

United Curriculum

Primary PSHE and RSE

For Teachers



United Curriculum
Primary
Part of United Learning

Notes on this document



This document outlines the Primary Curriculum for PSHE and RSE.

It is currently a working document and therefore subject to changes.

It is not intended to replace anything that schools already offer; indeed, it is not currently resourced, although we hope to provide full lesson plans, print materials and teacher guidance in time.

In the interim, however, schools may find it helpful to use these overview statements as a way of evaluating provision. Using them as a check list may be a helpful way to consider whether there are any gaps in current provision.

If you would like any support with your PSHE and RSE or have any feedback on this document, please contact [Jo Brennan: Curriculum Lead for PSHE](#)





EYFS overview

Nursery 2 4

- [Relationships](#)
- [Finance, careers and enterprise](#)
- [Growing up](#)
- [Keeping safe](#)
- [Rules, responsibilities and communities](#)
- [Staying healthy](#)

Nursery 3/4 11

- [Relationships](#)
- [Finance, careers and enterprise](#)
- [Growing up](#)
- [Keeping safe](#)
- [Rules, responsibilities and communities](#)
- [Staying healthy](#)

Reception 17

- [Relationships](#)
- [Finance, careers and enterprise](#)
- [Growing up](#)
- [Keeping safe](#)
- [Rules, responsibilities and communities](#)
- [Staying healthy](#)

Curriculum Intent

- [Statutory content](#) 23
- [Right to withdraw](#) 24
- [Progression in the United Curriculum for PSHE and RSE](#) 25

Year 1 28

- [Relationships](#)
- [Finance, careers and enterprise](#)
- [Growing up](#)
- [Keeping safe](#)
- [Rules, responsibilities and communities](#)
- [Staying healthy](#)

Year 2 38

- [Relationships](#)
- [Finance, careers and enterprise](#)
- [Growing up](#)
- [Keeping safe](#)
- [Rules, responsibilities and communities](#)
- [Staying healthy](#)



Contents



Year 3 **49**

[Relationships](#)

[Finance, careers and enterprise](#)

[Growing up](#)

[Keeping safe](#)

[Rules, responsibilities and communities](#)

[Staying healthy](#)

Year 4 **57**

[Relationships](#)

[Finance, careers and enterprise](#)

[Growing up](#)

[Keeping safe](#)

[Rules, responsibilities and communities](#)

[Staying healthy](#)

Year 5 **68**

[Relationships](#)

[Finance, careers and enterprise](#)

[Growing up](#)

[Keeping safe](#)

[Rules, responsibilities and communities](#)

[Staying healthy](#)

Year 6 **79**

[Relationships](#)

[Finance, careers and enterprise](#)

[Growing up](#)

[Keeping safe](#)

[Rules, responsibilities and communities](#)

[Staying healthy](#)





The Primary United Curriculum for PSHE and RSE starts in Year 1.

However, it is helpful for practitioners to understand how the EYFS milestones prepare children to access the curriculum at Year 1 and beyond. For this reason, we have aligned relevant milestones with the PSHE and RSE themes that children will encounter as they move through later Key Stages.

Teachers will notice that while Key Stage 1 and 2 objectives are in pupil-friendly language, the milestones are not. This is because these are for practitioners' observations rather than being pupil-facing.

Many milestones appear in different themes. For example, “start to talk about their feelings using words like ‘happy’ and ‘sad’” is an observational milestone in EYFS Nursery 2, and it appears in several themes, such as ‘staying healthy’ and ‘relationships’. This is because certain milestones prepare children to meet objectives from more than one of the themes that they will access in the PSHE and RSE curriculum at KS1 and beyond.





Relationships

Self-regulation

- 👤 Develop a strong relationship with key caregivers in setting
- 👤 Start to talk about their feelings using words like 'happy' and 'sad'
- 👤 Able to give reasons for why they feel happy or sad

Building relationships

- 👤 Play with one or more other children
- 👤 Ask questions about other people about differences e.g.: skin colour, types of hair, gender, disabilities and special needs
- 👤 Show an interest in other children's play
- 👤 Develop friendships with other children
- 👤 Play with other children although may become distracted by own interests
- 👤 Start to work with other children to complete more challenging tasks





Finance, careers and enterprise

Managing self

- Seek praise when carrying out activities e.g.: tidying up
- Show will to be independent e.g.: 'me do it'
- Take pride in doing activities by themselves





Growing up

Managing self:

- Seek responsibility and enjoy being given a job to do
- Understand where key resources are kept

Self-care

- Pour own drink into a cup
- Use a knife and fork and attempt to cut food
- Carry plate of food back to their table place
- Talk about their favourite foods

Building relationships

- Ask questions about other people about differences e.g.: skin colour, types of hair, gender, disabilities and special needs





Keeping safe

Managing self

- Follow simple, familiar instructions





Rules, responsibilities and communities

Self-regulation

- ✦ Resist impulse to push to the front and wait for their turn
- ✦ Join a group activity chosen by a practitioner

Building relationships

- ✦ Ask questions about other people about differences e.g.: skin colour, types of hair, gender, disabilities and special needs

Self-care

- ✦ Clean up spillages
- ✦ Find peg independently and can attempt to hang up coat





Staying healthy

Self-regulation

- ✦ Able to give reasons for why they feel happy or sad
- ✦ Recognise and act out emotions through play and stories
- ✦ Start to talk about their feelings using words like 'happy' and 'sad'

Self-care

- ✦ Ask to go to the toilet
- ✦ Wipe own face with a cloth
- ✦ Show the will to be independent when putting on clothes





Relationships

Self-regulation

- ☞ Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'
- ☞ Talk about their feelings using a developing vocabulary e.g. frightened, frustrated
- ☞ Explain to an adult what has happened when they are upset
- ☞ Begin to understand how others feel
- ☞ Recognise when a peer is upset

Managing self

- ☞ Follow a two-part instruction as part of a group

Building relationships

- ☞ Play with other children, extending and elaborating play ideas
- ☞ Find solutions to conflicts and rivalries
- ☞ Join in with a group of children who are playing
- ☞ Speak to peers within a game or activity
- ☞ Seek adult support to help them in managing emotions and conflicts





Finance, careers and enterprise

Self-regulation

- Achieve a goal they have chosen, or one which is suggested to them

Managing self

- Talk confidently in front of a group of their peers

Building relationships

- Take turns, with adult support





Growing up

Managing self:

- Select and use activities and resources with help
- Select and use activities and resources independently





Keeping safe

Self-regulation

- Allow an adult to comfort them
- Seek adult support to help them in managing emotions and conflicts

Managing self

- Remember basic setting rules and follow them most of the time
- Explain why rules are important





Rules, responsibilities and communities

Managing self

- ✿ Care for plants, animals and their immediate environment
- ✿ Join in an activity when invited by an adult





Staying healthy

Self-regulation

- ✱ Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'
- ✱ Explain to an adult what has happened when they are upset
- ✱ Talk about their feelings using a developing vocabulary e.g. frightened, frustrated
- ✱ Begin to control their own emotions
- ✱ Recognise when a peer is upset
- ✱ Begin to understand how others feel

Managing self:

- ✱ Give simple explanations about healthy lifestyle choices
- ✱ Use the toilet independently
- ✱ Wash and dry their hands
- ✱ Take their coat off and put it on
- ✱ Put on shoes without fastening
- ✱ Pull zips up and down
- ✱ Pull up trousers independently
- ✱ Put T-Shirt and jumper on/off independently
- ✱ Show independence in managing own needs including at snack time
- ✱ Give simple explanations about healthy lifestyle choices





Relationships

Self-regulation

- Identify and name feelings in themselves and others, e.g. cross, lonely, worried

Managing self

- Begin to understand and discuss consequences of behaviour
- Talk positively about themselves and what they can do

Building relationships

- Show empathy towards their peers
- Solve small conflicts through speaking to each other and being assertive



Summary of Coverage: EYFS Reception



Finance, careers and enterprise

Managing self

- ☞ Persevere when something is challenging

Building relationships

- ☞ Take turns when playing simple games

[Return to contents](#)



Summary of Coverage: EYFS Reception



Growing up

Building relationships

- Show understanding of another child's perspective
- Show empathy towards their peers



Summary of Coverage: EYFS Reception



Keeping safe

Managing self

- Try new activities independently or with peers

Building relationships

- Solve small conflicts through speaking to each other and being assertive



Summary of Coverage: EYFS Reception



Rules, responsibilities and communities

Self-regulation

- ✳ Follow two-step instructions

Managing self

- ✳ Shows increasing independence, working on short activities independently





Staying healthy

Self-regulation

- ✘ Wait with increased patience for attention or a turn in a game/with a toy
- ✘ Identify and name feelings in themselves and others, e.g. cross, lonely, worried
- ✘ Bounce back quickly after they have been upset and with more independence

Self-care

- ✘ Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian
- ✘ Explain why handwashing is important
- ✘ Put on socks and shoes
- ✘ Fasten zips independently
- ✘ Undress independently with help for buttons
- ✘ Dress and undress independently





Statutory content:

There is content that students must cover before they leave primary school for [RSE](#) and [PSHE](#).

In the resourced curriculum, this will be marked as **(S)** for statutory content. **This is not currently indicated in this document.**

If schools choose to follow the United Curriculum for PSHE and RSE, all statutory content will be covered several times, in order for students to apply knowledge in a range of different scenarios and contexts as they grow and develop.

If you choose to only teach elements of the United Curriculum for PSHE and RSE, it is important to ensure that you have sufficiently covered at least the statutory content for RSE and Health education.

Right to withdraw



Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Sex education is not statutory at primary school, though it is United Learning's position that primaries should deliver age-appropriate sex education.

The right to withdraw only applies to sex education, not relationships or health education. **Headteachers should automatically grant any parental requests for withdrawal from sex education.** Lessons that are subject to the right to withdraw will be identified in the resourced curriculum with **(W)**, though there are very few of these in the primary curriculum. **This is not currently indicated in this document.**

We must be mindful of the not-insignificant role that RSE plays in safeguarding children and young people; there is significant evidence that high quality RSE reduces risk of sexual harm and can support positive, healthy peer relationships. Indeed, this is one of the drivers for our advocacy that children should have some sex education before they leave primary school.

