

Stebbing Primary School
PSHE & RSE Curriculum Overview

EYFS

PSHE Book Focus

Blue Chameleon	Mommy, Mama & Me	Hello	You Choose	Red Rockets & Rainbow Jelly	The Family Book
Self-Regulation	Building Relationships	Managing Self	Self-Regulation	Building Relationships	Managing Self
My Feelings	Special Relationships	Taking on Challenges	Listening & following to instructions	My Family & Friends	My Wellbeing
Lesson 1: Identifying my feelings To identify my feelings	Reception PSHE Lesson Plan My Family To talk about our families and to understand that all families are valuable and special.	Lesson 1: Why do we have rules? To understand why we have rules.	Lesson 1: Simon Says To understand why it is important to listen carefully.	Lesson 1: Festivals To think about the perspectives of others in the class and learn about how different beliefs celebrate special times.	Lesson 1: What is exercise? To learn about the importance of exercise and exploring how exercise affects different parts of the body.
Lesson 2: Feelings jars To identify and express my feelings	Lesson 2: Special People To talk about people that hold a special place in our lives and think about what it means to be a valued person.	Lesson 2: Building Towers To understand the importance of persistence in the face of challenge and developing confidence in their own ability to solve problems.	Lesson 2: Listening to a story To listen attentively to a story.	Lesson 2: Building Relationships To understand why sharing is important.	Lesson 2: Yoga and relaxation To explore yoga, guided meditation and relaxation.
Lesson 3: Coping strategies To explore different coping strategies to regulate our emotions and to identify our own feelings To consider the reasons behind our emotions.	Lesson 3: Sharing To understand why it is important to share and cooperate with others. To develop strategies to help when trying to share with others.	Lesson 3: Team Den Building To work together as a group to overcome challenges and communicate effectively with others.	Lesson 3: Pass the Whisper To understand why it is important to tell the truth and think carefully about the feelings of others.	Lesson 3: What makes a good friend? To understand the characteristics that make a good friend.	Lesson 3: Looking after ourselves To understand why it is important to be able to take care of oneself.
Lesson 4: Describing feelings To explore the different adjectives that can be used to describe feelings.	Lesson 4: I am Unique To see themselves as a valuable individual and to understand that it is ok to like different things.	Lesson 4: Grounding To learn and practise 'grounding' coping strategies.	Lesson 4: Obstacle Races To follow instructions involving several ideas or actions and to persevere when things are difficult.	Lesson 4: Being a Good Friend To learn the importance of supporting others by being kind.	Lesson 4: Being a Safe Pedestrian To explore what it means to be a safe pedestrian.
Lesson 5: Facial expressions To explore different facial expressions and what they mean.	Lesson 5: My Interests To see themselves as a valuable individual and to share their interests with the group.	Lesson 5: Team Races To understand the importance of perseverance in the face of challenge.	Lesson 5: Blindfold Walk To follow instructions involving several ideas or actions and to give simple instructions.	Lesson 5: Teamwork To understand the importance of perseverance in the face of challenge.	Lesson 5: Eating Healthily To explore what it means to eat healthily.
Lesson 6: Creating a calm corner To identify different feelings and how to moderate behaviour socially and emotionally.	Lesson 6: Similarities and differences To explore diversity through thinking about similarities and differences.	Lesson 6: Circus Skills To learn new skills, showing resilience and perseverance in the face of challenge.	Lesson 6: Treasures Hunt To listen and respond to phrases and instructions that involve several ideas or actions.	Lesson 6: Celebrating friendships To plan a party to celebrate the special friendships within the class.	Lesson 6: A Rainbow of Food To understand the importance of healthy food choices and what a balanced diet is.

