are hurt or upset. • Children will know how to listen to others respectfully and respond appropriately.		**Summer** Self-Regulation • Children will understand that there needs may differ to other children. Managing Self • Children will understand the importance of a healthy lifestyle including (exercise, healthy eating and personal hygiene). Building Relationships • Children will know how to resolve conflicts and can seek adult support if necessary.	
Reception Life to the Full Plus	Rules Pantasaurus Handmade with Love Colour Monster: Feelings	Odd Sock Day Anti- Bullying Week What is the internet? Playing online	I am me Head shoulders, knees and toes Ready Teddy	I Like, You Like All the Feelings Let's Get Real	Growing up New People, New Places + classroom shorts God is Love Loving God, Loving Others	Me, You, Us When I Grow Up… Money Doesn't Grow on Trees Transition
Key Concepts	Special, Unique, Same, Different Healthy Feelings	Special, Unique, Same, Different Feelings Safe using the internet and devices	Special, Unique, Same, Different Feelings Growing Up Safe	Families Same, Different Kind, Unkind	Safe Healthy Jobs	Care Same, Different Responsibilities Money Transition
School Values **School Rules**	Believe, Love, Respect, Trust Be Safe, Be Kind, Be Respectful					
Critical Knowledge	Rules, why they are important and why different rules are needed for different situations. Recognise what makes them special and Unique How are we the same and different, including likes and dislikes Name Body Parts Know that some parts are private Ways to keep healthy Name our feelings and say how we feel	Love one another – kindness, respect It's ok to be different. Stand up to bullying and discrimination. Internet connects us to others. There are positive and negative aspects of the internet.	Recognise what makes them Special and Unique How are we the same and different, including likes and dislikes Name our feelings and say how we feel Find ways to help us manage feelings Understand that feelings can make us behave in certain way. Growing up and how we change.	Family groups Different people and their role in our lives. Who to talk to if we are worried. What makes a good friend Kind, unkind behaviour. Respect, how to treat others	Who to talk to if we are worried. Keeping Healthy Keeping Safe with medicines People who help to keep us safe. People and living things have different needs.	People and living things have different needs. Caring for living things Belonging to different groups. Different roles and responsibilities in our communities. How are we same and different? Where does money come from? Jobs help people to earn money. Money needs to be looked after.

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Rules Pantasaurus	Odd Sock Day Anti-Bullying Week Let the Children Come God Loves You	Internet Safety Day Special People Treat Others Well… …and Say Sorry	Good and Bad Secrets Physical Contact Harmful Substances Can You Help Me? (Part 1) Can You Help Me? (Part 2)	Three In One Who is My Neighbour?	Transition The Communities We Live In Who Will I Be?
Key Concepts	Rules Special, Unique, Same, Different Healthy Feelings	Same, Different Kind, Unkind Feelings Respect Jobs/ Careers Money	Feelings Kind, Unkind Respect Families Roles/ responsibilities	Feelings Privacy Rules Healthy Safe/ Unsafe	Kind/ Unkind Respect Same/ Different Roles/ responsibilities	Roles/ responsibilities Kind/ Unkind Respect Jobs/ Money
School Values **School Rules**	Believe, Love, Respect, Trust Be Safe, Be Kind, Be Respectful					
Critical Knowledge	Rules, why they are important and why different rules are needed for different situations. Know that some body parts are private	Love one another – kindness, respect It's ok to be different. Stand up to bullying and discrimination. To recognise what makes them special and ways we are all unique. The roles different people play in our lives. Belonging to different groups. Being cared for. Difference between needs and wants and that we can't always have what we want.	The roles different people play in our lives. Feelings, what makes us feel good and who to speak to when we don't feel so good. Different families. Things that help people feel good. What makes a good friendship. Recognise when they or someone else feels lonely and what to do. We can hurt by feelings and actions offline and online. Kind and Unkind behaviour and how this affects others. Respect. People and other living things have different needs. Roles and Responsibilities. Feelings and how to manage these. Strategies for solving arguments. How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed	Names of different feelings Respecting Privacy Importance of not keeping Adult's secrets. Resisting pressure to do something they don't want to do. Rules, why they are important and why different rules are needed for different situations. How to respond if physical contact makes them feel uncomfortable or unsafe. Who to ask for help and vocabulary to use when asking for help. Different ways to keep healthy. Medicine can help to keep people healthy. Keeping safe at home. Household products can be harmful. Who keeps us healthy and safe. How to get help in an emergency.	Kind and unkind behaviour, and how this can affect others. Different groups we belong to. Respect How we are the same and different? Living things have different needs Different roles and responsibilities people have in their community.	Different roles and responsibilities people have in their community. Kind and unkind behaviour Respect Listen to other people and play and work cooperatively. Looking after the environment. Strengths and interests someone might need to do different jobs. Jobs help people to earn money to pay for things. Strengths and interests someone might need to do different jobs