For that reason, while some lessons have references to inappropriate touch and what young people should do to keep themselves safe, the decision may be made to not classify this as 'sex education'; this means that it would not therefore be subject to the right to withdraw. Sex is not described in these instances, and it is therefore reasonable to not classify it as 'sex education'.

[Return to contents](#)



Progression in the United Curriculum for PSHE and RSE



In the primary United Curriculum for PSHE and RSE, knowledge has been sequenced across units and from Year 1 to Year 6 to enable students to build a deeper understanding of **themes**. These themes provide the basis for conceptual frameworks (or schemas) that students can develop over time. They can integrate new knowledge into the frameworks and make increasingly sophisticated connections between them.



Relationships



Finance, Careers and Enterprise



Growing Up



Keeping Safe



Rules, Responsibilities and Community



Staying Healthy

[Return to contents](#)



Progression in the United Curriculum for PSHE and RSE



Within each **theme** are a number of **threads**. These are revisited and deepened as students progress from Year 1 to Year 6. These threads aren't identified on the year-by-year overviews, but will be at a later date, when resources are shared with schools.



Relationships

- Different types of relationships
- Family relationships
- Healthy and unhealthy relationships
- Managing feelings
- Sexual relationships
- Staying safe
- Understanding differences



Finance, Careers and Enterprise

- Developing into a lifelong learner
- How finances make us feel
- Rights and responsibilities in the working world
- Saving, spending and managing money
- The working world
- Your online presence and the working world



Growing Up

- Coping and thriving
- Physical changes





Keeping Safe

- Helping others and first aid
- My personal safety
- Online safety
- Rules that keep us safe
- Safe choices
- Using substances safely
- Water safety
- Water Safety - Coastal and Beach Safety
- Water Safety - Inland Water Safety



Rules, Responsibilities and Community

- Online communities
- Rules, rights and the law
- The importance of consent
- Valuing everyone within my community



Staying Healthy

- FGM
- Hygiene, medicines and drugs
- Mental health
- Nutritional choices
- Physical activity
- Sexual health
- Physical changes





Relationships

- Families are all different and special.
- There are lots of types of families, like ones with just parents and children, or ones with extended family members, or ones with step-parents.
- People who care for you can be your parents, siblings, grandparents, aunts, uncles, and family friends. They keep you safe, warm, fed, and clean.
- Families have different mealtimes, ways of spending time together, and things they enjoy doing.
- If something in your family makes you feel unsafe, worried, or unhappy, it's okay to talk to someone you trust about it.
- You can make friends by being kind, sharing, and playing together.
- Being friends means being respectful, listening, and sharing.
- Kindness is sharing, being nice, and using kind words.
- Being unkind is not sharing, leaving others out, or using mean words.
- Being kind makes others feel good. Being unkind can make others feel sad and lonely.
- People can be similar or different in many ways, like how they look, what they like, and what matters to them.
- If you need help with friendships, you can talk to a grown-up using words like, “ ___ happened and I felt ___. I would like/need ___.”
- You can also tell your friends how you feel by saying, “ ___ happened and I felt ___.”
- It's okay to say when you feel sad, happy, frustrated, scared, or surprised.
- Just like in person, the things you say and do online can affect how others feel.
- If you feel lonely, you can ask to join in with others.
- If someone is unkind to you, it's okay to tell someone you trust.
- Unkind words and actions can hurt.
- People can say unkind things online too.



Summary of Coverage - Year 1



Finance, careers and enterprise

- Everyone is different and special, and that's a good thing.
- Believing in what you're good at and using your special skills helps you feel happy and successful.
- Skills can be things you are good at, like drawing, playing sports, or being a good friend.
- You can make a list of the things you're good at, or ask your friends and family to help you.
- When you work on the things you find difficult, you can turn them into strengths and learn new things.
- In your lives, you may have friends from many different cultures, with different abilities and backgrounds.
- It's okay to have things you need and things you want.
- Needs are things like food, water, a place to live, and clean, warm clothes.
- Wants are things like toys, fun trips, and treats.
- Sometimes, you can't have everything you want because there isn't enough money to buy things you want, even if you can buy things you need.
- Money is what you use to buy things you need and want. It can be in the form of coins, paper, or a card.
- Money comes in different forms, like coins and bills that you can touch, digital money on a computer, and cards like credit and debit cards.

[Return to contents](#)





Growing up

- Everyone has different things they enjoy and are good at.
- People like different things, and don't always like the same things.
- When things are hard, you can use different ways to make it easier: break it into smaller parts, take deep breaths, tell yourself positive things, ask for help, and take breaks.
- The main parts of the body are head (this includes the eyes, nose, mouth, ears, and hair), face, neck, shoulders, arms, elbows, hands, fingers, torso (this includes the chest and stomach), back, hips, bottom, vulva, penis, testicles, legs, knees, feet, toes (this includes naming big and little toes).
- Private parts of the body are those covered by underpants: bottom, vulva, penis, testicles.
- Moving to a new class is exciting as it means meeting new friends and learning new things. There might be a different classroom, but the school rules are still the same. There might be some changes, and new challenges will come up. It's okay to talk to a grown-up about any worries and questions.



Summary of Coverage - Year 1



Keeping safe 1

- There are situations when you should ask for others' permission, like when you would like to hug or touch them, or when you would like to borrow something of theirs.
- It is important to accept it when someone does not give permission, even if you feel disappointed.
- There are situations when other people should ask for your permission, such as when they would like to hug or touch you, or when they would like to borrow something of yours.
- Grown-ups should also only touch you with your permission.
- If someone tries to make you do something you don't want to do and which may make you unsafe, you can: say "No" in a big voice, say what needs to stop, remove yourself from the situation, and go to tell a trusted grown-up.
- There are special people whose job is to keep you safe. Police officers make sure everyone follows the rules and help when there's a problem.
- Police officers patrol neighbourhoods, respond to emergencies, and work to create a peaceful and secure environment for everyone. They drive around in their cars, help out in emergencies, and work hard to make sure your community is peaceful and safe.
- Firefighters keep us safe by rushing to the scene of fires, accidents, and other emergencies to rescue people, animals, and property.
- Firefighters use special equipment and training to put out fires, preventing them from spreading and causing more damage.
- Firefighters rescue people who are trapped, such as in car accidents, buildings, or dangerous situations.
- Firefighters teach people about fire safety.
- Doctors work out what's making someone sick by asking questions, doing tests, and examining them.
- When needed, doctors can prescribe medicine to help treat illnesses.
- Doctors can do surgeries. Surgeries help fix things inside your body to make you better.
- Nurses take care of you when you are in the hospital or clinic. They check your temperature, give you medicine, and make sure you are comfortable.
- Nurses help with treatments that doctors prescribe. They may give injections, change dressings, or help with therapies to make sure you get better.
- Nurses keep you healthy by checking things like your heart rate and blood pressure.
- Crossing guards help children safely cross the road near schools. They hold a big stop sign, often shaped like a lollipop, and use it to signal drivers to stop so that children can cross the road.





Keeping safe 2

- Crossing guards wear bright-coloured clothing and often carry a bright sign, making them easily visible to drivers. This helps drivers notice them from a distance and slow down in school zones.
- Teachers keep children safe. In school, they keep a watchful eye on children inside the classroom and in places like the playground.
- Teachers can be trusted to listen carefully and help with any problems or worries.
- When you're crossing the road, playing near water, playing near roads, using sharp objects, being near fire, or playing on playground equipment, there are risks.
- You can stay safe by paying attention to your surroundings, following safety rules, asking a grown-up you trust for help, speaking up if something doesn't feel right, and knowing how to wash a cut.
- You mustn't play with matches and lighters because they can cause a fire.
- Electrical appliances must be kept away from water, shouldn't be touched with wet hands, should only be used with a grown-up, and should not be played with unless that is their purpose.
- Household products (including medicines) can be dangerous if not used properly.
- If there is an accident and someone is hurt, try to stay calm: taking a deep breath can help.
- When someone is hurt, it's important to get help quickly; find a grown-up nearby and tell them what happened. If there's no one around, look for a phone to call for help.
- When someone is hurt, it is important to keep yourself safe too; don't touch sharp or hot things or go into a dangerous place.
- If someone is hurt, scared or upset after an accident, being kind can help.
- If a grown-up isn't there, you can call 999.
- After calling 999, wait for a few seconds until someone answers.
- After calling 999, when the grown-up answers, use a big slow voice. Tell them your name and where you are. Listen carefully to their questions.





Keeping safe 3

- After calling 999, tell the person on the phone what happened. If someone is hurt, or in danger, or if there's a fire, let them know.
- After calling 999, listen carefully to what the person on the phone tells you to do. They might ask you to do certain things and they might explain how to do them.
- After calling 999, remember that the person on the phone is there to help. Don't be afraid to ask for help or tell them what you see.
- After calling 999, you can tell them where you are by telling them the name of your street, school, or nearby shops.
- If someone is bleeding a lot, you can help to stop bleeding by pressing a clean cloth on the cut. Even if it hurts, it can help the person by stopping them from losing too much blood, and you can do this while waiting for a grown-up to help.
- If someone is bleeding a lot, you can slow the bleeding by asking the person to keep the part of the body that is cut held up above their chest.
- It is important to stay safe around dogs you know and dogs you don't know.
- With dogs you know, give them space when they are eating or lying down with a toy, resting, or look uncomfortable. Avoid bothering a dog when they are in a small space or can't move away easily.
- With dogs you don't know, always ask the owner before you go to their dog and listen to what they say.
- When you meet a dog you don't know, watch how the dog is acting. If the dog looks worried, scared, or unfriendly, it's best not to pet it, even if the owner says it's nice.
- If a dog you don't know starts chasing you, don't run. If you can't get away, stand tall and use a big, loud voice to tell the dog to sit.
- Dogs sometimes get protective of food, toys or favourite people.
- When a dog is protecting its things, it might stand up tall and stiff, with its ears flattened and might growl.
- When dogs growl, you should stop what you are doing immediately, move away calmly and tell a grown-up.
- Whether meeting a new dog or greeting a familiar dog, you should stay still and let the dog come to you, and only pet him/her if s/he invites it by pushing his/her head towards you and wagging his/her tail.





