Archdiocese of Liverpool

ST MARY'S
CATHOLIC INFANT AND JUNIOR ACADEMIES

Relationship, Sex and Health Education Policy (RSHE) 2026 - 2027

Designation	Name	Date Approved	Date of Renewal
Executive Headteacher	Mrs Samantha Birchall	Sept 2026	Sept 2027
Chair of Governors	Mrs Gill Tuck	Sept 2026	Sept 2027

Mission Statement

"I can do all things trough Christ who strengthens me."

Philippians 4:13

Rationale

'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL'

(Jn.10.10)

We are involved in Relationship, Sex, Health, and Education (RSHE) precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son, and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSHE, therefore, will be placed firmly within the context of relationship, as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSHE will be firmly embedded in the PSHE/RSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All Relationship, Sex and Health Education RSHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

Aim

St Mary's Catholic Infant and Junior Academies aim to provide a suitable programme that follows the statutory need to include RSHE into their curriculum from September 2020 which meets the ethos of its Catholic identity and mission.

The purpose of this Relationship, Sex and Health Education (RSHE) policy is to set out the ways in which the school's provision supports pupils through their spiritual, moral, social, emotional and physical development, and prepares them for the opportunities, responsibilities and experiences of life growing up in today's world.

Our School's mission embraces the spiritual, physical, intellectual, emotional, moral and social development of children and young people, and through an agreed approach to Relationship and Sex Education (RSHE) using the Archdiocesan recommended resource 'Journey In Love' 2020 we believe that we can promote the development of the whole child, so that children can grow in *virtue, wisdom and stature,* understanding both the emotional, social and physical aspects of growing

spiritually, as well as moral aspects of relationships within a context of a Christian vision for the purpose of life.

The other aspects of the Statutory curriculum intent will be met by TEN TEN: Life to the full. (See appendices at end of document which incorporates Come and See, DFE Statutory Relationships and Statutory Science)

The Purpose

The aims of Relationship, Sex and Health Education (RSHE) at St Mary's Catholic Infant and Junior Academies are as follows:

- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of dignity, self-worth, self-respect, confidence, and empathy.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

Statutory Requirements

At St Mary's Catholic Infant and Junior Academies, we must provide Relationships Education to all pupils as per section 34 of the Children and Social work act 2017.

In teaching Relationship and Sex Education, we must have regard to Catholic Education Service guidance issued by the Bishops Conference of England and Wales 2017.

The statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996 Appendix A

The statutory guidance from the Department for Education Equality Act 2010.

Policy Development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – Mrs Birchall, Mrs Grange, Miss Mowatt and Miss McCormack

2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.

3. Ratification – once amendments were made, the policy was shared with governors and ratified.

Definition

Relationship, Sex and Health Education involves a combination of sharing information, and exploring issues underpinned by our Catholic values.

Relationship Sex and Health Education is about the emotional, social, and cultural development of pupils, and involves learning about personal relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

Curriculum

We have developed our curriculum with recommendations from the Archdiocesan Education Department to ensure that they meet with Catholic Church teaching.

After consultation with parents Relationship Sex Education will be covered using the Archdiocesan recommended resource 'Journey in Love' 2020 this includes *sexual intercourse at Year 6. (See right of withdrawal) and Twinkl Life. We also cover the Equality Act through lessons from 'No Outsiders in Our School', covering protected characteristics, and use the PATHS (Promoting Alternative THinking Strategies) from Barnardos, to support children's emotional resilience and problem solving.

We have considered the age, stage and feelings of pupils and have consulted with parents and staff to ensure we are offering a quality curriculum which is adequately catered to meet their needs.

If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner, so they are fully informed and do not seek answers online.

Delivery of Relationship, Sex and Health Education (RSHE)

Relationship and Sex Education (RSHE) is taught both discretely and within the Personal, Social and Health Education (PSHE) curriculum lessons. Some aspects of the RSHE curriculum may be touched upon in other lessons as it shares links with Religious Education, Science and Physical Education.

Our RSHE will ensure that content is relevant to the age, experience, and maturity of pupils.

The new statutory guidance for Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

These areas of learning are taught within the context of 'family life' and could include married or single parent families, same sex parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures, along with reflecting sensitively that some children may have a support structure around them (for example: looked after children or young carers).

As a school, we promote equality of opportunity and foster good relations. Our school environment uniformly applies values of inclusion and respect to all pupils and their families. All staff are proactive in promoting positive relationships and receive regular training.

Equal Opportunities

All pupils have access to the RSHE curriculum. Where pupils have specific educational needs, arrangements for support from outside agencies and support staff are made to ensure these pupils have an appropriate, differentiated curriculum.

Roles and Responsibility

The Governing Body

The governing body will approve the RSHE policy and hold the headteacher to account for its implementation.