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Rules Pantasaurus	Odd Sock Day Anti-Bullying Week Let the Children Come	Internet Safety Day I Am Unique Girls and Boys Clean and Healthy (My Body)	Feelings, Likes and Dislikes Feeling Inside Out Super Susie Gets Angry	The Cycle of Life Beginnings and Endings Change Is All Around + Classroom Shorts Real Life Online Rules To Help Us	Transition Three In One Who is My Neighbour? The Communities We Live In Needs and Wants
Key Concepts	Rules Body parts Privacy	Same, Different Kind, Unkind Feelings Respect	Body parts Privacy Respect Rules Healthy Internet Safety	Feelings Strategies Kind/ Unkind	Transition Internet Safety Jobs	Kind/ Unkind Respect Same/ Different Responsibilities Jobs/ Money
School Values **School Rules**	Believe, Love, Respect, Trust Be Safe, Be Kind, Be Respectful					
Critical Knowledge	Rules, why they are important and why different rules are needed for different situations. Know that some body parts are private	Love one another – kindness, respect It's ok to be different. Stand up to bullying and discrimination. To recognise what makes them special and ways we are all unique. The roles different people play in our lives. Belonging to different groups. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships How to manage conflict, and that resorting to violence is never right	What makes us special. Ways we are unique. Ways in which we are the same and different to others. Everyone has different strengths. Name the main parts of the body including external genitalia. Respecting privacy. Respect Rules are, why they are needed, and why different rules are needed for different situations. Different ways to keep healthy. Physical activity helps us to stay healthy. Sleep is important. Simple hygiene routines that can stop germs from spreading. Dental care. Different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV.	Recognise and name different feelings. Feelings can affect people's bodies and how they behave. Recognise what others might be feeling Recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it. Bodies and feelings can be hurt by words and actions How people may feel if they experience hurtful behaviour or bullying Recognise that not everyone feels the same at the same time, or feels the same about the same things. How to manage when finding things difficult. Simple strategies to resolve arguments between friends positively. Kind and Unkind behaviour.	Growing and changing from young to old and how people's needs change. Strengths and interests someone might need to do different job Preparing to move to a new class/year group. Bodies and feelings can be hurt by words and actions; that people can say hurtful things online. Sometimes people may behave differently online, including by pretending to be someone they are not. Internet and digital devices can be used safely to find things out and to communicate with others. The role of the internet in everyday life.	Kind and unkind behaviour, and how this can affect others. Different groups they belong to. Respect Ways we are the same and different. Living things have different needs and the responsibilities of caring for them. Different roles and responsibilities people have in their community. Roles that different people play in our lives. Recognise when they or someone else feels lonely and what to do. Listen to other people and play and work cooperatively. How to help look after their environment. Strengths and interests someone might need to do different jobs. Money- it comes in different forms and from different sources. People make different choices about how to save and spend money. Difference between needs

						and wants; that sometimes people may not always be able to have the things they want. Money needs to be looked after; different ways of doing this. Jobs help people to earn money to pay for things.