Keeping safe 4

- ✔ It's okay to say "no" to adults you don't know, especially if the adult is asking for help, secret-keeping or offering gifts.
- ✔ A "tricky person" is someone who makes you feel uncomfortable, even if you aren't sure why. They can be a stranger or someone you know, and you should keep a safe distance from them and tell a safe adult about what you feel.
- ✔ Being safe is more important than being polite, in real life and online.
- ✔ You should use an imaginary bubble when interacting with strangers or tricky people.
- ✔ It is important to know which adults you can go to for help.
- ✔ You shouldn't tell strangers where you live or the school/clubs you go to unless there is a reason for them to know it: you should say, "I'd like to check with my mum/dad (etc) before I tell you that."
- ✔ You should never keep grown-ups' secrets. You should only agree to keep happy surprises that others will find out about eventually.
- ✔ It is important to tell a trusted adult like a parent, family member, teacher, headteacher, police officer or social worker if someone has made you feel uncomfortable or unsafe. If that grown-up doesn't help, you should tell other safe adults until someone helps you.
- ✔ The parts of the body covered by underwear are private.
- ✔ Everyone is allowed to keep their body private.
- ✔ You can say "Stop!" or "I don't like that, please don't touch me" if someone is using physical contact that makes you feel uncomfortable or feel unsafe.
- ✔ It is important to tell a trusted adult like a parent, family member, teacher, headteacher, police officer or social worker if someone has touched you in a way that makes you feel uncomfortable or unsafe. If that adult doesn't help, you should tell other safe adults until someone helps you.



Summary of Coverage - Year 1



Rules, responsibilities and community

- ✦ Rules are like helpful instructions that guide you on how to act in different situations. They are there to keep you safe, ensure fairness, and make everything run smoothly.
- ✦ Rules can help safety, fairness, and order.
- ✦ Rules are needed because: rules help to keep you safe; rules help you to get along with others; rules help you to be fair; rules can make things work better.
- ✦ Different rules are needed for different situations.
- ✦ All living things, such as plants and animals, have basic needs like food, water, air, and a place to live that suits them.
- ✦ Different types of animals and plants need different things.
- ✦ Taking care of pets is a big responsibility. You need to make sure they are fed, given water, exercised, and kept clean and healthy.
- ✦ We are all responsible for treating animals with kindness and respect, and that means sticking up for all living things if you see them being hurt.
- ✦ We are all part of different groups, such as families, classes, schools, communities, and countries.
- ✦ There are ways that you are the same as, and different to, other people in your class.
- ✦ You can use the internet to talk to people, find things out and to watch and listen to fun things, but you need to do this with a grown-up's help.
- ✦ It is important to do lots of different activities as well as enjoying the internet; spend time outside, play with toys, draw, read, build and play with friends, too.





Staying healthy 1

- ✘ You should brush your teeth in the morning and night.
- ✘ Some foods are better for your teeth than others because they help your whole body to be strong. Milk, cheese, fruit and vegetables, nuts and seeds, whole grains, and water help you to be healthy.
- ✘ Wash your hands with soap and water in between your fingers and under your nails before eating, after using the toilet, blowing your nose, and after playing outside or with pets.
- ✘ Cover your mouth and nose with a tissue when you cough or sneeze, and then throw the tissue into a bin.
- ✘ Cough or sneeze into your elbow if you don't have a tissue.
- ✘ Don't share toothbrushes, combs, cups, or bottles because it's easy to pass germs, the tiny living things on our bodies, to one another.
- ✘ If someone isn't well, stay a safe distance away from them, whilst still being kind and respectful.
- ✘ Doctors and nurses keep you healthy by giving you check-ups, giving you vaccinations, and helping you to get well again if you are poorly.
- ✘ Dentists help to keep your teeth and gums healthy by providing check-ups, cleaning, and advice.
- ✘ Pharmacists/chemists can give advice and some medicine.
- ✘ Moving your body is important because it helps you to stay healthy.
- ✘ Moving your body helps to strengthen your muscles and bones, improve your balance, and keep your hearts and lungs healthy.
- ✘ Moving your body is fun! You can try different sports and activities to find what you enjoy.
- ✘ Happiness, sadness, anger, frustration are emotions that all humans feel at some point.
- ✘ You can share how you feel with others by saying, "I feel..."
- ✘ You can feel emotions in different parts of your body. You can feel excitement or nervousness in your tummy.
- ✘ Some words that describe your feelings are: happy, joy, calm, content, anger, rage, disgust, surprise, wonder, shock, sadness, dread, fear, overwhelm, worry, guilt, shame.
- ✘ Breathing exercises can help to calm you down.
- ✘ You can talk to yourself to help you when you feel angry, sad or worried: "I feel angry but I can breathe it out".



Summary of Coverage - Year 1



Staying healthy 2

- ✘ It is important to ask a grown-up for help when you aren't sure what you feeling; you can do this by saying, " __happened and I am not sure how I feel"
- ✘ It is important to ask a grown-up for help when your emotions feel too big for you; you can say, "I feel __ and I need help"
- ✘ You can tell what others are feeling by looking at the expressions on their faces.
- ✘ You can tell what others are feeling by looking at how they are moving their body.
- ✘ You can tell what others are feeling by listening to the tone and volume of their voice.
- ✘ You can tell what others are feeling by watching their behaviour.
- ✘ You can guess what others might be feeling by "putting ourselves in their shoes".
- ✘ There are different ways to play, such as: outdoor play, imaginative play, building, art/painting/drawing, music and dance, games and puzzles.
- ✘ Different foods help your body to stay healthy.
- ✘ Eating too much sugar can damage your teeth and stop your body being healthy and strong.
- ✘ Keep safe in the sun by covering up, using sunscreen, staying in the shade, wearing sunglasses, drinking plenty of water.

[Return to contents](#)



Summary of Coverage - Year 2



Relationships 1

- Loneliness can **feel** like: wanting to have someone to play with or talk to, feeling jealous of others' friendships, someone not knowing how to ask to join in (perhaps standing on the sidelines and watching), feeling like that nobody likes you.
- Loneliness can sometimes **look** like unkindness; when you are lonely, you don't always know how to tell people and this can come out as unkindness sometimes.
- When someone is lonely, you can show them how to play the games you are playing and you can tell your friends to allow them to play with you.
- Strategies to resolve conflict include: **tell** each other what you think the conflict is about using "I think" and "I feel" sentences. **Accept** that it is ok to have different opinions but still be friends. **Discuss** possible solutions that are fair to both of you. "
- Saying "please", "thank you", "excuse me", asking for permission before using someone else's possessions, and taking turns are examples of how people can be polite and courteous.
- Older people, including teachers, grandparents, neighbours and visitors to your school, have a lot more life experience and deserve your courtesy.
- Good listening means thinking about what the other person is saying, looking in their direction, waiting for them to finish speaking before beginning, asking questions about what they have said.
- Asking people questions about themselves, their thoughts and feelings can help them to feel happy and welcome.
- Friendships can change for lots of reasons, such as when someone moves away or develops a new hobby, when another person comes into the group, if there's an argument.





Relationships 2

- It is good to have different friendship bubbles/groups because you can enjoy different interests with different types of friends.
- Teasing is when you playfully say or do things to make someone smile or laugh. You always do it in a friendly and happy way, without wanting to make anyone feel bad. Name-calling is when unkind or hurtful words are used, either **to** or **about** someone.
- Bullying is when someone says or does unkind things to another person on purpose **lots of times**, and it makes that person feel sad or scared.
- There are different kinds of bullying. Sometimes, it might be someone saying unkind words, calling names, or making fun of others. Other times, it could be someone hitting, kicking, or taking toys or things without permission.
- No type of unkind behaviour is ever ok.
- It is important to tell a trusted adult about bullying or unkind behaviour.
- People play different roles. These can be in the family, school, community, and with your friends.
- Roles come with responsibilities. For example, teachers have a responsibility to guide us and help us to learn.
- Imagining how someone else feels can help you be friends with all kinds of people, even if they're different from you.
- Being respectful means treating others with kindness and caring about who they are, no matter how they're different from us.



Summary of Coverage - Year 2



Finance, careers and enterprise 1

- Remember that different people have different strengths and interests. This means that some people are better suited to some jobs than others.
- For creative jobs, it's important to be able to think of new ideas, solve problems, talk and listen well, and work well with others.
- If you're interested in business jobs, skills like talking and listening well, solving problems, managing time, and thinking carefully are important.
- For jobs where you have to care for people, it's important to be kind, work well with other people, and make good decisions. It's also helpful to understand different cultures and stay strong during tough times.
- For technology jobs, skills like thinking carefully, solving problems, and working well with others are important.
- It's important to look after money.
- Some ways to look after money are using a bank account, keeping cash in a safe place, and being careful about carrying around large amounts of cash.
- Different people make different choices about how to save and spend money. Some people like to save their money, while others like to spend it.
- Sometimes, it's hard to save money because you might not have a lot of money coming in, or you might have a lot of things that you need to spend money on. Emergencies and spending money without thinking about it carefully beforehand can also make it difficult to save.
- There are advantages of coins.
 - They are tougher than paper bills and are great for buying less expensive things.
 - They also have different sizes, shapes, and materials, which make them easy to recognise.
 - Coins often feature interesting cultural symbols and historical figures too!

