

| 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                                                                                       |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Y3                           | Cooperation<br>Online rules & restrictions<br>Online behaviours<br>Friendship (respectful relationships)<br>Coping with loss | Recognising & respecting diversity<br>Being respectful & tolerant<br>My community<br>Bullying, inc. online                                 | Managing risk<br>Decision-making skills<br>Drugs & their risks<br>Staying safe online<br>Digital literacy                              | Helping & being helped<br>Looking after the environment<br>Managing money<br>Developing critical thinking                                                   | Keeping myself healthy & well<br>Celebrating & developing my skills<br>Developing empathy                     | Changing bodies & puberty<br>Keeping safe<br>Safe & unsafe secrets<br>Relationships, inc. online                |
| Y4                           | Healthy relationships<br>Listening to feelings<br>Bullying<br>Assertive skills                                               | Recognising & celebrating difference (inc. religions & cultural difference)<br>Understanding & challenging stereotypes                     | Managing risk inc. online<br>Understanding the norms of drug use (cigarette & alcohol use)<br>Influences<br>Online safety & behaviours | Making a difference (different ways of helping others or the environment)<br>Media influence & digital literacy<br>Decisions about spending money           | Having choices & making decisions about my health<br>Taking care of my environment<br>My skills & interests   | Body changes during puberty<br>Managing difficult feelings<br>Relationships inc. marriage                       |
| Y5                           | Feelings<br>Friendship skills, inc. compromise<br>Assertive skills<br>Cooperation<br>Recognising emotional needs             | Recognising & celebrating difference, inc. religions & cultural<br>Critical digital awareness<br>Online Bullying & self esteem             | Online safety<br>Bullying inc. online<br>Norms around use of legal drugs (tobacco, alcohol)<br>Decision-making skills                  | My health rights, respect & duties<br>Making a difference<br>Decisions about lending, borrowing & spending<br>Media manipulation<br>Artificial Intelligence | Growing independence & taking ownership<br>Keeping myself healthy<br>Media awareness & safety<br>My community | Managing difficult feelings<br>Managing change<br>How my feelings help keeping safe<br>Getting help             |
| Y6                           | Assertiveness<br>Cooperation<br>Safe/unsafe touches<br>Positive relationships                                                | Recognising & celebrating difference<br>Recognising & reflecting on prejudice-based bullying<br>Bystander behaviour<br>Gender stereotyping | Understanding emotional needs<br>Staying safe online<br>Digital footprint<br>Drugs: norms & risks (inc. the law)                       | Understanding media bias<br>Digital critical thinking<br>Caring: communities & the environment<br>Earning & saving money<br>Understanding democracy         | Aspirations<br>Managing risk<br>Looking after wellbeing<br>Digital literacy & critical thinking skills        | Coping with changes<br>Keeping safe inc. online<br>AI/ deep fakes<br>Body Image<br>Sex education<br>Self-esteem |

**\*\*highlighted yellow are new updated changes to curriculum\*\***