<u>Year 1</u> <u>Introductory Lesson - setting ground rules for RSE & PSHE</u>					
PSHE Book Focus					
Hair. It's a Family Affair	Errol's Garden	Want to Play Trucks?	Elmer	Going to the Volcano	My World, Your WOrld
My healthy self	Connecting with Others	The Online World	Citizenship	Health Protection	Staying Safe
How can we look after our emotions?	How can I help myself and others feel happy & safe?	How do spend time online?	How can I help others and the environment?	How can I protect myself and others in daily life?	How can I stay safe?
Lesson 1: What emotions can we recognise? To name and recognise the 6 emotions.	Lesson 1: What makes me special? Recognising personal strengths, developing self-respect and building self confidence.	Lesson 1: When am I online? Recognising when we are online and understanding that some digital devices can be used online.	Lesson 1: What do babies and toddlers need? Learning about the responsibility of looking after babies and younger children.	Lesson 1: Why and how do we wash our hands? Understanding how germs spread through everyday contact and how effective hand washing reduces their spread.	Lesson 1: How can I stay safe at home? Exploring how some things in the home can be harmful and why.
Lesson 2: When and why do people show different emotions? Recognising when and why people show different emotions in different situations.	Lesson 2: How do families show love and care for each other? Exploring family roles and recognising how family members care for and support one another.	Lesson 2: What can I do online and what can I do in person? Identifying online activities and in-person activities, explaining why some activities are better done online and others are better done in person.	Lesson 2: What do animals need? Developing an appreciation that animals have different needs and an understanding of how to care for them.	Lesson 2: How can I protect myself in any weather? Exploring how different types of weather can affect our bodies and why being prepared helps keep us safe and comfortable.	Lesson 2: What is safe for our bodies? Investigating why some things are unsafe to taste or or touch.
Lesson 3: How can emotions change? Explaining how strong emotions might feel and recognising these feelings might change.	Lesson 3: What helps me feel safe and cared for? Identifying safe spaces, recognising trusted adults and learning when to ask for help.	Lesson 3: How should I behave when I use a device? Recognising that polite behaviour online is the same as polite behaviour in person.	Lesson 3: How can we look after our school environment? Exploring the school environment and ways to look after it.	Lesson 3: Who helps us stay healthy? Exploring the roles of doctors, dentists and pharmacists in helping people stay healthy and recover from illnesses.	Lesson 3: What rules can keep me safe? Rehearsing safety rules and choosing which rule can apply in different settings.
Lesson 4: What helps us to feel calm or excited? Exploring what makes people feel calm or excited and the importance of rest and enjoyable activities for wellbeing.	Lesson 4: What is a friend? Exploring friendship, understanding kindness and learning how to be a good friend.	Lesson 4: How can I balance screentime with in-person activities? Understanding what happens when people spend too much time on screens.	Lesson 4: How can I share my ideas respectfully? Learning that people can share an opinion about things that matter to them and listen respectfully to the opinions of others.	Lesson 4: What should I do if I feel unwell? Exploring how our bodies feel when we are unwell and learning when and how to tell a trusted adult to help keep us safe and healthy.	Lesson 4: How can I stay safe near roads? Understanding how to stay safe near roads and cars and practising the road safety rules: Stop, Look, Listen, Think.
Lesson 5: What might make us feel worried, annoyed or upset? Recognising that everyone feels worried, annoyed or upset sometimes and exploring what can cause these feelings and how to manage them.	Lesson 5: How can we have a kind and friendly class? Learning how to express feelings appropriately, practising problem solving and learning to use kind words.	Lesson 5: What should I do if I see something online that worries me? Recognising that some things online are not for children.	Lesson 5: Who helps look after our local environment? Learning about the different roles that people play in looking after the local environment.	Lesson 5: How serious are different injuries? Exploring the difference between small and serious injuries, when first aid is needed and why it is important to tell a trusted adult when someone is hurt.	Lesson 5: How might my body feel when something is unsafe? Identifying how being unsafe , worried or uncomfortable can feel.
Lesson 6: What can we do when our feelings get tricky? Exploring how to help themselves and ask others for help when experiencing uncomfortable or difficult emotions.	Lesson 6: How should people behave towards others? Developing respectful behaviours, practising fairness and learning how to act kindly.	Lesson 6: How can I stay safe online? Knowing how to stay safe online.	Lesson 6: How do rules help everyone? Learning about the importance of rules and how these can help look after people, animals and the environment.	Lesson 6: How can we get help for serious illnesses or injuries? Recognising when an injury or illness is a medical emergency and when to call 999.	Lesson 6: Who can keep me safe? Naming some trusted adults in different settings and understanding that 999 is the number to call for emergencies.