[Return to contents](#)





Finance, careers and enterprise 2

- ➊ There are good things about paper money:
 - ➋ Lightweight and easy to carry: Paper money is light and fits nicely in wallets and pockets, making it easy to take with you for buying things.
 - ➌ Everyone accepts it: Paper money is used all over the world, so you can use it in many different places.
 - ➍ Different values: Paper money comes in different amounts, so you can use the right amount for things you want to buy.
 - ➎ Easy to recognise: Some people can feel the different sizes and textures of paper money, which helps them know how much money they have.
- ➏ Disadvantages of coins:
 - ➐ Heavy: Coins can be heavy to carry around, especially if you have a lot of them.
 - ➑ Small values: Coins are usually for smaller amounts of money, so you might need a lot of them for bigger things.
 - ➒ Expensive to make: It costs a lot of money to make coins, especially if they are made from special metals.
 - ➓ Can't use online: You can't use coins to buy things online.
- ➔ Disadvantages of paper money:
 - ➕ Not very strong: Paper money can get damaged easily, but newer kinds of paper money are stronger.
 - ➖ Sometimes people make fake money: Some people try to make fake paper money, which can be hard for others to tell apart from real money.
 - ➗ Can get dirty: Paper money can have germs on it because lots of people touch it.
 - ➘ Hard for some people to use: Some people who can't see well might have a hard time telling different kinds of paper money apart.
 - ➙ Easy to lose: Paper money can be easy to lose, unlike money you keep in the bank.
 - ➚ Bad for the environment: Making and throwing away paper money can hurt the environment.
- ➛ Money can come from different places, like when you earn it, get it as a gift, or borrow it from someone.





Growing up

- Each human being is different and unique.
- Physical features, such as eye and hair colour, height, and body shape, are ways that you are different from one another.
- Each person's different talents, interests, and personalities make them unique.
- People grow and change over time; there are different stages of life – you are a baby, then a child, teenager, adult, and old person.
- Changes to your body happen as you grow and age, like changes in height, weight, and appearance.
- We all grow and change at slightly different times; for example, babies crawl, walk and talk at different ages from one another.
- The way you feel about things changes as you grow up; the way you show your feelings changes as you get older.
- People's needs and abilities change as they grow and age. For example, babies need a lot of care and attention, while older people may need help with things like mobility or memory.
- It is important to be polite and care for people of different ages.





Keeping safe 1

- ✔ Road safety rules keep you safe by telling you how to cross the road safely.
- ✔ If you want to cross the road, you should look for a pedestrian crossing.
- ✔ At a pedestrian crossing, wait for the green man signal before crossing the road.
- ✔ Look both ways before crossing the road.
 - ✔ Stop: when you approach a crossing, STOP before you come to the edge of the pavement
 - ✔ Look: LOOK for cars, bikes, lorries and other vehicles by looking right, left and right again
 - ✔ Listen: LISTEN for vehicles too. You may be able to hear them before you see them, but some cars (i.e. electric cars) are much quieter nowadays
 - ✔ Think: is there enough time for you to cross the road safely?
- ✔ Hold hands with a grown-up when walking on the pavement and crossing the road.
- ✔ Always ask a grown-up before you use the internet.
- ✔ Only play games and watch videos on websites that your grown-ups or teachers say are okay.
- ✔ If you see or hear something online that makes you feel uncomfortable, sad, or scared, tell a grown-up you trust.
- ✔ Things like your full name, phone number, address, school/clubs, passwords, photos or videos should be kept private when online.
- ✔ It is important to tell a grown-up that you trust if you come across something on the internet that scares or worries you.
- ✔ The internet can help you to find things but you should search it with an adult's help. Special websites with .edu or .org at the end of their name are safe.
- ✔ You should log out of accounts when you have finished using them.
- ✔ Sometimes people behave differently on the internet, including by pretending to be someone they are not.
- ✔ Not everything that you see on the internet is true.





Keeping safe 2

- Rules in the house can keep everyone safe:
 - Fire is dangerous. If you find matches or lighters, don't touch them. Tell a grown-up right away. Things like stoves, ovens, and irons can be very hot. Don't touch them and keep a safe distance.
 - Plug sockets are not toys. Never put anything into them. If you see something that looks unusual about a socket, tell a grown-up.
 - Always use the banister when going up or down stairs; it can stop you from falling if you trip.
 - Toys and other things on the stairs can trip people up. Keep them off the steps so people don't get hurt.
 - Only use scissors, knives, and other sharp things if a grown-up has said it's ok.
 - Learn your home address and know important numbers like 999 and your grown-up's phone number.
 - Things used to clean the house can be dangerous. Never open or play with them. If you see cleaning things that are where they shouldn't be, tell a grown-up.
 - Climbing on furniture can be dangerous because you could fall and hurt yourself or damage something. Always use furniture in the way that it's meant to be used.
 - Never lean out of an upstairs window, because you could fall out.





Keeping safe 3

- ✔ You can keep safe in new places by staying with the grown-ups you came with.
- ✔ You can keep safe by talking to your grown-up about what to do if you get lost when out and about.
- ✔ Never leave somewhere with a different adult, even if you know them or they tell you that you can trust them.
- ✔ Even places you know well can be dangerous. Keep safe in familiar environments by knowing what is dangerous, following rules, knowing which grown-ups to go to for help, using equipment properly.
- ✔ Electric vehicles are harder to hear when crossing the road or walking past driveways.
- ✔ Tell a parent, teacher or trusted adult if you are worried about the safety of yourself or someone else.
- ✔ There are things that people can put into their body or on their skin, like food, drinks, medicine, personal care products, drugs and alcohol.
- ✔ Things that people can put into their body or on their skin can affect how they feel, and some things can make you feel well while other things can make you feel unwell.
- ✔ The things you put into your body or on your skin can be dangerous and some are not safe for children to use. Always ask your grown-up before putting anything into your body or on your skin.





Rules, responsibilities and community

- ✦ A community is made of different groups of people who work to achieve the same things.
- ✦ We should all take care of the environment; you should make sure you don't harm plants or animals.
- ✦ Eating less meat is a good way to help protect where animals live.
- ✦ When you visit natural reserves, it's important to follow the rules to keep habitats and wildlife safe.





Staying healthy 1

- ✘ People may feel happy, sad, or worried when things are changing, or if they've lost someone or something important.
- ✘ Even nice changes like moving houses, changing schools, or gaining a new brother or sister can make you feel lots of different feelings.
- ✘ Sometimes when someone dies, you say that you have "lost" them. This is because they have gone away from you for good.
- ✘ Losing a toy, a pet, or someone you love can make you feel lots of big feelings. It does not have to be a death or even a permanent loss for you to feel very sad or angry.
- ✘ It can be really good when things change; you can make new friends or have the chance to do new and exciting things.
- ✘ Some people believe that people and even animals go to heaven or some kind of afterlife.
- ✘ When someone dies, some people like to visit their grave and talk to them there. Other people might like to talk to people who have died inside their heads or out loud.
- ✘ Some people like to talk about favourite memories of their loved one with others who knew and loved them.
- ✘ Some things that help people feel good are playing outside, doing their hobbies, spending time with people they like, getting enough sleep.
- ✘ Not everyone feels the same way at the same time or feels the same about the same things.
- ✘ You can share how you feel by using feeling words.
- ✘ Using emotion wheels can help you to work out how big your emotions are and describe them to others.
- ✘ Some emotions can make your body feel uncomfortable.
- ✘ When you are angry or upset, your body can feel bunched up and tense.
- ✘ When you are angry or upset, deep breaths can help you to calm down and feel better.
- ✘ Strong emotions can make you act without thinking.





Staying healthy 2

- ✘ Being healthy means feeling well in your body and your mind.
- ✘ You can stay healthy by eating a balanced diet, which means eating different types of food.
- ✘ You can stay healthy by sleeping for 10 to 13 hours every night.
- ✘ You stay healthy by doing about three hours of exercise every day.
- ✘ Sleep is important because it gives your body the chance to grow and heal itself.
- ✘ When you sleep, your brain works hard to help you to remember everything that you have learned in the day.
- ✘ Having a good sleep every night helps you to do a better job in school, and to feel healthy and happy.
- ✘ Everybody finds different ways to rest and relax.
- ✘ When you visit the dentist, the dentist checks teeth, gums and mouth.
- ✘ Dentists look for any problems with your teeth or gums.
- ✘ The dentist might clean your teeth using special tools.
- ✘ Dentists can put special paint on your teeth to strengthen them.
- ✘ Dentists can give advice on how to look after your teeth.
- ✘ Medicines can come in different forms, such as tablets, syrups, injections, and creams.
- ✘ Different medicines treat different illnesses and conditions.
- ✘ Some medicines can only be given by a doctor, who writes a prescription.
- ✘ Vaccinations and immunisations can help protect you from getting some illnesses,





Relationships 1

- There are different types of relationships, such as friendships, family relationships, romantic relationships, online relationships.
- Childline can help if you need to talk about behaviour in your family .
- Physical abuse is when somebody hurts your body on purpose by punching, slapping, kicking or pinching you, or by doing other things that hurt your body.
- Emotional abuse is when someone says or does things to hurt your feelings and make you feel sad or scared. It's not just regular arguments or disagreements – it's when someone is mean to you on purpose, makes you feel like you're not important, or tries to control you in a hurtful way.
- Neglect is when the people who are supposed to take care of you, like your parents or guardians, don't give you the things you need to be safe, healthy, and happy. These things are food, a safe home, clean and suitable clothing, medical care and emotional support.
- Substance abuse is feeling a strong urge that is hard to control to use drugs, including alcohol and nicotine. This can affect people's behaviour and mood.
- Domestic violence is any type of controlling, bullying, threatening or violent behaviour between people who are or have been in a relationship.
- Financial abuse is when your money is controlled by a partner, family member or carer in order to have power over you.
- Sexual abuse is when someone is forced or tricked into sexual activities; this means doing things to the parts of the body that underpants cover.
- Having things in common is important when choosing friends.
- Diversity means that there are many different kinds of people, and they can be different in many ways; this is a positive thing because it makes your world rich and interesting. Diversity can include physical, personality, cultural, and background differences.
- Regardless of differences, all people share similarities such as having feelings, needs, and things they want.