The Headteacher

The headteacher is responsible for ensuring that RSHE is taught consistently across the school and for managing requests to withdraw pupils from the non-statutory element of Relationship and Sex Education in Year 6* (see right of withdrawal)

Staff

Staff do not have the right to opt out of teaching RSHE as this forms part of the Teaching Standards. Any staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher.

Staff are responsible for:

- Delivering RSHE in a sensitive way which complies with Church teaching.
- Modelling positive attitudes to RSHE.
- Monitoring progress.
- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSHE.

Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with dignity, respect, and sensitivity.

Parents' right to withdraw.

Parents have the right to withdraw their children from the non-statutory component of sex education in Year 6. This is where sexual intercourse is taught discretely as part of the Physical aspect within Journey In Love the Archdiocesan recommended resource.

Requests for withdrawal should be made in writing and addressed to the executive headteacher or head of school. They will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from RSHE.

Parents do not have the right to withdraw their children from Statutory Relationships Education as set out in the DFE guidance 2020.

Monitoring arrangements

The delivery of RSHE is monitored by Miss A McCormack by undertaking learning walks, staff and pupil consultations, planning and work scrutiny and questionnaires.

Pupils' development in RSHE is monitored by class teachers as part of our internal informal assessment systems.

This policy will be agreed annually by the governors and reviewed every three years.

Resources

Early Years Foundation Stage

Journey In Love 2020

The Underwear PANTS Rule www.nspcc.org.uk

Twinkl PSED

PATHS https://www.pathseducation.co.uk/

Key Stage One

Journey In Love 2020

Twinkl Life

PATHS https://www.pathseducation.co.uk/

Key Stage Two

Journey In Love 2020

Twinkl Life

PATHS https://www.pathseducation.co.uk/

CEOP – National Crime Agency Command
www.thinkuknow.co.uk

Appendix 1

Primary Relationships Education Statutory Learning Opportunities

Relationships

Families and People who care for me			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
That families are important for children growing up safe and happy because they can provide love, security and stability.	Be Yourself Lesson 5 Growing Up Lesson 4 One World Lesson 1 One World Lesson 2 One World Lesson 4 Safety First Lesson 6 TEAM Lesson 1 Think Positive Lesson 5 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 6	Be Yourself Lesson 2 Think Positive Lesson 1 VIPs Lesson 1	Be Yourself Lesson 2 Be Yourself Lesson 3 Be Yourself Lesson 4 TEAM Lesson 4 VIPs Lesson 1
The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	One World Lesson 1 One World Lesson 2 One World Lesson 4 TEAM Lesson 1 TEAM Lesson 2 TEAM Lesson 3 Think Positive Lesson 4 Think Positive Lesson 5 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 6	TEAM Lesson 1 TEAM Lesson 2 Think Positive Lesson 3 Think Positive Lesson 5 VIPs Lesson 1 VIPs Lesson 3 VIPs Lesson 6	TEAM Lesson 5 VIPs Lesson 1 VIPs Lesson 5 VIPs Lesson 6
That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	Growing Up Lesson 4 One World Lesson 1 One World Lesson 2 TEAM Lesson 1 VIPs Lesson 1 VIPs Lesson 2	Diverse Britain Lesson 1	Growing Up Lesson 4 Growing Up Lesson 6 VIPs Lesson 1
That stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up.	Growing Up Lesson 4 One World Lesson 1 One World Lesson 2 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 6	VIPs Lesson 1	Growing Up Lesson 4 VIPs Lesson 1
That marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	Growing Up Lesson 5	Year 4 Journey in Love	Growing Up Lesson 4 VIPs Lesson 1
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	Growing Up Lesson 4 It's My Body Lesson 1 VIPs Lesson 2	It's My Body Lesson 1 Safety First Lesson 3 VIPs Lesson 1 VIPs Lesson 3	Growing Up Lesson 5 It's My Body Lesson 1 VIPs Lesson 1 VIPs Lesson 5 VIPs Lesson 6