Year 2
Introductory Lesson - setting ground rules for RSE & PSHE

PSHE Book Focus

What the Jackdaw Saw	How to be a Lion	The Great big Book of Families	Can I join Your Club?	Amazing	We are Welcome
My healthy self	Connecting with Others	The Online World	Citizenship	Growing Up	Staying Safe
How can we look after our bodies?	How can I build safe, kind and caring relationships with others?	How can we stay safe online?	How to people belong to a community and earn money?	How can we look after and respect our bodies as we grow?	How can I make safe choices in different places?
Lesson 1: How does moving my body make me feel? Exploring how being active makes our bodies feel.	Lesson 1: How are we all different and the same? Exploring what makes each person unique and recognising the things that make us similar.	Lesson 1: What can we do online and how can we do it safely? Recognising what we can do online and how simple rules can help us be safe when we use the internet.	Lesson 1: Where do we belong? Identifying the different groups and communities that people belong to.	Lesson 1: How do we grow and change? Exploring how the body changes as it grows and recognising that everyone develops at different rates.	Lesson 1: What makes my body special? Understanding that our bodies are special and how to look after them.
Lesson 2: Why is sleep important? Exploring the importance of sleep and recognising how a bedtime routine supports healthy rest.	Lesson 2: How are families different and the same? Talking about family life and recognising that all families are different and special.	Lesson 2: Who can see information shared online? Understanding that sharing information online means it can be seen by many people.	Lesson 2: How can different people contribute to my community? Exploring how different people contribute to a community in similar and different ways.	Lesson 2: How will I change as I grow up? Learning how much people grow over time.	Lesson 2: How can I keep my body safe? Recognising simple rules that help keep their body safe,
Lesson 3: What foods can help me stay healthy? Identifying the importance of fruits and vegetables in staying healthy.	Lesson 3: How can I show my feelings kindly and calmly? Exploring ways of solving disagreements and asking for help when needed.	Lesson 3: What is private information? Recognising that private information should not be shared online.	Lesson 3: What jobs do people do in our local community? Exploring the different jobs people do in the local community and explaining how they help people and make the community a better place.	Lesson 3: Do I make the rules about my own body? Recognising that everyone has a choice about their own body boundaries.	Lesson 3: How can I make safe choices at home? Identifying something that could be dangerous at home; understanding how to stay safe.
Lesson 4: How can I make some healthy food and drink choices? Explore how food and drink choices support health and wellbeing.	Lesson 4: How I can let others know what is ok or not ok for me. Practising sharing personal boundaries kindly and recognising and respecting other people's boundaries.	Lesson 4: How do I know if private information has been shared online? Identifying when private information has been shared online.	Lesson 4: What other jobs might people do? Exploring a wider range of jobs and how they help people and communities.	Lesson 4: How can I talk about my body? Learning the correct scientific names for private body parts; beginning to develop confidence in using the correct names when needed.	Lesson 4: How can I stay safe in different places? Learning how to stay safe in different places by thinking about the possible dangers and recalling safety rules.
Lesson 5: What can I do to keep my teeth clean and healthy? Exploring ways to keep teeth clean and healthy.	Lesson 5: Who can I talk to if something does not feel right. Recognising when something feels wrong and understanding that it is never their fault ; identifying trusted adults at home and school, practising asking for help.	Lesson 5: Is everything we see online real? Understanding that not everything that we see online is real.	Lesson 5: What is money? To understand what money is and how people use it.	Lesson 5: How can we show respect for each others bodies? Learning about privacy and personal boundaries, including how to respect people's bodies and belongings , and knowing who to talk to if feeling worried.	Lesson 5: What can I do if I can't find my trusted adult? Explaining what someone should do if they can not find their trusted adult.
Lesson 6: How can I make healthy choices every day? Applying learning from the previous lessons to explore how to keep our bodies healthy.	Lesson 6: What should I do if someone is being unkind again and again? Recognising repeated unkind behaviour as bullying and understanding how to get help.	Lesson 6: What should I do if something online worries me? Explaining what to do if something online is worrying.	Lesson 6: Where does money come from? Exploring the different ways adults get money.	Lesson 6: Who can I talk to if I do not feel safe? Identifying trusted adults and how they can help if someone feels unsafe or uncomfortable.	Lesson 6: How can I stay safe around water? Recognising how to stay safe around water; recalling simple rules.