Summary of Coverage - Year 3



Relationships 2

- You can show respect and courtesy to people whose traditions, beliefs and lifestyle are different to yours by asking polite, genuinely interested questions.
- Trolling is when someone says or does things on the internet to try and make others upset or angry, just for fun.
- Harassment is when someone keeps bothering or being mean to another person on purpose.
- Deliberate excluding is when someone chooses not to include another person in activities or games on purpose.
- Strategies to respond to hurtful behaviour include: expressing feelings to the person who has been hurtful using "I" statements, seeking help from an adult with facts of what has happened, practising empathy to consider possible reasons for the behaviour, choosing to disengage/walk away, self-reflection (has the hurtful behaviour been in response to something?), taking time for self-care to help cope with difficult emotions.
- Ask for consent by being clear and direct: "Is it ok if I... ", offering choice: "It's fine if you don't want to," accepting only a clear, positive and enthusiastic positive response to affirm consent, respecting the response.
- Check that people still consent by checking in: "Is this still ok?" and paying attention to facial expressions and body language.
- If you want something to stop, use clear language: "I don't like this anymore. I want it to stop."
- Friendships are important because they make you feel cared for, they make games more enjoyable, they help you to feel belonging, it feels good to share and care for one another.
- There is a difference between 'knowing someone' in an online setting and knowing them in real life.
- Someone can pretend to be someone else online and it is easier for them to trick you than it is in real life.
- People sometimes behave less kindly or respectfully online than they would in real life.
- Some people aren't kind and go online to show children things that are unsafe or scary. You should tell a safe grown-up if this happens.





Finance, careers and enterprise

- Skills like working together, talking to others, and finding solutions will help you in lots of jobs when you grow up.
- Sometimes people think only certain kinds of people can do certain jobs, but that's not true. You can help change people's minds by showing examples that prove them wrong.
- It's not fair when people make assumptions about others based on things like how they look or where they're from. You should treat everyone with kindness and respect.
- It's important for everyone to have the same chances to do well in their jobs, but sometimes people make judgements about others based on their gender, age, race or disability. Everyone should be treated fairly.
- It can feel horrible to work in a place where people aren't treated fairly and respectfully.
- Diversity is when there are lots of different types of people in a group or community.
- Inclusion is when you make sure that everyone feels welcome and able to do well, regardless of how they may be different from you or one another.
- You should never let your age, gender, race, disability or any other factor stop you from being ambitious for your future.
- When thinking about what job you want when you grow up, it's good to think about what you like to do and talk about it with a grown-up you trust.
- When you are a grown-up, you can choose different ways to pay for things depending on what's best for you and the situation, like using cards, or paying online, or with your phones.
- Sometimes people use cheques, but not as much as they used to years ago.
- Credit and debit cards are plastic cards that let people buy things using the money in their bank account or that they have borrowed.
- Credit cards can lead to people spending too much money that they then have to pay back.
- There are special apps that let you pay with your phone, like Apple Pay or Google Wallet. These can be quick and easy to use, as long as you have a smartphone.
- Online shopping is where you can buy things and send money using the internet.





Growing up

- It is good to think about your achievements and the things you're good at.
- Say positive things to yourself, like "I'm brave" or "I can do it" to remind yourself that you can do amazing things.
- Say these positive things every day to help you feel confident.
- You can say positive words when you are thinking about things that happened during the day (e.g. 'I am proud of myself for being brave at school when I stuck up for a person who was being treated unkindly').
- If things don't go the way you want, try to think about them in a different way and ask for help when you need it.
- Try to recognise when you are being too hard on yourself or thinking that the worst will happen and focus on the things you have control over.
- As you grow up, you'll get to do more things and learn how to take care of yourself and others.
- To make things easier when you move to a new year group, you can do things like: planning ahead, being organised, asking for help when needed, and taking care of yourself.



Summary of Coverage - Year 3



Keeping safe

- Looking around you and trusting your instincts (feelings) helps you to stay safe.
- Work with your grown-ups to have a safety plan for new situations.
- Always think about how to keep your body safe and ask for help when you need it.
- Be careful of slippery floors, sharp objects, hot surfaces, poisons, and fire in your home. If you see something dangerous, tell your grown-up.
- Friendly touches are those that make you feel happy, safe, or cared for.
- Hugs from family members, high-fives, handshakes, or pats on the back are family touches.
- You might cuddle or kiss grown-ups who are very close to you, like your parents or carers.
- Unsafe touching is when somebody touches private parts of the body, where your underwear covers, or other parts of your body in a way that makes you feel uncomfortable.
- Touches to private areas under underwear should only happen if you have to go to a doctor if you are poorly in those areas. Mum, dad or your grown-up should also be in the room with the doctor if this type of touch happens.
- Unacceptable touches are those that make someone feel uncomfortable, scared, or upset. Unwanted hugs, touches to private areas, or any touch that does not feel ok is an unacceptable touch. If this happens, you must tell trusted grown-ups.
- It's okay to say 'no' to adults you don't know online, especially if the adult is asking for help, secret-keeping or offering gifts.
- A 'tricky person' is someone who makes you feel uncomfortable, even if you aren't sure why. They can be a stranger or someone you know, and you should keep a safe distance from them – in real life and online - and tell the grown-ups you trust about your feelings.
- Being safe is more important than being polite, in real life and online.
- You can use an imaginary bubble when you meet strangers or tricky people, in real life and online.
- It is important to know which adults to go to for help.
- You shouldn't share any of your personal information with unfamiliar adults online unless there is a reason for them to know it: you can always answer by saying, "I'd like to check with my mum/dad (etc) before I tell you that."
- You should never tell unfamiliar adults or tricky people online where you live, about your daily routines, or where you go to school/clubs.
- You should check with your grown-ups before you share any information online.

[Return to contents](#)



Summary of Coverage - Year 3



Rules, responsibilities and community

- ✦ Rules and laws are important for safety, fairness, order, and responsibility.
- ✦ Not following rules and laws can lead to serious consequences, like damaging relationships and getting in trouble with the law.
- ✦ "Reduce, Reuse, Recycle" is a good way to help the environment.
- ✦ You can do your part by thinking carefully about what you buy, thinking about where it is from and whether you really want or need it, reusing items, and following the rules about how to recycle in your area.
- ✦ Our country has a responsibility to set a good example to the rest of the world by showing that it will make changes to be more sustainable.
- ✦ Everyone in our country can help to set a good example by protecting natural habitats.
- ✦ It's important to be thankful for the different ways that different people and groups help your community.
- ✦ Social media and the Internet can be used for good, like connecting with friends and family and learning new things, but you also need to be careful about cyberbullying and seeing or hearing things that aren't good for you.

[Return to contents](#)





Staying healthy 1

- Mental health, just like physical health, is part of daily life for everybody, even when you aren't necessarily aware of it.
- It is just as important to take care of your mental health as it is your physical health.
- Take care of your mental health by getting good sleep, spending time outdoors, being involved in activities, and spending time with family and friends.
- Diet, exercise, sleep, stress, and mental health affect your overall health.
- Eat a balanced diet by including different fruits, vegetables, whole grains, proteins, and healthy fats,
- Drinking water through the day keeps you hydrated, which is good for your whole body.
- Processed foods are any foods that have been changed from their natural state, and when you buy foods like this, it can mean that they have lost some of their vitamins and minerals.
- Try not to eat too many processed foods or sugary drinks.
- Stay active by including different types of exercise in your weekly schedule, doing some exercises alone, and some with friends or classmates, and finding exercise that you enjoy.
- It can help you to get good sleep if you go to bed and wake up at the same time each day.





Staying healthy 2

- ✚ Spending time with friends and family and doing activities that you enjoy together can help you to stay healthy and well.
- ✚ Activities like drawing, singing, dancing, painting or playing with clay can help you to feel calm, happy, and express your feelings.
- ✚ There is something called mindfulness, where you give your full attention to what you are doing or feeling at the moment; practising this can help you to stay healthy and feel good.
- ✚ Toothpaste keeps teeth healthy by strengthening the tooth enamel, which is a coating on the outside of your teeth.
- ✚ Spitting but not rinsing gives toothpaste longer to work to protect your teeth.
- ✚ It is important to brush teeth for two minutes in the morning and then again at night.
- ✚ Dentists can see if you have any problems with your teeth that need to be treated, which is why you should go regularly.
- ✚ Sugary and acidic drinks like fruit juices, smoothies and fruit teas can be bad for teeth and gums. Water is better for teeth.
- ✚ Brush teeth by holding your toothbrush at a 45-degree angle to the gums.
- ✚ Brush your teeth using short, back-and-forth strokes.
- ✚ For the parts of your teeth that you chew with, use a gentle scrubbing motion.





Relationships 1

- The way you behave can have lots of effects; it can affect emotions, relationships with other people and even the world around you.
- When you're online, you should always be kind and polite, just like you are in person. You also need to be fair and respectful when playing games online.
- Stereotypes are ideas or beliefs that people might have about a whole group of people based on what they think is true for just some people in that group. It's important to remember that everyone is different and special.
- Stereotyping, prejudice, and discrimination can affect the way you see yourself.
- It's okay for boys and girls to like different things. No hobby or job should be just for boys or just for girls. You should speak up if someone says that something is 'just for boys' or 'just for girls'.
- It's important to say how you feel and what you need using 'I' statements, like 'I think' or 'I need'.
- All friends argue sometimes, but good friendships are ones where you work together to fix the cause of the argument.
- When deciding if someone is a good friend to you, you should think about: whether you make decisions together, how kind they are to you, how much you listen to what one another wants, how much you enjoy spending time together.
- The things you enjoy, and think are important, can change as you get older, and that is fine.
- There is a difference between wanting to be liked and part of the group and being true friends.
- You might find yourself changing how you behave to try to fit in with others, but you should try to remember that your feelings and ideas are important too.
- Signs that you are working too hard to fit in are: feeling that you have to work hard just to 'fit in', worrying about how the things you have done or said will be seen by others, thinking that you are 'worse' than other people, doing things that you don't want to do just to impress others, feeling like you might be 'popular' but aren't really sure who you can call your friend.





