

| Year/Half-termly unit titles | 1<br>Me and my Relationships                                                                                                                                                                    | 2<br>Valuing Difference                                                                                                                                                                                       | 3<br>Keeping Safe                                                                                                                                                                                                                                               | 4<br>Rights and Respect                                                                                                                                                                                                                                                                                          | 5<br>Being my Best                                                                                                                                                                                                           | 6<br>Growing and Changing                                                                                                                                                                        |
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| <b>EYFS</b>                  | What makes me special<br>People close to me<br>Getting help                                                                                                                                     | Similarities & difference<br>Celebrating difference<br>Showing kindness                                                                                                                                       | Keeping my body safe<br>Safe secrets & touches<br>People who help to keep us safe                                                                                                                                                                               | Looking after things: friends, environment, money                                                                                                                                                                                                                                                                | Keeping my body healthy – food, exercise, sleep<br>Growth Mindset                                                                                                                                                            | Cycles<br>Life stages<br>Girls & boys – similarities & difference                                                                                                                                |
| <b>Y1</b>                    | Feelings<br>Getting help<br>Classroom rules<br>Special people<br>Being a good friend                                                                                                            | Recognising, valuing & celebrating difference<br>Developing respect & accepting others<br>Bullying & getting help                                                                                             | How our feelings can keep us safe – inc. online safety<br>Safe & unsafe touches<br>Medicine Safety<br>Sleep                                                                                                                                                     | Taking care of things:<br>Myself<br>My money<br>My environment                                                                                                                                                                                                                                                   | Growth Mindset<br>Healthy eating<br>Hygiene & health<br>Cooperation                                                                                                                                                          | Getting help<br>Becoming independent<br>My body parts<br>Taking care of self & others                                                                                                            |
| <b>Y2/Y3</b>                 | Bullying & teasing<br>Our school rules about bullying<br>Being a good friend<br>Feelings/self-regulation<br>Cooperation<br>Online rules & restrictions<br>Online behaviours<br>Coping with loss | Being kind & helping others<br>Celebrating difference<br>People who help us<br>Listening Skills<br>Recognising & respecting diversity<br>Being respectful & tolerant<br>My community<br>Bullying, inc. online | Safe & unsafe secrets<br><br>Appropriate touch<br><br>Medicine safety<br>Managing risk<br>Decision-making skills<br>Drugs & their risks<br>Staying safe online<br>Digital literacy                                                                              | Cooperation<br>Self-regulation<br>Online safety<br>Looking after money – saving & spending<br>Helping & being helped<br>Looking after the environment<br>Developing critical thinking                                                                                                                            | Growth Mindset<br>Looking after my body<br>Hygiene & health<br>Exercise & sleep<br>Keeping myself healthy & well<br>Celebrating & developing my skills<br>Developing empathy                                                 | Life cycles<br>Being supportive<br>Growing & changing<br>Privacy<br>Changing bodies & puberty<br>Keeping safe<br>Safe & unsafe secrets<br>Relationships, inc. online                             |
| <b>Y4/Y5</b>                 | Healthy relationships<br>Listening to feelings<br>Bullying<br>Assertive skills<br>Friendship skills, inc. compromise<br>Assertive skills<br>Cooperation<br>Recognising emotional needs          | Recognising & celebrating difference (inc. religions & cultural difference)<br>Understanding & challenging stereotypes<br>Critical digital awareness<br>Online Bullying & self esteem                         | Managing risk inc. online<br>Understanding the norms of drug use (cigarette & alcohol use)<br>Influences<br>Online safety & behaviours<br>Online safety<br>Bullying inc. online<br>Norms around use of legal drugs (tobacco, alcohol)<br>Decision-making skills | Making a difference (different ways of helping others or the environment)<br>Media influence & digital literacy<br>Decisions about spending money<br>My health rights, respect & duties<br>Making a difference<br>Decisions about lending, borrowing & spending<br>Media manipulation<br>Artificial Intelligence | Having choices & making decisions about my health<br>Taking care of my environment<br>My skills & interests<br>Growing independence & taking ownership<br>Keeping myself healthy<br>Media awareness & safety<br>My community | Body changes during puberty<br>Managing difficult feelings<br>Relationships inc. marriage<br>Managing difficult feelings<br>Managing change<br>How my feelings help keeping safe<br>Getting help |
| <b>Y5/Y6</b>                 | Feelings<br>Assertiveness<br>Cooperation<br>Safe/unsafe touches<br>Positive relationships                                                                                                       | Recognising & celebrating difference<br>Recognising & reflecting on prejudice-based bullying                                                                                                                  | Understanding emotional needs<br>Staying safe online<br>Digital footprint                                                                                                                                                                                       | My health rights, respect & duties<br>Understanding media bias<br>Digital critical thinking                                                                                                                                                                                                                      | Growing independence & taking ownership<br>Keeping myself healthy<br>Media awareness & safety                                                                                                                                | Coping with changes<br>Keeping safe inc. online<br>AI/ deep fakes<br>Body Image<br>Sex education                                                                                                 |

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|  | Friendship skills, inc. compromise<br>Recognising emotional needs | Bystander behaviour<br>Gender stereotyping<br>Critical digital awareness<br>Online Bullying & self esteem | Drugs: norms & risks (inc. the law)<br>Decision-making skills | Caring: communities & the environment<br>Earning & saving money<br>Understanding democracy<br>Media manipulation<br>Artificial Intelligence | Aspirations<br>Managing risk<br>Looking after wellbeing<br>Digital literacy & critical thinking skills | Self-esteem<br>How my feelings help keeping safe<br>Getting help |
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