Year 3					
PSHE Book Focus					
Our House	The Truth About Old People	Beegu	The Hueys in the New Jumper	We are all Wonders	Planet Omar
My healthy self	Connecting with Others	The Online World	Citizenship	Health Protection	Citizenship
How can I take care of my mind and body?	What helps us feel safe and included?	How should we communicate online?	What rights and responsibilities do we have?	How can we prevent illness and injury and respond when they happen?	What careers do people choose and why?
Lesson 1: How do emotions affect my body? Naming the 6 basic emotions and the associated feelings and recognising how they create different physical responses in people.	Lesson 1: How can I respect myself? Identifying strengths and exploring ways to show self respect.	Lesson 1: How do we communicate online? Exploring the similarities and differences between online and in-person communication, and considering when each can be helpful.	Lesson 1: What are human rights? Learning about the Universal Declaration of Human Rights and why it was written.	Lessons not live yet	Lessons not live yet
Lesson 2: How can I tell how someone else might be feeling? Exploring how other people may be feeling by recognising face and body cues.	Lesson 2: What are personal boundaries? Learning to set boundaries and to respect others' boundaries.	Lesson 2: How can we be respectful when we communicate online? Recognising that the same expectation for respect applies both in person and online and exploring respectful online communication.	Lesson 2: What rights should children have? Exploring the UN Convention on The Rights of a Child.		
Lesson 3: How are my mind and body connected? Exploring how the body and mind are connected by noticing changing moods and discussing how sleep, food, movement and rest affect feelings.	Lesson 3: What makes a family? Exploring how families can spend time together and help each other.	Lesson 3: How can communication online sometimes be misunderstood? Exploring how misunderstandings can happen when communicating online.	Lesson 3: How can we help the environment by reducing what we use? Discovering how to protect the environment by reducing the use of resources and energy.		
Lesson 4: How does sleep help my mind and body? Explaining the daily routines and practices that help us sleep and keep our bodies and minds well.	Lesson 4: How can I be a good friend? Investigating the qualities of a good friend and how friendships make people feel.	Lesson 4: How should I respond to online bullying? Understanding how to recognise and respond safely to online bullying.	Lesson 4: How can reusing items help the environment? Exploring how items can be reused and upcycled.		
Lesson 5: What can I do when I experience strong emotions? Understanding that we can use a variety of strategies to help us manage our emotions.	Lesson 5: How can we repair a friendship after a falling-out? Exploring how to respond to disagreements in friendships.	Lesson 5: Why do we need to be careful when communicating online? Understanding why careful communication is important for staying safe online.	Lesson 5: Why is recycling important? Discovering how to recycle a range of objects in the local area.		
Lesson 6: When should I ask an adult for emotional support? Recognising when you or someone else needs help and knowing what to do.	Lesson 6: What are the different types of bullying? Developing knowledge of different types of bullying and learning how bullying might make someone feel.	Lesson 6: How can I keep myself safe online? Understanding how to recognise unsafe online situations and seek help.	Lesson 6: How do local councils help look after their communities? Exploring how local councils help look after the local community and make decisions about how money is spent.		