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Rules Pantasaurus Black History Month- Mary Seacole	Odd Sock Day Anti-Bullying Week Get Up! The Sacraments Jesus, My Friend	Internet Safety Day Friends, Family and Others… When Things Feel Bad Sharing Online Chatting Online + Classroom Shorts	Safe In My Body + Classroom Shorts First Aid Heroes Rights and Responsibilities + Classroom Shorts	A Community of Love What is the Church?	How Do I Love Others? Working Together + Classroom Shorts Transition Drugs, Alcohol, Tobacco and Vaping
Key Concepts	Rules Body parts Privacy	Same, Different Kind, Unkind Feelings Respect Feelings Compassion Money	Same, Different Care Healthy Relationships Safe, Unsafe Self-Respect Respect Consent	Boundaries Consent Health Medicines Safe, Unsafe First Aid Rules and Laws	Self-Respect Compassion Community Healthy Relationships	Transition Health Medicines Safe, Unsafe
School Values **School Rules**	. Believe, Love, Respect, Trust Be Safe, Be Kind, Be Respectful					
Critical Knowledge	Rules, why they are important and why different rules are needed for different situations.	Love one another – kindness, respect It's ok to be different. Stand up to bullying and discrimination. The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype Change and loss, including death, and how these can affect feelings. Different types of relationships Compassion Different attitudes to spending money and saving Money can impact feelings	Different types of relationships and family structures. Committed relationships. That marriage and civil partnerships represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong Positive healthy relationships support Wellbeing. Strategies to resolve disputes and reconcile differences positively and safely. Recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. Importance of self-respect. Respect wide range of people. Increasing Independence. Giving consent I different situations.	Privacy and Personal Boundaries Acceptable and Unacceptable Physical Contact Consent in different situations FGM is against British Law Good physical health Using medicines responsibly How to maintain good oral hygiene Medicines and Household products- reading instructions. First Aid, reducing hazards to prevent accidents and What to do in an emergency Rules and Laws and why we have them.	Self-Respect Compassion Different groups in the Community. Shared responsibility for looking after the environment. Healthy Relationships Personal behaviour can affect other people Recognise positive things about themselves and their achievements Broad range of different jobs/careers that people can have. Challenging stereotypes in the workplace Skills which will support them in future careers. Jobs and Money	Positive healthy relationships support Wellbeing Different groups they belong to. Healthy Lifestyle Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.

			Strategies to manage when asked to do something which is unsafe. Personal information Recognise ways in which the internet and social media can be used both positively and negatively. Text and images in the media and on social media can be manipulated or invented.			

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Rules Get Up! Black History Month- Matthew Henson	Odd Sock Day Anti-Bullying Week	Internet Safety Day We Don't Have to be the Same Respecting our Bodies A Community of Love What is the Church? How Do I Love Others? Money Matters + Classroom Shorts	What Am I Feeling? What Am I Looking At? I Am Thankful	Life Cycles A Time For Everything Big Changes, Little Changes + Classroom Shorts	Transition What is Puberty? Changing Bodies Male/Female Discussion Groups (optional)
Key Concepts	Rules Feelings Staying Safe	Same, Different Kind, Unkind Feelings Respect	Same, Different Self-Respect Healthy lifestyle	Mental Health Feelings Stereotypes Reliability of sources online Self-Respect	Reproduction Jobs Transitions	Self-Respect Compassion Community Healthy Relationships Jobs/ Careers Money Transition
School Values **School Rules**	Believe, Love, Respect, Trust Be Safe, Be Kind, Be Respectful					
Critical Knowledge	Rules, why they are important and why different rules are needed for different situations. Change and loss, including death, and how these can affect feelings.	Love one another – kindness, respect It's ok to be different. Stand up to bullying and discrimination.	Personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes) Importance of self-respect and how this can affect their thoughts and feelings. Respecting the differences and similarities Making informed decisions about health. Elements of a balanced, healthy lifestyle, including exercise, sleep, hygiene routines, good oral hygiene, diet, exposure to sun, strategies for managing time online. Feelings can change over time and range in intensity. Where to get advice. Responsibilities that increasing independence may bring . Different ways to pay for things Different attitudes towards	The importance of taking care of mental health Strategies and behaviours that support mental health Varied vocabulary to use when talking about feelings Recognise that anyone can experience mental ill health, strategies for managing this, and knowing when to ask for help. How to manage setbacks/perceived failures, including how to re-frame unhelpful thinking. Recognise ways in which the internet and social media can be used both positively and negatively. Assess the reliability of sources of information online. Strategies for challenging stereotypes. How text and images in the media and on social media	Processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for. Strengths and interests someone might need to do different jobs. Problem-solving strategies for dealing with emotions Strategies to manage transitions between classes and key stages	Self-Respect Compassion Different groups in the Community. Shared responsibility for looking after the environment. Healthy Relationships Personal behaviour can affect other people

			saving and spending money; what influences people's decisions; Spending decisions can affect others and the environment Different ways to keep track of money Risks associated with money Risks involved in gambling and the impact that this can have on them.	can be manipulated or invented Strategies for recognising and managing peer influence Strategies to respond to hurtful behaviour experienced or witnessed, offline and online. Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. The importance of self-respect		