Caring Friendships			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
How important friendships are in making us feel happy and secure, and how people choose and make friends.	Digital Wellbeing Lesson 2 Diverse Britain Lesson 1 Growing Up Lesson 6 TEAM Lesson 1 TEAM Lesson 3 VIPs Lesson 1 VIPs Lesson 3 VIPs Lesson 4 VIPs Lesson 6	Be Yourself Lesson 3 Be Yourself Lesson 6 Think Positive Lesson 1 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 3	Be Yourself Lesson 1 Be Yourself Lesson 4 TEAM Lesson 4 VIPs Lesson1
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.	Digital Wellbeing Lesson 5 TEAM Lesson 3 VIPs Lesson 3 VIPs Lesson 6	TEAM Lesson 5 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 3 VIPs Lesson 4	Be Yourself Lesson 1 TEAM Lesson 2 TEAM Lesson 4 TEAM Lesson 5 VIPs Lesson 6
The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.	Digital Wellbeing Lesson 5 TEAM Lesson 1 TEAM Lesson 2 TEAM Lesson 3 VIPs Lesson 1 VIPs Lesson 3 VIPs Lesson 4 VIPs Lesson 5 VIPs Lesson 6	Digital Wellbeing Lesson 2 TEAM Lesson 2 Think Positive Lesson 3 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 3 VIPs Lesson 4	Digital Wellbeing Lesson 3 TEAM Lesson 2 TEAM Lesson 3 TEAM Lesson 4 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 3
That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened.	Be Yourself Lesson 6 VIPs Lesson 3 VIPs Lesson 4	Be Yourself Lesson 6 TEAM Lesson 5 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 3 VIPs Lesson 4	TEAM Lesson 3 VIPs Lesson 3
How to manage conflict, and that resorting to violence is never right.	It's my body Lesson 1 TEAM Lesson 4 VIPs Lesson 3 VIPs Lesson 4	Be Yourself Lesson 4 Safety First Lesson 3 VIPs Lesson 1 VIPs Lesson 3 VIPs Lesson 4 VIPs Lesson 5	Be Yourself Lesson 5 Safety First Lesson 2 Safety First Lesson 3 VIPs Lesson 4 VIPs Lesson 6 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5
How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.	Digital Wellbeing Lesson 5 Growing Up Lesson 2 It's My Body Lesson 1 Safety First Lesson 1 Safety First Lesson 5 TEAM Lesson 4 VIPs Lesson 3 VIPs Lesson 4	Be Yourself Lesson 4 Be Yourself Lesson 5 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 6 It's My Body Lesson 1 Safety First Lesson 3 VIPs Lesson 1 VIPs Lesson 3 VIPs Lesson 5	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5 Growing Up Lesson 5 It's My Body Lesson 1 It's My Body Lesson 4 Safety First Lesson 2 Safety First Lesson 3 VIPs Lesson 4 VIPs Lesson 5 VIPs Lesson 6

Respectful, Kind Relationships			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can be complicated.	VIPs Lesson 2 VIPs Lesson 3	VIPs Lesson 2 VIPs Lesson 3	VIPs Lesson 1 VIPs Lesson 3 VIPs Lesson 6
The importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults.	VIPs Lesson 3 VIPs Lesson 4	VIPs Lesson 1 VIPs Lesson 3	VIPs Lesson 6
How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration.	Be Yourself Lesson 6 VIPs Lesson 4	Be Yourself Lesson 3 TEAM Lesson 5 VIPs Lesson 3 VIPs Lesson 4	Be Yourself Lesson 2 Be Yourself Lesson 4 TEAM Lesson 2 VIPs Lesson 3 VIPs Lesson 4
Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs.	Be Yourself Lesson 6 TEAM Lesson 3	Be Yourself Lesson 4 VIPs Lesson 3	Be Yourself Lesson 2 TEAM Lesson 2 VIPs Lesson 6
That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs.	Be Yourself Lesson 1 Be Yourself Lesson 6 Diverse Britain Lesson 1 Diverse Britain Lesson 4 Diverse Britain Lesson 5 Growing Up Lesson 2 Growing Up Lesson 3 Growing Up Lesson 4 Money Matters Lesson 5 Money Matters Lesson 6 One World Lesson 1 One World Lesson 2 One World Lesson 3 One World Lesson 4 TEAM Lesson 1 TEAM Lesson 2 TEAM Lesson 3 VIPs Lesson 4	Aiming High Lesson 6 Be Yourself Lesson 1 Be Yourself Lesson 4 Be Yourself Lesson 5 Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 6 Diverse Britain Lesson 1 Diverse Britain Lesson 5 Growing Up Lesson 5 Money Matters Lesson 2 Money Matters Lesson 3 Money Matters Lesson 5 Money Matters Lesson 6 One World Lesson 1 One World Lesson 2 One World Lesson 3 One World Lesson 4 One World Lesson 6	Aiming High Lesson 1 Aiming High Lesson 2 Aiming High Lesson 4 Be Yourself Lesson 1 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5 Diverse Britain Lesson 1 Growing Up Lesson 3 Growing Up Lesson 4 Growing Up Lesson 5 It's My Body Lesson 1 It's My Body Lesson 5 Money Matters Lesson 1 Money Matters Lesson 3 Money Matters Lesson 4 Money Matters Lesson 5 TEAM Lesson 1 TEAM Lesson 2 VIPs Lesson 1 VIPs Lesson 3
Practical steps they can take and skills they can develop in a range of different contexts to improve or support their relationships.	Be Yourself Lesson 1 Be Yourself Lesson 6 Diverse Britain Lesson 1 Diverse Britain Lesson 5 Growing Up Lesson 2 Growing Up Lesson 3 Growing Up Lesson 4 Money Matters Lesson 6 One World Lesson 1 One World Lesson 2 One World Lesson 4	Aiming High Lesson 6 Be Yourself Lesson 1 Be Yourself Lesson 4 Be Yourself Lesson 5 Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 6 Diverse Britain Lesson 5 TEAM Lesson 2 TEAM Lesson 3 TEAM Lesson 4 TEAM Lesson 5	Be Yourself Lesson 1 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5 Diverse Britain Lesson 1 Growing Up Lesson 3 Growing Up Lesson 4 Growing Up Lesson 5 It's My Body Lesson 1 It's My Body Lesson 4 It's My Body Lesson 5