<u>Year 4</u> <u>Introductory Lesson: Setting ground rules and signposting</u>					
PSHE Book Focus					
TBC	When Sadness Comes to Call	Aalfred & Albert	Splash	Dogs Don't Do Ballet	Along Came a Different
My Healthy Self	Connecting with Others	The Online World	Citizenship	Growing Up	Staying Safe
How can I make healthy choices?	How can we respect each other?	How can we decide what to trust online?	How can I spend money responsibly?	How will my body and emotions change as I grow up?	What signs help me recognise what is safe or unsafe?
Lesson 1: What is a balanced diet and why does having one matter? Understanding why it is important to have a balanced diet and how to achieve this.	Lesson 1: How can I show self-respect? Practising speaking kindly to oneself and setting goals for positive self talk.	Lesson 1: How can the internet be helpful and challenging? Exploring the benefits and challenges of using the internet.	Lessons not live yet	Lesson 1: What are body boundaries? Explaining body boundaries and how to communicate them.	Lesson 1: How can I tell if a situation is unsafe? Identify warning signs that a situation may be unsafe.
Lesson 2: How can being active help my mind and body? Exploring how staying active and exercising has mental and physical health benefits.	Lesson 2: How can I show respect to others? Describing and role playing how respect and manners can be shown in different places.	Lesson 2: Is all online content appropriate for me? Identifying age restriction symbols and why they exist.		Lesson 2: How will I grow and change during puberty? Describing some physical changes that happen during puberty.	Lesson 2: What do I do if a situation feels unsafe? Responding safely to uncomfortable situations by using clear help-seeking language and backup strategies.
Lesson 3: How can I keep my energy up throughout the day? Exploring the daily habits and choices that can affect energy levels.	Lesson 3: How can I build trusting friendships? Reflecting on what healthy friendships feel like and how trust is built through kind, honest and respectful behaviour.	Lesson 3: Why should we be careful what we trust online? Developing an understanding that some online information may be misleading.		Lesson 3: Which emotional changes could I experience when growing up? Understanding emotional changes at puberty.	Lesson 3: How can I stay safe around traffic? Recognising common risks when walking, cycling or scooting and using strategies to stay safe.
Lesson 4: How can I get support for myself or others? Exploring signs that someone needs support and learning who and how to ask for help.	Lesson 4: How can we solve friendship challenges? Understanding that conflict is normal in friendships and that resolving it respectfully strengthens trust in relationships.	Lesson 4: How can we check if online information is reliable? Investigating features that can help us check if online information is reliable.		Lesson 4: What is a period? Understanding what a period is and what happens when you have one.	Lesson 4: Why can water be dangerous? Explaining hazards in different water settings and identifying safe actions in an emergency.
Lesson 5: How can I respond when things feel hard? Discovering what having a grown mindset means and how to develop one.	Lesson 5: How should I respond to bullying? Exploring what to do when witnessing or experiencing bullying.	Lesson 5: How we use multiple sources to check online information. Exploring multiple sources to check that online information is reliable.		Lesson 5: How can we show kindness and understanding about body changes? Learning that bodies change at different times and should be treated with respect and kindness.	Lesson 5: What drugs are safe or unsafe? Understanding when medicine and drugs can be helpful or harmful and knowing the law around alcohol and smoking or vaping for children.
Lesson 6: Why is helping others good for me too? Discovering ways to be kind and exploring how helping others can improve wellbeing.	Lesson 6: What is a stereotype? Understanding what a stereotype is and identifying examples of unfair treatment.	Lesson 6: Why should we question what we see online? Creating a toolkit to help children question online information and check its reliability.		Lesson 6: Who can I talk to about growing up and changes? Drawing on prior knowledge of puberty changes and identifying people to talk to for support.	Lesson 6: How can I prevent accidents? Recognising hazards and explaining how thinking ahead can reduce risk.

