|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 5** | **Valuing Differences**  Respect & Bullying  Listening to others; Raise concerns and challenge; Importance of friendships; Positive friendships and wellbeing; Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination | **Healthy Lifestyles**  Mental Wellbeing  Taking care of mental health; Managing challenges; Seeking support for themselves and others; What positively and negatively affects health and wellbeing; Making informed choices; That mental health is part of daily life: The importance of taking care of mental health; Strategies and behaviours that support mental health  Keeping Active  Benefits of a balanced diet; Different influences on food; Skills to make choices; Balancing Internet use; How physical activity affects wellbeing | **Environment**  Careers  Career types; Challenging career stereotypes; Different rights, responsibilities and duties  **Money**  Importance of finance in people’s lives | **Growing & Changing**  Recognising what they are good at; setting goals; aspirations  **Keeping Safe**  Emergencies & First Aid  Keeping personal information private; Keeping safe online; First aid and techniques for basic injuries | **Rights & Responsibilities**  Rules and laws; Respecting and resolving differences | **Feelings & Emotions**  Responding to feelings of others; Seeking support if feeling lonely; Healthy relationships make people feel included; Impact of bullying, including online; Consequences of hurtful behaviour |
| **Healthy Relationships**  Staying Safe  Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety; Actions have consequences; Working collaboratively; Negotiation and compromise; A positive, healthy relationship; Recognize different types of relationships; Responding safely to adults whom they do not know | **Health & Wellbeing**  Puberty  How puberty changes can affect our emotions and feelings and ways to manage this; questions about puberty and change, including periods and wet dreams (if not covered in Year 4) |
| **Year 6** | **Valuing Differences**  Managing Change  Developing friendship skills; Changing and ending friendships; Managing change, loss, bereavement; Sources of support | **Healthy Lifestyles**  Health & Hygiene  Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunization  Mental Health  Strategies to respond to feelings; recognize warning signs and mental health and wellbeing and how to seek support | **Environment**  Personal Identity  What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities; Diversity within a society | **Feelings & Emotions**  Strategies for recognizing and managing peer influences; how relationships change over time  **Healthy Relationships**  Friendships and Staying Safe  Opportunities to connect online; The nature of online-only friendships; Reporting harmful content and contact; Staying safe online | **Rights & Responsibilities**  Media Literacy  How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling | **Growing & Changing**  Puberty & Reproduction  Growing up and developing independence; Managing the changes of puberty; Menstrual wellbeing; How a baby is made  Non-Statutory  RSE  **Keeping Safe**  Substances  Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws |
| **Year 7** | **Valuing Differences**  Friendships & Diversity  Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice-based bullying and discrimination, including online | **Healthy Lifestyles**  Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services | **Environment**  Careers  Developing enterprise skills; the world of work and young people’s employment rights | **Growing & Changing**  Substances  Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use  **Keeping Safe**  How to identify risk and manage personal safety in situations | **Rights & Responsibilities**  Challenging career stereotypes and raising aspirations  **Money**  Economic Wellbeing  Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation | **Healthy Relationships**  Relationships  Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent  RSE |
| **Growing & Changing**  Puberty  Develop further knowledge around the emotional & physical changes during puberty  Conception & Reproduction  Explore how puberty enables reproduction  RSE |
| **Year 8** | **Valuing Differences**  Friendships & Managing Influences  Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance abuse  **Feelings & Emotions**  Tackling racism and religious discrimination; Promoting human rights | **Healthy Lifestyles**  Mental Health & Wellbeing  Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others  **Young Leaders’ Award** | **Environment / Money**  Careers / Tenner Challenge  Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence | **Keeping Safe**  First Aid & Keeping Safe  First aid including CPR and defibrillator use; Personal safety including travel safety | **Rights & Responsibilities**  Moving Forward  Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change | **Healthy Relationships**  Relationship norms; Stereotypes and expectations of gender roles, behaviour and intimacy; Gender identity and sexual orientation; Consent in intimate situations; Contraception and sexual health (links to Health & Wellbeing)  RSE |