	TEAM Lesson 1 TEAM Lesson 2 TEAM Lesson 3 TEAM Lesson 6 VIPs Lesson 4 VIPs Lesson 5 VIPs Lesson 6	TEAM Lesson 6 VIPs Lesson 3 VIPs Lesson 4	Money Matters Lesson 4 One World Lesson 1 TEAM Lesson 2 TEAM Lesson 3 TEAM Lesson 4 TEAM Lesson 6 VIPs Lesson 1 VIPs Lesson 2 VIPs Lesson 3
The conventions of courtesy and manners.	Be Yourself Lesson 6 Diverse Britain Lesson 1 Diverse Britain Lesson 2 TEAM Lesson 2 TEAM Lesson 3		Be Yourself Lesson 1 Be Yourself Lesson 6
The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	Aiming High Lesson 1 Aiming High Lesson 2 Aiming High Lesson 3 Aiming High Lesson 5 Aiming High Lesson 6 Be Yourself Lesson 1 Be Yourself Lesson 3 Growing Up Lesson 2 Safety First Lesson 5 TEAM Lesson 2 TEAM Lesson 5 Think Positive Lesson 1 Think Positive Lesson 2 Think Positive Lesson 3 Think Positive Lesson 4 Think Positive Lesson 6 VIPs Lesson 3 VIPs Lesson 4 VIPs Lesson 6	Aiming High Lesson 1 Aiming High Lesson 2 Aiming High Lesson 3 Aiming High Lesson 4 Aiming High Lesson 5 Aiming High Lesson 6 Be Yourself Lesson 1 Safety First Lesson 3 TEAM Lesson 1 TEAM Lesson 5 TEAM Lesson 6 Think Positive Lesson 1 Think Positive Lesson 2 Think Positive Lesson 6 VIPs Lesson 3	Aiming High Lesson 1 Aiming High Lesson 2 Aiming High Lesson 3 Aiming High Lesson 5 Aiming High Lesson 6 Be Yourself Lesson 1 Be Yourself Lesson 6 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Growing Up Lesson 3 It's My Body Lesson 1 It's My Body Lesson 5 Safety First Lesson 3 TEAM Lesson 4 Think Positive Lesson 1 Think Positive Lesson 2 Think Positive Lesson 5 Think Positive Lesson 6 VIPs Lesson 1 VIPs Lesson 4 VIPs Lesson 6
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.	TEAM Lesson 4 VIPs Lesson 4	Digital Wellbeing Lesson 2 VIPs Lesson 5 VIPs Lesson 6	TEAM Lesson 5 Diverse Britain Lesson 4 Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5
What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype.	Aiming High Lesson 4 Growing Up Lesson 3	Aiming High Lesson 5 Diverse Britain Lesson 4 Diverse Britain Lesson 5 One World Lesson 2 VIPs Lesson 5 VIPs Lesson 6	Aiming High Lesson 4 Digital Wellbeing Lesson 5 Diverse Britain Lesson 4 Growing Up Lesson 3 It's My Body Lesson 5 TEAM Lesson 5
How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust.	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 5 Growing Up Lesson 2 It's My Body Lesson 1 It's My Body Lesson 5 Safety First Lesson 1 Safety First Lesson 3 Safety First Lesson 4 Safety First Lesson 5 Safety First Lesson 6 VIPs Lesson 2	Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 5 It's My Body Lesson 1 It's My Body Lesson 5 Safety First Lesson 3 VIPs Lesson 3	Be Yourself Lesson 5 Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5 It's My Body Lesson 1 Safety First Lesson 2 VIPs Lesson 4 VIPs Lesson 5