<u>Year 5</u> <u>Introductory lesson: Setting rules and signposting</u>					
PSHE Book Focus					
The Girls			Rose Blanche	Mixed	How to Fix a Broken Wing
My Healthy Self	Connecting with Others	The Online World	Citizenship	Growing Up	Citizenship
How can I support my mind and body as I grow?	Why are healthy relationships important?	How am I influenced by what I see online?	How can we make a difference in our communities and beyond?	How can I manage the changes to my body and emotions as I grow up?	How can we be in control of our money?
Lesson 1: What do food labels really tell us? Understanding how food labels can support healthier choices.	Lesson 1: What makes me who I am? Exploring the factors that shape our identity and how our experiences, culture and values influence who we are.	Lesson 1: How do adverts try to influence us online? Exploring how online adverts are designed to influence thoughts, feelings and behaviour.	Lesson 1: How can we show care for others? Explore what they care about and how they might show care for others	Lesson 1: How will my body grow during puberty? Explaining the physical and emotional changes that happen during puberty.	Lessons not live yet
Lesson 2: How active am I and how can I move more? Developing awareness of personal activity levels and ways to move more.	Lesson 2 : How do families show commitment to each other? Exploring how families show commitment and support through love, care and shared responsibilities.	Lesson 2: How are adverts chosen for me online? Exploring how online adverts are personalised using tracked data.	Lesson 2: How do people contribute to the community? Recognising how community groups support local areas and contribute to their communities.	Lesson 2: How can I keep myself clean and hygienic? Understanding why personal hygiene is important during puberty.	
Lesson 3: What are the different types of physical activity and how do they affect us? Identifying different types of activity and how physical activity can affect the body.	Lesson 3: How can families support and protect each other? Explore how families offer guidance, support and protection and recognising when a family relationship may feel unsafe or unhealthy.	Lesson 3: How else am I influenced online? Recognising how influencers affect choice and behaviour.	Lesson 3: How does the UK Government work? Exploring the role of the National Government and how decisions can affect communities across the country.	Lesson 3: How can we treat others with kindness during puberty? Recognising how to treat others with kindness during puberty.	
Lesson 4: How can I recognise complex feelings? Describing how complex feelings can affect our bodies.	Lesson 4: what helps us make and maintain healthy relationships. Exploring the qualities that make friendships healthy and how positive relationships can support our wellbeing.	Lesson 4: How do online trends shape our choices offline? Exploring how online trends spread and influence offline choices.	Lesson 4: What is the role of a local councillor? Investigating the role of the local council by role-playing a council surgery.	Lesson 4: How can I manage my emotions and feelings during puberty? Identifying emotional changes during puberty and knowing where to seek support.	
Lesson 5: How can I respond to strong and complex feelings? Practising strategies to regulate strong and complex feelings.	Lesson 5: How can we manage challenges in friendships? Exploring strategies for managing friendship challenges through calm communication , negotiation and self-regulation to maintain respectful relationships.	Lesson 5: How does what we see online influence our viewpoints? Identifying facts and opinions in online content.	Lesson 5: What are pressure groups? Developing an understanding of what pressure groups are and how they influence national Government decisions.	Lesson 5: What is a period? Describing what a period is and why it happens.	
Lesson 6: How can we tell when someone might need support with their mental health? Recognising signs that someone may need support with their mental health and exploring who can help.	Lesson 6: How can I be assertive and respectful? Exploring how to communicate confidently and respectfully by recognising the difference between passive, aggressive and assertive behaviour, and practising ways to express needs and boundaries calmly and politely.	Lesson 6: How can some online messages be misleading? Identifying how to spot scams and make safe choices online.	Lesson 6: How can people influence the decisions made by the government? Exploring different ways people can share their views and influence government decisions.	Lesson 6: How I can challenge behaviour that crosses personal boundaries? Understanding the importance of boundaries and learning how to respond when boundaries are crossed?	

