

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
<b>EYFS</b>	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
<b>Y1 &amp; 2</b>	Feelings Getting help Classroom rules Special people Being a good friend Bullying and teasing Our school rules about bullying Feelings/self-regulation	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help Being kind and helping others People who help us Listening Skills	How our feelings can keep us safe – including online safety Safe and unsafe touches Safe and unsafe secrets Appropriate touch Medicine Safety Sleep	Taking care of things: Myself My money saving and spending My environment Cooperation Self-regulation Online safety	Growth Mindset Healthy eating Hygiene and health Cooperation Looking after my body Exercise and sleep	Getting help Becoming independent My body parts Taking care of self and others Life cycles Dealing with loss Being supportive Growing and changing Privacy
<b>Y3 &amp; 4</b>	Rules and their purpose Cooperation Friendship (including respectful relationships) Healthy relationships Listening to feelings Bullying Assertive skills Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and respecting diversity Being respectful and tolerant My community Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes Influence and pressure of social media	Managing risk Decision-making skills Drugs and their risks Managing risk Understanding the norms of legal drug use (tobacco and alcohol use) Influences Online safety	Skills we need to develop as we grow up Looking after the environment Managing and decisions about spending, lending and borrowing money Making a difference (different ways of helping others or the environment) Media influence Rights, respect and duties relating to my health Making a difference	Keeping myself healthy and well making my own choices Celebrating and developing my skills Developing empathy Taking care of my environment My skills and interests Growing independence and taking ownership Media awareness and safety My community	Relationships including marriage Changing bodies and puberty Keeping safe Safe and unsafe secrets Managing difficult feelings Managing change How my feelings help keeping safe Getting help
<b>Y4 &amp; 5</b>	Rules and their purpose Cooperation Friendship (including respectful relationships) Healthy relationships Listening to feelings Bullying Assertive skills Feelings Friendship skills, including compromise Assertive skills	Recognising and respecting diversity Being respectful and tolerant My community Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Decision-making skills Drugs and their risks Managing risk Understanding the norms of legal drug use (tobacco and alcohol use) Influences Online safety	Skills we need to develop as we grow up Looking after the environment Managing and decisions about spending, lending and borrowing money Making a difference (different ways of helping others or the environment) Media influence Rights, respect and duties	Keeping myself healthy and well making my own choices Celebrating and developing my skills Developing empathy Taking care of my environment My skills and interests Growing independence and taking ownership	Relationships including marriage Changing bodies and puberty Keeping safe Safe and unsafe secrets Managing difficult feelings Managing change How my feelings help keeping safe Getting help

	Cooperation Recognising emotional needs	Influence and pressure of social media		relating to my health Making a difference	Media awareness and safety My community	
<b>Y6</b>	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem