

PSHE	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me, myself, you	<p><u>Different Types of Bullying</u></p> <p><u>Different Types of Relationships and Behaviour in a Healthy Relationship</u></p> <p><u>Who can I Turn to?</u></p> <p><u>What a Family is and Why Yours is Unique</u></p> <p><u>Understanding Body Language and Helping Others</u></p> <p><u>Empathy, Being a Good Friend and Asking for Help</u></p>	<p><u>Understanding Similarities and Differences in People</u></p> <p><u>Feeling Safe and Unsafe in Families and Who we can Turn to</u></p> <p><u>Different Emotions and Dealing with Negative Emotions</u></p>	<p><u>Essentials of a Healthy Family</u> Healthy and Unhealthy Friendships</p>	<p><u>Importance of Clear Communication and Managing Conflict</u></p>	<p><u>Expectations and Pressures in Children and What makes a Good Friend?</u></p> <p><u>What Marriage is and Other Long-Term Commitments</u></p>	<ul style="list-style-type: none"> - <u>Courtesy and Manners</u> - <u>Good and Bad Peer Influence/Pressure</u>
Mind and Body	<p><u>What is Physical and Emotional Health?</u></p> <p><u>Eating Healthy and Keeping your Teeth Clean</u></p> <p><u>How our Bodies React to Emotions</u></p>	<p><u>Benefits of Exercise on Physical and Emotional Health</u></p> <p><u>Where Emotions are Felt and the Importance of Talking about your Emotions</u></p> <p><u>Different Emotions and Dealing with Negative Emotions</u></p> <p><u>The Importance of Sleep and Making Sure you get Enough</u></p>	<p><u>Staying Safe in the Sun</u> <u>What is Illness and What are the Symptoms?</u></p>	<p><u>Eating Healthy and Keeping your Teeth Clean</u></p> <p><u>The Food Wheel - How Good and Bad Food Affects our Emotional Health</u></p> <p><u>What is an Active Lifestyle and How to Prevent Related Illnesses</u></p>	<p><u>How Being Healthy Affects your Physical and Emotional Health</u></p> <p><u>Why Prejudices about Physical and Mental Health are Bad</u></p>	<p><u>Stress - Dealing with Emotions and Changes</u></p> <p><u>Worries and Stresses</u></p>
Life skills		<p><u>When do you use 999?</u></p>	<p><u>Risks, Hazards and How to Stay Safe Reducing Risks when Helping Others</u></p>	<p><u>Helping to Save Lives with 999 and Safety Risks</u></p>	<p><u>How to Remember Safety Procedures</u></p>	<p><u>Practising Emergency Calls</u> <u>What is an Emergency? - Should I Call 999?</u></p>

<p>The three Rs Recognise /Respond/ Risk</p>	<p><u>Drug & Alcohol Education Session 1: Keeping Safe: Things that go Into and Onto Bodies</u></p>	<p><u>Staying Safe around Medicines</u></p> <p><u>Everything about Medicines</u></p> <p><u>Drug & Alcohol Education Session 2: Keeping Healthy: Medicines</u></p> <p><u>Drug & Alcohol Education Session 3: Keeping Safe: Medicines and Household Products</u></p>	<p><u>Drug & Alcohol Education Session 1: Safety Rules and Risks: Medicines and Household Products</u></p>	<p><u>Drug & Alcohol Education Session 2: Safety Rules and Risks: Alcohol and Smoking</u></p>	<p><u>Risks and Effects of Alcohol</u></p> <p><u>Drug & Alcohol Education Session 1: Managing Risk: Medicines</u></p> <p><u>Drug & Alcohol Education Session 2: Managing Risk: Legal and Illegal Drugs</u></p>	<p><u>What are Drugs and How Harmful are They?</u></p> <p><u>Drug & Alcohol Education Session 3: Managing Risk: Influences and Pressure</u></p> <p><u>Drug & Alcohol Education Session 4: Managing Risk: Drugs and Alcohol in the Media</u></p>
<p>Online safety</p>	<p><u>What is the Internet? How to Stay Safe Online</u></p>	<p><u>Risks Online and How to Avoid Them</u></p> <p><u>What not to Share Online and Why</u></p>	<p><u>Age Restrictions in the World, Online and Why we need Them</u></p> <p><u>How to Behave Sensibly Online</u></p> <p><u>Why Spending too much Time Online is Bad</u></p>	<p><u>Being Polite Online and How the Internet Works</u></p> <p><u>What is Cyberbullying? - Teacher Resource</u></p> <p><u>All about Bullying and Cyberbullying</u></p>	<p><u>Understanding what not to Share Online</u></p> <p><u>What Content can we Trust Online?</u></p> <p><u>What Content can we Trust Online? - Teacher Resource</u></p>	<p><u>Understanding Unrealistic Expectations Online</u></p> <p><u>What People can we Trust Online?</u></p> <p><u>What People can we Trust Online? - Teacher Resource</u></p>
<p>Playing safe</p>	<p><u>Box Breathing Activity</u></p>	<p><u>Helping Hand Activity</u></p>	<p><u>Early Warning Signs and Managing Emotions</u></p> <p><u>The Underwear Rule - Appropriate and Inappropriate Contact</u></p>	<p><u>Healthy and Unhealthy Secrets and Privacy</u></p>	<p><u>Assessing Risks and Managing Safety</u></p> <p><u>What are Boundaries and What is Consent?</u></p>	<p><u>Early Warning Signs and Decision Making</u></p> <p><u>Crossing the Road and Managing Risky Situations</u></p>
<p>Changing bodies</p>				<p><u>Periods and How to Manage Them</u></p>	<p><u>How your Body Changes through Puberty</u></p> <p><u>Growing and Changing - Facts about Puberty</u></p>	<p><u>Puberty, Relationships and Contraception</u></p>