

Year Group	<u>Aut 1</u> Being My Best	<u>Aut 2</u> Me and My Relationships	<u>Spr 1</u> Rights and Respect	<u>Spr 2</u> Keeping safe	<u>Sum 1</u> Valuing difference	<u>Sum 2</u> Growing & changing
Year 3	Keeping myself healthy and well. Celebrating and developing my skills. Developing empathy.	Rules & their purpose. Cooperation. Friendship (including respectful relationships). Coping with loss.	Skills we need to develop as we grow up. Helping & being helped. Looking after the environment. Managing money.	Managing risk. Decision making skills. Drugs & their risks. Staying safe online.	Recognising & respecting diversity. Being respectful & tolerant. My community.	Relationships. Keeping safe. Safe & unsafe secrets.
Year 4	Having choices & making decisions about my health. Taking care of my environment. My skills & interests.	Healthy relationships. Listening to feelings. Bullying. Assertive skills.	Making a difference (different ways of helping others or the environment) Media influence. Decisions about spending money.	Managing risk. Understanding the norms of drug use (cigarettes & alcohol use) Influences. Online safety.	Recognising & celebrating difference (including religious & cultural difference). Understanding & challenging stereotypes.	Managing difficult feelings. Safe & healthy relationships. Relationships including marriage.
Year 5	Growing independence & taking ownership. Keeping myself healthy. Media awareness & safety. My community.	Feelings. Friendship skills, including compromise. Assertive skills. Cooperation. Recognising emotional needs.	Rights, respects & duties relating to my health. Making a difference. Decisions about lending, borrowing & spending.	Managing risk including online safety. Norms around use of legal drugs (tobacco & alcohol). Decision-making skills.	Recognising & celebrating difference, including religious & cultural. Influence and pressure of social media.	Puberty, body changes. Managing difficult feelings. Managing change. How my feeling help. Keeping safe. Getting help.
Year 6	Aspirations & goal setting. Managing risk. Looking after my mental health.	Assertiveness. Cooperation. Safe / unsafe touches. Positive relationships.	Understanding media bias, including social media. Caring: communities & the environment. Earning & saving money. Understanding democracy.	Understanding emotional needs. Staying safe online. Drugs: norms & risks (including the law)	Recognising & celebrating difference. Recognising & reflecting on prejudice-based bullying. Understanding bystander behaviour. Gender stereotyping.	Coping with changes. Keeping safe. Body image. Sex Education. Self-esteem.