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Rules Calming the Storm Is God Calling You?	Odd Sock Day Anti-Bullying Week Black History Month (link to history curriculum) Rosa Parks Martin Luther King	Internet Safety Day Under Pressure Do You Want A Piece of Cake? Self-Talk Sharing Isn't Always Caring Cyberbullying + Classroom Shorts	Types of Abuse + Classroom Shorts Impacted Lifestyles + Classroom Shorts Making Good Choices Giving Assistance	The Holy Trinity Catholic Social Teaching Reaching Out The World of Work + Classroom Shorts	Transition Re-cap from Year 4- Changing Bodies What is puberty?
Key Concepts	Rules Feelings Transitions Respect Community	Same, Different Kind, Unkind Feelings Respect	Friendships Privacy Confidentiality Self-Respect Internet Rules and Regulations	Friendships Privacy Prejudice Healthy lifestyle Safe, Unsafe First Aid Rules	Respect Self-Respect Same/ Different Rules Community Jobs/ Careers Stereotypes Careers	Transition
School Values	Believe, Love, Respect, Trust					
School Rules	Be Safe, Be Kind, Be Respectful					

Critical Knowledge	Rules, why they are important and why different rules are needed for different situations. Strategies for dealing with emotions, challenges and change. Physical and emotional changes that happen when approaching and during puberty. Opportunities and responsibilities that increasing independence may bring. Strategies to manage transitions To recognise their individuality and personal qualities. To recognise and model respectful behaviour online. To show care and concern for others and living things. To value the different contributions that people and groups make to the community	Love one another – kindness, respect It's ok to be different. Stand up to bullying and discrimination.	How to manage and respond to feelings appropriately and proportionately in different situations. To identify personal strengths, skills, achievements and interests. To predict, assess and manage risk in different situations. To recognise and manage peer influence and a desire for peer approval in friendships; Strategies to resolve disputes and reconcile differences positively and safely. Strategies to respond to hurtful behaviour experienced or witnessed, offline and online. Privacy, personal boundaries, confidentiality and secrets. Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. The importance of self-respect. The importance of taking care of mental health. Strategies and behaviours that support mental health Everyday things that affect feelings and the importance of expressing feelings. Strategies for building positive friendships; how positive friendships support wellbeing. Benefits of the internet; the importance of balancing time online with other activities. Manage setbacks/perceived failures, including how to re-frame unhelpful thinking. New opportunities and responsibilities that increasing independence may bring. Reasons for following and complying with regulations and restrictions. How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so How to ask for advice or help for	To recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. 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. Privacy and personal boundaries; what is appropriate in friendships and wider relationships Recognise different types of physical contact; what is acceptable and unacceptable; Strategies to respond to unwanted physical contact. seeking and giving permission (consent) in different situations. Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. Prejudice- recognise behaviours/actions which discriminate against others. FGM and Forced Marriages are against British Law. How to make informed decisions about health. The importance of personal hygiene and how to maintain it. Choices that support a healthy lifestyle. Regular exercise benefits mental and physical health. Taking medicines correctly and using household products safely. Recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. Organisations that can support people concerning alcohol, tobacco and nicotine or other drug use. How to predict, assess and manage risk in different situations. Hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep	To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own. Discuss and debate topical issues. The importance of having compassion towards others. Personal behaviour can affect other people. The importance of self-respect. Respecting the differences and similarities between people. To recognise reasons for rules and laws. To recognise there are human rights, that are there to protect everyone. Relationship between rights and responsibilities. Importance of having compassion towards others. ways of carrying out shared Responsibilities for protecting the environment in school and at home. Different groups that make up their community. Importance of Self Respect. Reasons for rules and laws. Shared responsibilities for protecting the environment in school and at home. Different groups that make up their community and valuing their contributions. Recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. That there is a broad range of different jobs/careers that people can have. About stereotypes in the workplace and that a person's career aspirations should not be limited by them. About what might influence people's decisions about a job or career. Some jobs are paid more than others and money is one factor which may influence a person's job or career choice. About some of the skills that will help them in their future careers. To identify the kind of job that they might like to do when they	Physical and emotional changes during Puberty Strategies to manage transitions between classes and key stages

			themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources	safe. Strategies for keeping safe in the local environment or unfamiliar places. First aid; basic techniques for dealing with common injuries. How to respond and react in an emergency situation. The importance of having compassion towards others.	are older. To recognise a variety of routes into careers	