Online Safety and Awareness			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure.	Digital Wellbeing Lesson 5	Be Yourself Lesson 5 Be Yourself Lesson 6 Digital Wellbeing Lesson 1 Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 5 Digital Wellbeing Lesson 6 Safety First Lesson 3 VIPs Lesson 1 VIPs Lesson 5	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5 Digital Wellbeing Lesson 6 VIPs Lesson1
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.	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 6	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5	Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Digital Wellbeing Lesson 5 Digital Wellbeing Lesson 6
That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults.	Safety First Lesson 1 Digital Wellbeing Lesson 3	Digital Wellbeing Lesson 6	Digital Wellbeing Lesson 4
The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online.	Digital Wellbeing Lesson 4	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 5	Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 4
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	Digital Wellbeing Lesson 3	Digital Wellbeing Lesson 5 Digital Wellbeing Lesson 6	Digital Wellbeing Lesson 4

everywhere and no control over where it ends up.			
That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online.	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4	Digital Wellbeing Lesson 6	Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4

Being Safe			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
What sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc.	Be Yourself Lesson 6 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 5 Growing Up Lesson 2 It's My Body Lesson 1 It's My Body Lesson 6 Safety First Lesson 1 Safety First Lesson 4 Safety First Lesson 5	Digital Wellbeing Lesson 6 It's My Body Lesson 1 VIPs Lesson 3	Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 3 It's My Body Lesson 1 It's My Body Lesson 4 Safety First Lesson 2 VIPs Lesson 4 VIPs Lesson 6
The concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Growing Up Lesson 1 It's My Body Lesson 1 Safety First Lesson 5	Digital Wellbeing Lesson 5 It's My Body Lesson 1 VIPs Lesson 3	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4 Growing Up Lesson 1 It's My Body Lesson 1 VIPs Lesson 5 VIPs Lesson 6
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact.	Growing Up Lesson 2 Growing Up Lesson 4 It's My Body Lesson 1 It's My Body Lesson 6 Safety First Lesson 5	It's My Body Lesson 1 Safety First Lesson 1 VIPs Lesson 3	Digital Wellbeing Lesson 3 Growing Up Lesson 1 Growing Up Lesson 5 It's My Body Lesson 1 It's My Body Lesson 4 It's My Body Lesson 6
How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know.	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 5 Safety First Lesson 1 Safety First Lesson 3 Safety First Lesson 4 Safety First Lesson 5 Safety First Lesson 6 VIPs Lesson 2	Digital Wellbeing Lesson 3 Safety First Lesson 2 VIPs Lesson 3	Digital Wellbeing Lesson 3 VIPs Lesson 4 VIPs Lesson 5
How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust.	Growing Up Lesson 2 Growing Up Lesson 4 It's My Body Lesson 1 Safety First Lesson 1 Safety First Lesson 4 Safety First Lesson 5 VIPs Lesson 2	Digital Wellbeing Lesson 5 Digital Wellbeing Lesson 6	Digital Wellbeing Lesson 4
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.	Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 4	Digital Wellbeing Lesson 3 It's My Body Lesson 1 Safety First Lesson 1 Safety First Lesson 3 VIPs Lesson 3	Be Yourself Lesson 5 Digital Wellbeing Lesson 3 Growing Up Lesson 5 It's My Body Lesson 1 Safety First Lesson 2 Safety First Lesson 3 VIPs Lesson 4 VIPs Lesson 5 VIPs Lesson 6

How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.	Be Yourself Lesson 2 Be Yourself Lesson 5 Be Yourself Lesson 6 Digital Wellbeing Lesson 3 Digital Wellbeing Lesson 5 Growing Up Lesson 2 Growing Up Lesson 6 It's My Body Lesson 5 Safety First Lesson 1 Safety First Lesson 2 Safety First Lesson 3 Safety First Lesson 4 Safety First Lesson 5 TEAM Lesson 4 Think Positive Lesson 4 VIPs Lesson 2	Digital Wellbeing Lesson 5 It's My Body Lesson 2 It's My Body Lesson 5 Safety First Lesson 1 Safety First Lesson 2 Safety First Lesson 3 VIPs Lesson 3	Digital Wellbeing Lesson 2 Digital Wellbeing Lesson 3 Growing Up Lesson 5 It's My Body Lesson 1 It's My Body Lesson 6 Safety First Lesson 2 VIPs Lesson 4 VIPs Lesson 5