Relationships 2

- ✚ Try to find friends who like doing things that you like doing, or share similar feelings and beliefs as you do.
- ✚ If you feel like people are putting pressure on you to behave in a way that doesn't feel comfortable, you could: say 'no' or give an excuse, suggest something different that you could do instead, leave the situation, or share how you feel. It might mean you need to be brave.
- ✚ Trying to understand the reasons for someone being unkind can help you to resolve arguments, so asking them (one-to-one rather than in front of other friends) when you are both calm about the reasons for their behaviour can help.
- ✚ Not all friendships are safe. Some can be unsafe.
- ✚ Unsafe friendships might make you feel sad, want to avoid that person, feel pressured to do things you don't want to do or know are wrong.
- ✚ Friendships are unsafe when you can't trust or rely on the "friend". Unsafe friendships can make you feel unwell or stop you from sleeping well.
- ✚ Bullying can make the victim feel sad, scared and alone.
- ✚ Bullying can make the victim stop wanting to go to school or taking part in their hobbies.
- ✚ Bullying can stop the victim from sleeping and eating properly.
- ✚ There are different types of bullying. Bullying is when someone is unkind to a person for a long period of time. Someone being unkind as a one-off isn't bullying.
- ✚ Verbal bullying means using words to hurt, embarrass, or scare someone.
- ✚ Verbal bullying can happen face to face but can also be online or through writing something down.
- ✚ Physical bullying means using your body to deliberately hurt or frighten another person.
- ✚ Social bullying is when you try to cut someone out of a group or make them feel like nobody wants to be their friend by encouraging or tricking others into not being their friend.
- ✚ Racist or discriminatory bullying is when you bully someone because of parts of their identity, like their sex, the colour of their skin, their religion or any disability they might have.



Summary of Coverage - Year 4



Finance, careers and enterprise

- When deciding on a job or career, people consider things like what they enjoy, what they are good at, and what kind of lifestyle they want.
- Some families have connections to certain trades or jobs; for instance, they might own a shop or run a company.
- If something is described as being 'good value for money,' this usually means that people are thinking about whether it's worth the money based on its price, quality, and how long it will last.
- Sometimes, not having enough money can make people feel worried or stressed about paying for things and saving for the future.
- Money can make people happy because they can buy things they like or need.
- People may feel guilty about spending money on things they don't really need or can't afford.
- Some people worry about losing their job or not being able to take care of themselves or their family.
- People may feel worried or embarrassed if they don't have enough money or owe other people money.
- People may feel proud of themselves for saving money or being careful about how they spend money
- People may feel envious of others who have more money or nice things.

[Return to contents](#)





Growing up

- Thinking about the things that you are good at, interested in and have done well at can help with your sense of self-worth.
- Self-worth is your belief that you are good enough and deserve to be treated with kindness and respect.
- Having personal pride is not the same as showing off; we all have a right to be proud of ourselves when we have done something well.
- Sentence stems like, "I know that I am...because..." can help you to think about your strengths and skills.





Keeping safe 1

- The legal age to buy: alcohol, cigarettes and tobacco, e-cigarettes and vaping products, certain types of knives and fireworks is eighteen years.
- It is important to follow all rules and restrictions, including age-related because they keep you safe.
- Age restrictions help stop young children from sharing personal information online.
- Age restrictions help to keep young children from seeing or hearing things in games, music or films, for example, that aren't suitable for them.
- Seeing or hearing things online that aren't suitable can be frightening or confusing.
- Age restrictions help protect children from speaking to unsafe people online.
- The word "privacy" means the right to keep some information to yourself.
- Personal boundaries are what you can set when you decide how you want others to treat you; they help you to feel safe and comfortable.
- It is important not to share personal information online - remember, even saying it aloud counts as sharing. Personal information includes your full name, address, phone number, school name, and details about your family.
- If you share your personal information online, people can use it to trick you.
- Longer passwords are usually more secure than shorter ones.
- When you create a password, try to use one with letters, numbers and symbols that you can remember.
- Use different passwords for your different accounts to keep them safe. If you use the same password for everything and someone figures it out, they can get into all your accounts.
- You should avoid using easily guessable patterns for passwords, like '123456', 'qwerty', or 'password'. Don't use birthdays or pets' names either – they are too easy to guess.
- Never post pictures or videos of yourself, your family, or your friends without asking your grown-ups for permission.
- A 'scam' is when someone tries to trick you into giving them your money or personal information. Scams can happen online or in real life, and they aren't often easy to spot. It's important to always be careful and ask a grown-up for help if something doesn't seem right.





Keeping safe 2

- It is important to use medicines properly by following the instructions, taking the right amount, and always keeping medicines in their own container. You should only use medicines with a grown-up's help.
- It is important to use household products safely (with your grown-up's permission) by following instructions, keeping them in their original containers, and keeping them away from younger children and pets.
- Some people choose not to use drugs like nicotine because they want to stay healthy. Nicotine can harm your body.
- Some people don't want to use medicine from their doctor because they want to try to get well on their own, or they are worried about side effects.
- Some adults don't drink alcohol because they don't like the way it makes them feel or the effect on their body.
- Some adults like to use alcohol for when they are out with friends or because they like the way it makes them feel.
- You should learn about the positive and negative effects of any drug before deciding whether to use it or not.
- Many people use medicines from the doctor because they can help them to get well more quickly.
- Many people use medicines from the doctor because they would not get well on their own.
- Many people use medicines from the doctor to control existing conditions or manage pain.
- Many people use over the counter medicine to feel better and get well more quickly.
- Drugs can have positive effects and negative effects.
- If someone is bleeding a lot, you can help to slow down the bleeding by asking the person to keep the part of the body that is cut held up above their chest.
- If someone has been scalded or burned, you should remove the source of heat and cool the area with cool running water for at least 10 minutes. This helps to cool the skin and reduce further damage.
- If someone has been scalded or burned, help them to remove any clothing or jewellery near the injury, but do not force anything stuck to the skin.
- Burns are categorised into three levels: first-degree, second-degree, and third-degree. First degree burns just affect the top layer of skin. Third degree burns are much more serious.





Keeping safe 3

- ♥ If someone has been scalded or burned, tell a grown-up as soon as possible.
- ♥ A stroke is when the blood supply to part of the brain is cut off. It can be very serious.
- ♥ Quickly identifying when someone has had a stroke and telling a grown-up can help them to have the best possible chance of recovery.
- ♥ Signs of a stroke are: **FAST** –
 - ♥ **Face drooping:** look for unevenness in a person's face that is not normally there, like their eyes or mouth drooping.
 - ♥ **Arm weakness:** ask them to raise both arms. If one arm drifts downward or feels weak, it could be a sign of a stroke.
 - ♥ **Speech difficulty:** listen for slurred or strange speech...do they sound very different to how they usually sound?
 - ♥ **Time to call** emergency services: if you notice any of these signs, it's time to quickly tell a grown-up or call 999.
- ♥ There are situations when you need to call the emergency services. These are:
 - ♥ serious injuries,
 - ♥ someone having difficulties breathing,
 - ♥ fire and unexplained smoke,
 - ♥ dangerous situations where someone is breaking the law or might get hurt,
 - ♥ someone not waking up,
 - ♥ a serious allergic reaction when the person's face and throat are swelling up,
 - ♥ poisoning,
 - ♥ car accidents,
 - ♥ someone choking.
- ♥ In an emergency, tell a grown-up first, but if you can't find one, call 999.



Summary of Coverage - Year 4



Rules, responsibilities and community 1

- ✿ Having rights also means having responsibilities.
- ✿ When you exercise your rights, make sure you don't stop others from enjoying their rights too.
- ✿ Every family member deserves respect and kindness. No one should be treated badly, whether it's through words or actions.
- ✿ You have the right to share your thoughts and feelings with your family. It's important to listen to what others have to say too.
- ✿ Families should live in safe and healthy places. This means having enough food, a comfortable place to stay, and access to healthcare.
- ✿ Children have the right to go to school and learn. Your grown-ups should help you to get this right by supporting you to attend school and participate in school activities.
- ✿ Being part of a family means you have special jobs and responsibilities, but everyone's jobs can be different, depending on how old you are, your family's traditions, and how your family works together.
- ✿ Family members have a responsibility to talk openly and honestly with other family members: you should be able to share your thoughts, feelings, and concerns, and listen to others' as well.
- ✿ Family members have a responsibility to treat other family members with respect, kindness, and consideration. Treat your family members with kindness and consideration. Everyone has different boundaries, so what might be ok to you might not be for someone else.
- ✿ Family members have a responsibility to help with household tasks like cleaning, cooking, and maintaining shared spaces.
- ✿ You can express your ideas and opinions, but remember to do it respectfully, including at school.
- ✿ You have the right to have an education and your school should help you to learn.
- ✿ You have a responsibility to follow the rules at school, and to be respectful to your classmates, teachers, and other school staff.
- ✿ You have a responsibility to join in with class discussions and activities.
- ✿ You have a responsibility to attend school regularly and arrive on time.
- ✿ You have the right to feel safe and secure; this means that you should be able to play, learn, and grow without feeling afraid.
- ✿ You have the right to good health, including nutritious food, clean water, and healthcare.
- ✿ You have a responsibility to treat others the way you want to be treated, being polite and kind to neighbours, classmates, and adults in your community.

[Return to contents](#)



Summary of Coverage - Year 4



Rules, responsibilities and community 2

- ✳ You have a responsibility to understand and follow the rules set at home, school, and in public places.
- ✳ You have a responsibility to learn about and practise habits that keep the environment clean and healthy, like picking up litter and recycling.
- ✳ Laws are a way of making sure that people do the things they should; they also help to make sure that everyone is treated fairly.
- ✳ Compassion is about caring for others and wanting to help them when they are having a hard time. Everyone should have compassion for other living things, including animals.
- ✳ You can show compassion by doing nice things for others, like helping out, giving to those in need, or using kind words.
- ✳ All humans have a shared responsibility for caring for other people and living things.
- ✳ You can show care and concern for others by being respectful, kind and considerate.
- ✳ Some ways to show care and concern for others include listening actively, empathising, being kind, showing respect, and being supportive.
- ✳ Becoming self-aware means paying attention to when you might judge someone based on things like their skin colour, whether they're a boy or a girl, how old they are, or if they have a disability. Once you notice that you are judging somebody in this way, you should try to understand where these judgements come from and question if they're fair.
- ✳ It is important to get to know people who are different from you by talking to them, asking questions, and learning about their experiences and perspectives.
- ✳ When you hear someone say something unfair about others, you should speak up and gently tell them why you think they're wrong, using evidence to prove your points when you can.
- ✳ Paying attention to what you see and hear in the media and being careful about what you believe is really important.
- ✳ When looking at information online, you should check whether you can trust it, and ask a grown-up if unsure .
- ✳ It's good to be aware of the information you give out when you're online. People might use this information to try to sell you things.
- ✳ Sometimes, companies use surveys, interviews, and tracking to get personal information.
- ✳ If your personal information gets into the wrong hands, it can cause a lot of problems; for example, criminals could try to pretend to be you to steal money or trick people.