Year 6
Introductory Lesson: Setting rules and signposting

PSHE Book Focus

A Day in the Life of Marlon Bundo The Boy at the Back of the Class	The Only Way is Badger	The Night Bus Hero	King of the Sky	Leaf	The Island
My Healthy Self	Connecting with others	The Online World	Citizenship	Staying Safe	Sex Education
How do my choices today affect my future health?	What does it mean to stand up for myself and others?	How do I feel about the things I see online?	How can we protect everyone's rights?	How can I stay safe as I grow up?	How do people become parents and carers?
<u>Lesson 1: Why do healthy teeth matter for the future?</u> Understanding the importance of daily dental care for long-term dental health.	<u>Lesson 1: How does self-respect help me?</u> Developing self respect to set and pursue a personal growth goal.	<u>Lesson 1: How do online platforms keep users engaged?</u> Identifying features of online platforms that keep users engaged.	Lessons not live yet	<u>Lesson 1: How can I stay safe on my own at home?</u> Identifying hazards in the home and explaining how to stay safe when alone, deal with accidents and emergencies and know when to call 999.	<u>Lesson 1: Which words can we use to describe our private body parts?</u> Using correct scientific vocabulary to confidently and respectfully name and describe the functions of the male and female body parts.
<u>Lesson 2: How can I eat for a healthier future?</u> Thinking critically about how healthy a food or drink really is and developing a basic understanding of calories as a unit of energy.	<u>Lesson 2: How can I be respectful in different situations?</u> Balancing personal wants and needs with those of others at school, in public or online to maintain respect and repair harm.	<u>Lesson 2: How can I make safe choices if I am gaming online?</u> Identifying features in online games that encourage spending and recognising why online gambling sites are age restricted.		<u>Lesson 2: How can I stay safe outside on my own?</u> Identifying outdoor hazards, recognising the risks they create and learning how to stay safe and seek help outside the home.	<u>Lesson 2: How are babies made?</u> Describing, in simple terms, how a baby is conceived (e.g. that sexual intercourse is the way humans reproduce).
<u>Lesson 3: What habits might support my future health?</u> Investigating the long-term consequences of choices, habits and lifestyles.	<u>Lesson 3: How can I set and respect boundaries?</u> Establishing and respecting personal boundaries to build trust and mutual respect.	<u>Lesson 3: Is online content always realistic?</u> Identifying when online content is edited or carefully chosen and understanding how it can affect people's thoughts and feelings.		<u>Lesson 3: How can I travel safely on my own?</u> Identifying hazards and risks near railways and making safe, informed decisions when travelling independently.	<u>Lesson 3: What happens in pregnancy and how are babies born?</u> Explaining how a baby develops during pregnancy and learning about the different ways a baby can be born.
<u>Lesson 4: How can I recognise and regulate complex feelings?</u> Recognising that feelings are natural but our reactions, shaped by past experiences, can help or harm our relationships, learning and future success.	<u>Lesson 4: How can we challenge unfairness?</u> Challenging stereotypes and discriminatory behaviour to promote fairness in real-life situations.	<u>Lesson 4: What is harmful online behaviour?</u> Recognising harmful online behaviour and learning how to respond.		<u>Lesson 4: How can I stay safe in, on and around water?</u> Exploring water safety by identifying hazards, challenging misconceptions and making safer choices using the water safety code.	<u>Lesson 4: How are families formed?</u> Understanding the different ways that families are formed.
<u>Lesson 5: How does my mindset affect my personal growth?</u> Exploring what a growth mindset is and how it can support confidence and resilience to take on future challenges.	<u>Lesson 5: How should we work together to stop bullying?</u> Developing upstander strategies to prevent and address bullying online and offline.	<u>Lesson 5: Does what we post online matter?</u> Recognising that things shared online can spread easily and understanding how online actions can affect someone's reputation.		<u>Lesson 5: How can I stay safe when I feel peer pressure?</u> Recognising peer pressure, understanding how it can affect thoughts, feelings and choices and practising safe, respectful ways to respond and seek support.	<u>Lesson 5: How does life change after having a baby?</u> Understanding the responsibility of having a baby and learning what a baby needs.
<u>Lesson 6: How can I support self-esteem for myself and others?</u> Evaluating choices and their long term impact.	<u>Lesson 6: When and how should I seek help?</u> Judging problem size and identifying when and how to seek help from trusted adults and services.	<u>Lesson 6: How does being online make me feel?</u> Evaluating how online interactions can affect wellbeing and exploring ways to manage online use.		<u>Lesson 6: How can I stay safe around drugs?</u> Identifying the risks and consequences of substance misuse and how to resist pressure safely.	<u>Lesson 6: What is consent?</u> Understanding what consent means and explaining why it is important.