Health

General Wellbeing			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.	Be Yourself Lesson 1 Be Yourself Lesson 3 Be Yourself Lesson 4 Be Yourself Lesson 5 Diverse Britain Lesson 1 Diverse Britain Lesson 2 It's My Body Lesson 2 It's My Body Lesson 3 It's My Body Lesson 6 TEAM Lesson 1 TEAM Lesson 3 Think Positive Lesson 1 Think Positive Lesson 2 Think Positive Lesson 6 VIPs Lesson 3 VIPs Lesson 4 VIPs Lesson 6 Digital Wellbeing Lesson 2	Digital Wellbeing Lesson 1 Growing Up Lesson 4 It's My Body Lesson 2 It's My Body Lesson 3 It's My Body Lesson 6 TEAM Lesson 1 Think Positive Lesson 1 Think Positive Lesson 3 Think Positive Lesson 4 Think Positive Lesson 5 VIPs Lesson 2 VIPs Lesson 6	UKS2 Diverse Britain Lesson 2 UKS2 Diverse Britain Lesson 6 UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6 UKS2 TEAM Lesson 4 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 5 UKS2 Think Positive Lesson 6 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 2
The importance of promoting general wellbeing and physical health.	KS1 Diverse Britain Lesson 1 KS1 It's My Body Lesson 2 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 3 KS1 TEAM Lesson 5 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 2 KS1 Think Positive Lesson 3 KS1 Think Positive Lesson 4 KS1 Think Positive Lesson 5 KS1 Think Positive Lesson 6 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 2 LKS2 Be Yourself Lesson 3 LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 6 LKS2 Think Positive Lesson 1 LKS2 Think Positive Lesson 2 LKS2 Think Positive Lesson 4 LKS2 Think Positive Lesson 5 LKS2 Think Positive Lesson 6	UKS2 Be Yourself Lesson 3 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6 UKS2 Think Positive Lesson 1 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 3 UKS2 Think Positive Lesson 5 UKS2 Think Positive Lesson 6
The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition.	KS1 Aiming High Lesson 6 KS1 Be Yourself Lesson 2 KS1 Be Yourself Lesson 3 KS1 Be Yourself Lesson 4 KS1 Be Yourself Lesson 5 KS1 Be Yourself Lesson 6 KS1 Digital Wellbeing Lesson 2 KS1 Digital Wellbeing Lesson 5 KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 4 KS1 Growing Up Lesson 6 KS1 It's My Body Lesson 6 KS1 Safety First Lesson 1 KS1 TEAM Lesson 5 KS1 TEAM Lesson 6 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 1 LKS2 Be Yourself Lesson 2 LKS2 Be Yourself Lesson 3 LKS2 Be Yourself Lesson 4 LKS2 Be Yourself Lesson 5 LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 6 LKS2 Growing Up Lesson 4 LKS2 It's My Body Lesson 1 LKS2 Money Matters Lesson 3 LKS2 TEAM Lesson 1 LKS2 TEAM Lesson 4 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 2 LKS2 Think Positive Lesson 3 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 4	UKS2 Be Yourself Lesson 1 UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 Be Yourself Lesson 5 UKS2 Be Yourself Lesson 6 UKS2 Growing Up Lesson 1 UKS2 Growing Up Lesson 2 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 2 UKS2 TEAM Lesson 2 UKS2 TEAM Lesson 4 UKS2 Think Positive Lesson 1 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 3 UKS2 Think Positive Lesson 6 UKS2 VIPs Lesson 2 UKS2 VIPs Lesson 3
How to recognise feelings and use varied vocabulary to talk about their own and others' feelings.	KS1 Be Yourself Lesson 2 KS1 Be Yourself Lesson 3 KS1 Be Yourself Lesson 4 KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 6 KS1 It's My Body Lesson 6 KS1 Safety First Lesson 5 KS1 Think Positive Lesson 1 KS1 Think	KS2 Be Yourself Lesson 2 LKS2 Be Yourself Lesson 3 LKS2 Digital Wellbeing Lesson 6 LKS2 Growing Up Lesson 4 LKS2 It's My Body Lesson 1 LKS2 Safety First Lesson 3 LKS2 TEAM Lesson 1 LKS2 TEAM Lesson 4 LKS2 TEAM	UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 Be Yourself Lesson 5 UKS2 Growing Up Lesson 2 UKS2 Growing Up Lesson 4 UKS2 It's My Body Lesson 1 UKS2 TEAM Lesson 4 UKS2