Staying healthy 1

- ✘ Nutrition labels on foods give you important information about your foods.
- ✘ Nutrition labels show you about:
 - ✘ Calories: calories are the amount of energy that food gives you.
 - ✘ Fat: too much saturated fat over time can be bad for your heart.
 - ✘ Carbohydrates
 - ✘ Protein
 - ✘ Salt: too much salt in your diet can be bad for your health.
 - ✘ Allergens: some people have serious food allergies, so need to check for allergens in food.
 - ✘ Traffic Light System: Some labels use a colour-coded system (green, amber, red) to show when the nutrient is low, medium, or high.
- ✘ Too much screen time isn't good for your health. Create a schedule that includes time for homework, fun learning games, and entertainment.
- ✘ Talk to your family about having tech-free zones in certain areas of your home, like the dining table or bedrooms.
- ✘ Try to avoid using screens after dinner so your brain can get ready for bedtime.
- ✘ When you play outside, you get sunlight, which helps your bones to stay healthy.
- ✘ Team sports are fun and they can help make you better at making decisions and solving problems.
- ✘ Yoga or other fun sports exercises can help you to relax, get strong, and feel less stressed.
- ✘ Running, biking, and dancing helps your heart and lungs to be strong and healthy.
- ✘ Push-ups, star jumps, and climbing can make your muscles strong and help you get better at things like carrying heavy books or playing on the monkey bars because your muscles will get stronger.
- ✘ Going to bed early and getting a good night's sleep helps you to concentrate better in school, remember things, learn new stuff, and feel happier.
- ✘ If you don't get enough sleep, you will find it harder to concentrate, become grumpy more quickly, and may get ill more easily.





Staying healthy 2

- ✎ Taking care of your body means keeping it healthy and strong.
- ✎ Taking care of your health includes things like eating good food, staying active by playing and exercising, getting plenty of sleep, and finding ways to manage your feelings when you're upset.
- ✎ You might notice that you feel less hungry, more tired and achy, and unusually hot or cold if you are starting to get sick.
- ✎ As you get older, you might notice that the way you feel can be affected by the people around you and the things you do.
- ✎ Things that happen in school can make you feel happy but could also make you feel sad or worried. You should tell a grown-up if something has happened in school to make you feel sad or upset.
- ✎ Feelings can be affected by good and bad things that happen in your life; sometimes these feelings can feel very big and hard to deal with.
- ✎ Having good relationships can make you feel great, but arguments or stress can make you feel upset.
- ✎ Feeling sick or tired can make you feel grumpy, and the weather can affect your mood too.
- ✎ Watching fun and happy stuff on TV and the internet can make you feel good, but seeing upsetting things can make you feel sad.
- ✎ Having a regular routine makes things predictable and can make you feel calm, but changes to your routine can make you feel stressed.





Relationships

Marriages and civil partnerships are ways for adults to show they love each other and plan to be together forever.

- ✚ Marriage is an official bond between two people. That means that there are laws related to it, and people who are married to one another have certain rights. For example, you have the right to live in your home, even if it is your husband or wife who owns it.
- ✚ There are different types of wedding:
 - ✚ In a religious wedding, the bride and groom celebrate their special day following the customs and traditions of their religion. It may take place in a place of worship, like a church, mandir, or mosque.
 - ✚ Civil weddings also have customs, traditions, and rituals but they are not religious.
- ✚ Some weddings are between a man and a woman, and some are between two men or two women.
- ✚ Civil partnership is another way for two people to show they care about each other and want to have legal rights together, just like marriage.
- ✚ There are different types of civil ceremony, like:
 - ✚ Civil Marriage Ceremony: a non-religious, legal marriage. A government official called a registrar leads the ceremony.
 - ✚ Registry Office Wedding: this is held at a government office where legal documents like birth certificates are registered.
- ✚ A commitment ceremony is when a couple wants to show everyone how much they care about each other, but they don't have the legal part of marriage or civil partnership.
- ✚ Adults have different kinds of friendships as they grow up, like work friends, people they know from their community, and friends they hang out with sometimes.
- ✚ As you grow up, you might feel like you really like another boy or girl and want to kiss or hold hands with them – this is sometimes known as having a crush. This feeling can feel really strong but it usually doesn't last very long. Sometimes you might feel this way about a famous person, too.



Summary of Coverage - Year 5



Finance, careers and enterprise 1

- Spending decisions are based on what you need and what you want.
- Budgeting is making a plan for how you will spend your money.
- Budgeting might be done using a spreadsheet or an app.
- Teamwork at work involves:
 - Setting goals: it's important for everyone to agree on what they want to achieve and work towards it together.
 - Collaboration: this means working together as a team, sharing responsibilities and using each other's strengths to reach your goals.
 - Active listening: listening to each other helps you to understand everyone's ideas and feelings and makes the team a nice place to be.
 - Flexibility: being able to change and adapt to new situations helps you to solve problems and understand other people.
 - Resolving conflicts: it's normal to disagree sometimes, so it's important to figure out how to solve problems and keep working well together.
 - Trust and respect: working in a team means trusting and respecting each other. Trust helps you to talk openly, take chances, and support each other
 - Leadership and followership: teamwork also means being a good leader and a good follower. Leaders give direction and inspire the team, while followers help and get tasks done.
 - Time management: managing time well is important for getting things done on time. It means deciding what's most important, sharing tasks, and staying organised.
 - Problem-Solving: Having strong problem-solving skills means being good at figuring out tricky problems, coming up with new and smart ideas to solve them, and making decisions together.



Summary of Coverage - Year 5



Finance, careers and enterprise 2

- Some jobs are paid more than others, and this can affect the types of jobs that people decide to do.
- People may choose to do voluntary work, which is unpaid, because it helps people, animals or causes.
- There are lots of different types of jobs that you can do; in this country, there are lots of opportunities in different areas.
- Different industries in the UK: IT, healthcare, finance, education, engineering, marketing and advertising, hospitality and tourism, manufacturing and industry, retail, legal, property, creative arts/media, public service, science and research, construction and trades, transportation and logistics, hair, beauty and aesthetics, social care.
- People often have more than one career/type of job during their life.

[Return to contents](#)





Growing up 1

- “Personal identity” is your sense of what makes you unique and special.
- Your personal identity is shaped by lots of things: the personality you were born with, the way you were raised, and the things you have experienced in your life.
- You will go through puberty in the next few years, and will experience changes in your body as well as your emotions:
 - Mood swings: this means that you can feel big feelings very suddenly, and you might not always understand why!
 - Identity formation: you will start to get a real understanding of the type of person you are: what you like and dislike, what you care about and are interested in, and what you think is important in life.
 - Sexual identity: you may start to have crushes on boys, girls or both.
 - Social relationships: you will start to feel more independent from your family and become more interested in spending time with your friends instead.
- When you go through puberty, you might be described as an ‘adolescent’. This means that you are changing from being a child to being an adult.
- Your body changes when you are going through puberty, and it becomes more important than ever that you keep it clean, washing your armpits and private parts every day, and washing your hair and face more carefully and regularly, too. This can help you to feel and smell clean.
- Using antiperspirant under your arms every day can help to reduce sweat and odour. Deodorant reduces odour only, meaning you might smell nice but could still feel sweaty and uncomfortable.
- Many adolescents get spots on their face, chest and back. This is because of hormones, and although keeping clean might help, spots are usually nothing to do with how clean you are.
- Some people get acne, which is a more severe type of spots and can be very uncomfortable. Doctors can give medicine to help to manage acne until hormones settle down.
- Hormones can make hair get oily more quickly. Washing your hair regularly can help it to stay looking and feeling clean and fresh.





Growing up 2

- Girls will experience something called menstruation, or a 'period'. This is when the lining of the uterus is shed, approximately once a month, if the egg is not fertilised or if a fertilised egg does not implant in the uterus. Menstrual bleeding typically lasts 3 to 7 days.
- The average menstrual cycle lasts about 28 days, although it can range from 21 to 35 days.
- The follicular phase is when the follicles in the ovaries mature, and a follicle releases an egg (ovulation) around the midpoint of the cycle.
- Ovulation is when the mature egg is released from the ovary and travels to the fallopian tube, where it may be fertilised by sperm.
- When girls are menstruating, or "on their period," pads, tampons, period pants, or menstrual cups can help them to stay fresh and comfortable. It is important to change these regularly.
- Puberty is the biological process that prepares the human body for sexual reproduction, but just because you have gone through puberty, it doesn't mean that you are emotionally or legally ready for sexual intercourse.
- Puberty is triggered by hormones that stimulate the testes (in males) and ovaries (in females) to produce sex hormones.
- In males, the testes start producing testosterone, which is what makes boys grow taller and start to look more like men. It also helps their bodies make sperm.
- In females, these hormones cause the onset of the menstrual cycle and tell the ovaries to produce oestrogen and progesterone. They also mean changes to the body: girls' hips start to widen and breasts to begin to grow.
- Sexual reproduction is two parents - male and female - creating a new organism by mixing their genomes. It is the way mammals, including humans, reproduce.
- Sexual intercourse, abbreviated to "sex", is a special and private activity that involves adults who love and care about each other.