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Rules Cyber Safety and bullying (computing curriculum resources) Black History Month- Ruby Bridges Jesse Owens	Odd Sock Day Anti-Bullying Week Calming the Storm Gifts and Talents Girls' Bodies Boys' Bodies Spots and Sleep	Internet Safety Day Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online	Making Babies (Part 1) Making Babies (Part 2) Menstruation Hope Beyond Death Coping with Change + Classroom Shorts Science-Animals and humans	Build Others Up + Classroom Shorts The Holy Trinity Catholic Social Teaching	Transition Reaching Out Money and Me + Classroom Shorts Science- Evolution
Key Concepts	Rules Feelings Transitions Online Safety and Awareness	Same, Different Kind, Unkind Feelings Respect Relationships Friendships Reproduction Healthy lifestyle Rules and Regulations	Mental Health Feelings Friendship Safe/ Unsafe Stereotypes Puberty Private	Reproduction Feelings Transitions Bereavement	Attraction Discrimination Prejudice Compassion Self-Respect Same/ Different Responsibilities Community Rules and laws	Self-Respect Same/ different Rules and laws Compassion Community Transition Money
School Values **School Rules**	Believe, Love, Respect, Trust Be Safe, Be Kind, Be Respectful					
Critical Knowledge	Rules, why they are important and why different rules are needed for different situations. How to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met. For example, that people sometimes behave differently online, including pretending to be someone else, or pretending to be a child, and that this can lead to dangerous situations. How to recognise harmful content or harmful contact, and how to report this Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up	Love one another – kindness, respect It's ok to be different. Stand up to bullying and discrimination. Strategies and Behaviours which support Mental Health Strategies to respond to feelings Recognise individuality and personal qualities and how these contribute to self-worth Managing setbacks Different types of relationships Characteristics of a healthy family life. Strategies to build positive friendships and that this contributes to our wellbeing. Strategies for recognising and managing peer influence. Strategies to resolve disputes and reconcile differences positively and safely. Respecting the differences and	Strategies and behaviours that support mental health. Recognise warning signs about mental health. A varied vocabulary to use when talking about feelings. Strategies to respond to feelings, including intense or conflicting feelings. Strategies for recognising and managing peer influence. To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable. Strategies for challenging stereotypes. How to assess the reliability of sources of information online. The different ways information and data is shared and used online. How information on the internet is ranked.	The processes of reproduction and birth as part of the human life cycle. Marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other. Recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty. How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. About change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement. Problem-solving strategies for	For some people gender identity does not correspond with their biological sex. That people may be attracted to someone emotionally, romantically and sexually including same sex or different from them. Discrimination: what it means and how to challenge it. Prejudice; how to recognise behaviours/actions which discriminate against others and ways to respond to it. Discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. The importance of having compassion towards others. Personal behaviour can affect other people. The importance of self-respect and how this can affect their	Recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves. Respecting the differences and similarities between people. Discuss and debate topical issues. Reasons for rules and laws; consequences of not adhering to rules and laws. Importance of having compassion towards others. Ways of carrying out shared responsibilities for protecting the environment. Different groups that make up their community. Value the different contributions that people and groups make to the community. Strategies for dealing with

		similarities between people. Change and loss, including death, and how these can affect feelings Identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. Physical and emotional changes that happen when approaching and during puberty. How hygiene routines change during the time of puberty. Privacy and personal boundaries. Choices that support a healthy lifestyle. What constitutes a healthy diet; and risks associated with not eating a healthy diet including obesity and tooth decay. Regular exercise benefits mental health. How sleep contributes to a healthy lifestyle; Benefits of sun exposure and risks of overexposure. The importance of balancing time online with other activities. Reasons for following and complying with regulations and restrictions.	How text and images in the media and on social media can be manipulated or invented. Strategies to respond to feelings, including intense or conflicting feelings. Change and loss, including death can affect feelings. People may be attracted to someone emotionally, romantically and sexually. Friendships can change over time, about making new friends and the benefits of having different types of friends. Strategies to respond to hurtful behaviour experienced or witnessed. How to manage setbacks/perceived failures. Physical and emotional changes that happen when approaching and during puberty. Reasons for following and complying with regulations and restrictions. Importance of keeping personal information private. Stereotypes; how they can negatively influence behaviours and attitudes towards others. Recognise things appropriate to share and things that should not be shared on social media.	dealing with emotions, challenges and change Including transitions between classes and key stages	thoughts and feelings about themselves. Respecting similarities and differences between people. Recognise reasons for rules and laws. Recognise there are human rights, that are there to protect everyone. Relationship between rights and responsibilities. Importance of having compassion towards others. Shared responsibilities for protecting the environment. Different groups that make up their community	emotions, challenges and change.