	Positive Lesson 4 KS1 VIPs Lesson 2	Lesson 5 LKS2 Think Positive Lesson 3 LKS2 Think Positive Lesson 5	Think Positive Lesson 1 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 3 UKS2 VIPs Lesson 2
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	KS1 Be Yourself Lesson 6 KS1 Digital Wellbeing Lesson 5 KS1 Diverse Britain Lesson 1 KS1 Diverse Britain Lesson 2 KS1 Diverse Britain Lesson 3 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 5 KS1 TEAM Lesson 6 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 2 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 4	LKS2 Be Yourself Lesson 1 LKS2 Be Yourself Lesson 3 LKS2 Be Yourself Lesson 4 LKS2 Be Yourself Lesson 5 LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 It's My Body Lesson 1 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 2 LKS2 Think Positive Lesson 4 LKS2 Think Positive Lesson 5	UKS2 Be Yourself Lesson 1 UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 Be Yourself Lesson 5 UKS2 Be Yourself Lesson 6 UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6 UKS2 Growing Up Lesson 2 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 4 UKS2 Think Positive Lesson 3 UKS2 Think Positive Lesson 4 UKS2 VIPs Lesson 2
That isolation and loneliness can affect children, and the benefits of seeking support.	KS1 Be Yourself Lesson 2 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 3 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 2 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6	LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 6 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 3 LKS2 Think Positive Lesson 5	UKS2 TEAM Lesson 4 UKS2 TEAM Lesson 5 UKS2 Think Positive Lesson 3
That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and how to seek help for themselves or others.	KS1 Digital Wellbeing Lesson 5 KS1 TEAM Lesson 4 KS1 VIPs Lesson 4	LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 6 LKS2 VIPs Lesson 5 LKS2 VIPs Lesson 6	UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 TEAM Lesson 5 UKS2 VIPs Lesson 6
That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently.	KS1 Aiming High Lesson 6 KS1 Growing Up Lesson 6	LKS2 Be Yourself Lesson 2 LKS2 Think Positive Lesson 5	UKS2 Be Yourself Lesson 2
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 mental wellbeing or ability to control their emotions (including issues arising online).	KS1 Be Yourself Lesson 2 KS1 Be Yourself Lesson 3 KS1 Be Yourself Lesson 4 KS1 Be Yourself Lesson 5 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 5 KS1 Growing Up Lesson 4 KS1 Growing Up Lesson 6 KS1 It's My Body Lesson 1 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 4 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 2 LKS2 Be Yourself Lesson 3 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6 LKS2 Safety First Lesson 1 LKS2 TEAM Lesson 1 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 3 LKS2 Think Positive Lesson 5 LKS2 VIPs Lesson 5 LKS2 VIPs Lesson 6	UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 Be Yourself Lesson 5 UKS2 Digital Wellbeing Lesson 5 UKS2 TEAM Lesson 4 UKS2 TEAM Lesson 5 UKS2 Think Positive Lesson 3
That it is common to experience mental health problems, and early support can help.	KS1 Think Positive Lesson 4	LKS2 Be Yourself Lesson 3 LKS2 Think Positive Lesson 1 LKS2 Think Positive Lesson 5	UKS2 Think Positive Lesson 3

Wellbeing Online			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
That for almost everyone the internet is an integral part of life. Pupils should be supported to think about positive and negative aspects of the internet.	KS1 Digital Wellbeing Lesson 1 KS1 Digital Wellbeing Lesson 2 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 4 KS1 Digital Wellbeing Lesson 5 KS1 DIgital Wellbeing Lesson 6	LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6
Pupils should be supported to discuss how online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection.	KS1 Digital Wellbeing Lesson 5	LKS2 Digital Wellbeing Lesson 1	UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 3 UKS2 VIPs Lesson 3
The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.	KS1 Digital Wellbeing Lesson 2 KS1 It's My Body Lesson 2 KS1 It's My Body Lesson 6 KS1 Think Positive Lesson 2	LKS2 Digital Wellbeing Lesson 1	UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 4 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
How to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online.	KS1 Digital Wellbeing Lesson 1 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 4 KS1 Digital Wellbeing Lesson 5 KS1 TEAM Lesson 4	LKS2 Be Yourself Lesson 5 LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 DIgital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6
Why social media, some apps, computer games and online gaming, including gambling sites, are age restricted.	KS1 Digital Wellbeing Lesson 3	LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 4
The risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive.	KS1 Digital Wellbeing Lesson 3	LKS2 Digital Wellbeing Lesson 6 LKS2 Money Matters Lesson 4	UKS2 Digital Wellbeing Lesson 2 UKS2 Money Matters Lesson 5
How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them	KS1 Digital Wellbeing Lesson 6	LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 4 UKS2 DIgital Wellbeing Lesson 6

That abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults.	KS1 Digital Wellbeing Lesson 5 KS1 VIPs Lesson 4	LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 VIPs Lesson 5	UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 TEAM Lesson 5 UKS2 VIPs Lesson 1
How to understand the information they find online, including from search engines, and know how information is selected and targeted.	KS1 Digital Wellbeing Lesson 6	LKS2 Be Yourself Lesson 5 LKS2 Digital Wellbeing Lesson 4	UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 6
That they have rights in relation to sharing personal data, privacy and consent.	KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 4	LKS2 Digital Wellbeing Lesson 5	UKS2 Digital Wellbeing Lesson 2
Where and how to report concerns and get support with issues online.	KS1 Safety First Lesson 4 KS1 Safety First Lesson 6 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 5 KS1 Digital Wellbeing Lesson 6	LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 4

