

| | Healthy and happy friendships | Similarities and differences | Caring and responsibility | Families and committed relationships | Healthy bodies, healthy minds | Coping with change |
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| Y1 | Forming friendships and how kind or unkind behaviours impact other people. | Similarities and differences between people and how to respect and celebrate these. | Identifying who our special people are and how they keep us safe. | What a family is (including difference and diversity between families), and why families are important and special. | Our bodies and the amazing things they can do. Learning the correct names for different body parts. | Growing from young to old and how we have changed since we were born. |
| Y2 | Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations. | Exploring different strengths and abilities. Understanding and challenging stereotypes. | The different communities and groups we belong to and how we help and support one another within these. | The different people in our families, and how families vary. | Ways to stay healthy, including safe and unsafe use of household products and medicines. | Exploring how our bodies and needs change as we grow older. Aspirations and goal setting. |
| Y3 | Being a good friend and respecting personal space. Strategies for resilience. | Respecting and valuing differences. Shared values of communities. | Our responsibilities and ways we can care and show respect for others. | Different types of committed relationships and the basic characteristics of these. | Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean. | Coping with feelings around the changes in our lives. |
| Y4 | Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries. | Identity and diversity. Seeing different perspectives and not making judgements based on appearance. | Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child. | The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter. | Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices. | How our bodies change as we enter puberty, including hygiene needs and menstruation. |
| Y5 | Identity and peer pressure off- and online. Positive emotional health and wellbeing. | Celebrating strengths, setting goals and keeping ourselves safe online. | How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community. | The characteristics of healthy, positive and committed relationships, and how these develop as people grow older. | Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing. | How puberty changes can affect our emotions and ways to manage this; questions about puberty and change. |
| Y6 | How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions. | Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'. | How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school. | Human reproduction, including different ways to start a family. * | Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health. | Ways to manage the increasing responsibilities and emotional effects of life changes. |