Physical Health and Fitness			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
The characteristics and mental and physical benefits of an active lifestyle.	KS1 Be Yourself Lesson 4 KS1 It's My Body Lesson 2 KS1 Think Positive Lesson 2	LKS2 It's My Body Lesson 2 LKS2 Think Positive Lesson 1 LKS2 Think Positive Lesson 5	UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6 UKS2 TEAM Lesson 4
The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity.	KS1 It's My Body Lesson 2	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 3
The risks associated with an inactive lifestyle, including obesity.	KS1 It's My Body Lesson 2	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 6
How and when to seek support including which adults to speak to in school if they are worried about their health.	KS1 It's My Body Lesson 5	LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 3 LKS2 It's My Body Lesson 5	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6 UKS2 Safety First Lesson 4

Healthy Eating			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
What constitutes a healthy diet (including understanding calories and other nutritional content).	KS1 It's My Body Lesson 3 KS1 Think Positive Lesson 2	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
Understanding the importance of a healthy relationship with food.	KS1 It's My Body Lesson 3	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 3
The principles of planning and preparing a range of healthy meals.	KS1 It's My Body Lesson 3		UKS2 It's My Body Lesson 3
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	KS1 It's My Body Lesson 3 KS1 It's My Body Lesson 4	LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 6	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 4 UKS2 It's My Body Lesson 6

Drugs, Alcohol, Tobacco and Vaping			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.	KS1 Safety First Lesson 2 KS1 It's My Body Lesson 5	LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 5 LKS2 Safety First Lesson 5	UKS2 It's My Body Lesson 4 UKS2 It's My Body Lesson 6 UKS2 Safety First Lesson 5

Health Protections and Prevention			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		LKS2 It's My Body Lesson 4	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	KS1 It's My Body Lesson 6	LKS2 It's My Body Lesson 6	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn.	KS1 Think Positive Lesson 2 KS1 Digital Wellbeing Lesson 2 KS1 It's My Body Lesson 2 KS1 It's My Body Lesson 6	LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 3	UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6

About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist.	KS1 It's My Body Lesson 3 KS1 It's My Body Lesson 4	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 3
About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	KS1 It's My Body Lesson 4	LKS2 It's My Body Lesson 4	UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.		LKS2 Safety First Lesson 4	UKS2 It's My Body Lesson 3

Personal Safety			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.	KS1 Safety First Lesson 2 KS1 Safety First Lesson 3 KS1 Safety First Lesson 4 KS1 Safety First Lesson 5	LKS2 Safety First Lesson 2 LKS2 Safety First Lesson 4 LKS2 Safety First Lesson 5	UKS2 Safety First Lesson 1 UKS2 Safety First Lesson 2 UKS2 Safety First Lesson 5 UKS2 Safety First Lesson 6
How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.	KS1 Safety First Lesson 3	LKS2 Safety First Lesson 4	UKS2 Safety First Lesson 6

Basic First Aid			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them.	KS1 Safety First Lesson 6	LKS2 Safety First Lesson 2 LKS2 Safety First Lesson 6	UKS2 Safety First Lesson 4
Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.		LKS2 Safety First Lesson 6	UKS2 Safety First Lesson 4

Developing Bodies			
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process.	KS1 Growing Up Lesson 1 KS1 Growing Up Lesson 5	Year 3 Journey in Love Year 4 Journey in Love	Year 5 Journey in Love Year 6 Journey in Love UKS2 Growing Up Lesson 1 UKS2 Growing Up Lesson 2 UKS2 Growing Up Lesson 5 UKS2 Growing Up Lesson 6
The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts.	KS1 Growing Up Lesson 1 KS1 It's My Body Lesson 1 KS1 It's My Body Lesson 6	LKS2 It's My Body Lesson 1 Year 3 Journey in Love Year 4 Journey in Love	Year 5 Journey in Love Year 6 Journey in Love UKS2 Growing Up Lesson 1 UKS2 It's My Body Lesson 1
The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.			Year 5 Journey in Love

Appendix 2

Statutory Science Curriculum

Early Years Foundation Stage children learn about life cycles. Through on-going personal, social and emotional development they develop the skills to form relationships and think about relationships with others.

In Key Stage 1 children learn:

- That animals, including humans, move, feed, grow and use their senses and reproduce
- To recognise and compare the main external parts of the bodies of humans
- That humans and animals can reproduce offspring and these grow into adults
- To recognise similarities and differences between themselves and others
- To treat others with sensitivity

In Key Stage 2 children learn:

- That the life processes common to humans and other animals including nutrition, growth and reproduction.
- About the main stages of the human life cycle