Growing up 3

- The internal reproductive organs in males are responsible for the production, storage, and transportation of sperm.
- In males, the external genitalia include the penis, scrotum, and testicles.
- In females, the external genitalia is vulva, which includes the clitoris and labia. The internal reproductive organs include the ovaries, fallopian tubes, uterus, cervix, and vagina.
- Your adults, BBC Bitesize, PSHE lessons and your local health services are good places to get more information, help and advice about growing and changing.
- People may be attracted to someone of the same sex or different sex to them.
- The sex that takes place in order to conceive a baby involves a man's penis going inside a woman's vagina.
- Sexual intercourse is a normal part of healthy adult relationships and is not done just when they want a baby, but as a way of showing love.
- When adults want to have sex without having a baby, they can use something called 'contraception' which means 'against conception'.
- Fertilisation in most humans is internal, but it can happen externally (in vitro fertilisation - IVF - which means 'in glass' fertilisation)
- Babies grow inside the uterus in the mother's belly.
- When a baby is ready to be born, the mother experiences contractions. These contractions help push the baby out of the mother's body through the vagina. This process is called childbirth.
- Some babies are born via a caesarean section. This is when doctors make a small cut in the mother's belly and take the baby out through that opening.





Growing up 4

- There are different reasons why a caesarean section might be chosen. It could be because the baby needs to be born quickly, or the mother and the baby might be safer this way.
- All babies need to be fed regularly and their main source of nutrition is either breast milk or formula milk. Breastfeeding is a natural way for mothers to feed their babies using milk produced by their body. Sometimes babies are fed formula milk with bottles.
- Babies need to have their nappies changed regularly. This helps keep them clean, comfortable, and prevents nappy rash.
- Babies sleep a lot, and they need a safe and comfortable place to sleep, like a crib.
- Babies like to be held, cuddled, and comforted. This helps them feel loved and secure. Singing, talking, or gentle rocking can be soothing for babies.
- Babies need to be bathed regularly, but not too often. A gentle bath with mild baby soap is usually enough.
- Babies learn by exploring and playing. Simple toys, colourful objects, and soft books can be interesting for them. Spending time talking and singing to the baby helps with their language development.
- As babies grow, they become curious, so it's important to keep their environment safe. This includes baby-proofing the home and ensuring that dangerous items are out of reach.
- Babies need to see a doctor regularly for check-ups to make sure they are growing and developing well.
- Babies all need love and attention. Spending time with them, talking to them, and responding to their needs helps build a strong bond.
- Babies cry to communicate their needs, and sometimes figuring out what they need takes time.





Keeping safe

- There are laws around sharing pictures. You are responsible for checking that everyone understands and agrees to the picture being shared, and you must never share inappropriate content. You shouldn't share pictures of other children without their adult's consent.
- You shouldn't use social media until you are older. When you do, you should think carefully about what you share. Things that might be appropriate to share on social media, including WhatsApp, are: achievements, happy moments, and positive experiences, as well as interests, hobbies, and activities you enjoy.
- There are things you shouldn't share on social media, including WhatsApp: offensive content, private information, anything you wouldn't want to be shared. If unsure about posting something, ask yourself if you'd be happy for your adults or your teacher to know that you'd posted it.
- Sometimes, movies, TV shows, or advertisements might make using alcohol or smoking/vaping look cool or glamorous. They might show people having fun without showing the risks.





Rules, responsibilities and community

- ✦ You can educate others by sharing information about ways to be more sustainable and encouraging them to act.
- ✦ Walking, biking, scooting, or car-sharing to school can reduce pollution.
- ✦ Planting trees and flowers can help to improve the environment. This helps mitigate climate change by reducing the concentration of greenhouse gases in the air.
- ✦ An algorithm is a computer programme that analyses data to make decisions and recommendations.
- ✦ Algorithms can choose the content and adverts that you see online just by using the information that they have gathered from things like your search history, age, sex and location.
- ✦ It's important to know that this can also mean companies collect information about you, which can be risky. Also, sometimes it can show you the same kinds of things over and over and make it more likely that you believe things that aren't actually true. For example, if you kept seeing content that showed men saying that women weren't as intelligent as them, over time, you could be more likely to believe it.
- ✦ Connected devices can share information, so when devices like smart phones, tablets, and computers are connected to the Internet, they can communicate and share information with each other.
- ✦ There are different types of connections such as Wi-Fi, Bluetooth, and cellular networks.





Staying healthy 1

- ✦ Planning healthy meals means giving the body enough nutrients, energy, and hydration.
- ✦ Portion control is an important part of planning healthy meals.
- ✦ Eating too much sugar can cause tooth decay, obesity, type 2 diabetes and poor nutrition.
- ✦ The body works best when it is given foods which provide energy, help it to fight off infection, and help healthy digestion.
- ✦ Floss is like a thin piece of string that you use to clean between the teeth.
- ✦ Flossing and mouthwash clean between teeth and above the gum line, where toothbrushes don't reach.
- ✦ Smoking can harm teeth and gums by staining teeth and causing bad breath, gum disease, and even oral cancer.
- ✦ Medicines can help to keep you healthy by preventing infections from spreading and reducing pain while your body is healing.
- ✦ Some diseases can be prevented by vaccinations and immunisations, such as chicken pox, Covid and influenza, though not every person chooses to receive these vaccinations and some countries do not offer all vaccinations automatically.
- ✦ Allergies can be managed by avoiding the things that cause the allergy, using medication or - in very serious cases, where someone has a life-threatening allergic reaction - emergency medication.
- ✦ Avoiding risky behaviours like smoking and vaping, using drugs and alcohol, and reckless ("daredevil") behaviour is important when living a healthy lifestyle.
- ✦ Practising good hygiene every day is an important part of a healthy lifestyle.





Staying healthy 2

- "Good hygiene" means things like hand washing, teeth brushing, keeping your nails neat and trimmed, wearing clean clothing, changing socks and underwear.
- It's okay to feel a range of emotions, because they are a natural part of being human.
- If a particular issue is making you feel strong, negative emotions, it is important to work on problem-solving. It is a good idea to work out steps you can take, and an adult you trust can give advice.
- Decide on the boundaries that you can set to protect yourself from situations that upset you or cause unnecessary stress. A trusted adult can help you with this.
- Irrational thoughts are thoughts that feel very real, but aren't based on truth and often exaggerate, such as "everybody hates me" or "I fail at everything." These types of thoughts can cause you to feel really strong, negative emotions.
- Focusing on positive aspects of your life can help you to deal with situations where you feel negative emotions. Some people call this "an attitude of gratitude".
- Anyone can experience mental ill health.
- Most difficulties can be fixed with help and support, and it is important to tell a trusted adult if you are struggling.





Relationships

- A forced marriage is a marriage in which one or more of the people marry without against their will. Consent can only be given if the person understands what they are agreeing to and still wants to do it.
- Forcing anyone to marry against their will is a crime. If you are worried about this for yourself or others, you should tell a teacher or social worker, who can help to create a safety plan. You should call 999 if you or others are in danger and you can't get an adult to help you in time.
- An arranged marriage is when the families take a leading role in choosing the marriage partner, but both people getting married are free to choose whether they want to marry or not.
- If the person is under 18, an 'arranged' marriage is actually a 'forced' marriage, and this means that it is a crime.
- Family relationships can be unhealthy when adults have unfair expectations of you, like expecting you to take sides when your parents are arguing, do things around the house or with younger siblings that make you feel unsafe or overwhelmed, or always be perfect in school or sports.
- Self-respect is the way you feel about yourself and how you treat yourself.
- Self-talk is a powerful way of changing the way you see yourself.
- Emotions are temporary but self-respect is more permanent; you can be frustrated and upset with yourself but still believe that you are worthy of love and respect.
- Behaving in the way that you'd like others to treat you (e.g. polite language, active listening, and appropriate body language) can help you to have respectful relationships.
- Build respectful relationships by always trying to compromise when you disagree with someone, instead of being determined to get your own way.



Summary of Coverage - Year 6



Finance, careers and enterprise

- A young person must be in part-time education or training until they're 18.
- There are different ways to get to the job you want to do, like college, apprenticeships and university.

[Return to contents](#)





Growing up

- The behaviours expected of boys and girls are different in different cultures. They have changed over time in this country, too.
- The 1960s and 1970s marked a period of significant change in the UK with the Women's Liberation Movement.
- In the late 20th Century, more women in the UK entered the workforce and men became more involved with household responsibilities.
- The Sex Discrimination Act (1975) and the Equality Act (2010) have helped women to be treated more fairly in the UK.
- The word 'sex' refers to biological make up in any species, i.e. male and female.
- The word 'gender' describes how men and women are expected to behave, i.e. masculine/feminine, manly/girly. This expectation changes depending on the culture and time you live in.
- Sometimes people use "sex" and "gender" to mean the same thing, which can be confusing.
- Some people feel extreme discomfort in their sexed body. This is known as 'gender dysphoria'.
- Some people who experience gender dysphoria undergo gender reassignment. They may be known as transgender.
- Someone who is "heterosexual" feels an attraction to members of the opposite sex.
- Someone who is "homosexual" feels an attraction to members of the same sex.
- Someone who is "bisexual" feels an attraction to members of both the opposite and the same sex.
- People can have different types of attraction towards others (emotional attraction, romantic attraction, sexual attraction).
- All people have the same right to feel safe and respected.





Keeping safe 1

- There are laws surrounding the use of legal drugs like medicine, vapes, and alcohol.
- Some over-the-counter medicines might have age restrictions. For example, most supermarkets won't sell paracetamol to anyone under the age of 16.
- Prescription medicines need a prescription from a doctor.
- The legal minimum age for buying cigarettes and tobacco products is 18 in the UK.
- The legal minimum age for buying e-cigarettes and vaping products is 18.
- The legal minimum age for buying and drinking alcoholic beverages in the UK is 18.
- Some drugs are illegal to own, use and give to others.
- There are organisations that support people who are worried about their drug use.
- The term "first aid" means the help given to a person before they can get medical treatment.
- The purpose of first aid is to keep the person safe, prevent their condition from getting worse, and help them feel better.
- You don't have to be a doctor or nurse to do first aid.





Keeping safe 2

- Use basic first aid techniques to treat common injuries:
 - Cuts and scrapes: wash your hands thoroughly. Clean the cut wound with mild soap and water. Gently pat the area dry with a clean cloth. Apply an antiseptic to help prevent infection. Cover the wound with a plaster or dressing. Watch for signs of infection: redness, swelling, or increasing pain.
 - Sprains and strains: rest the injured area and avoid putting weight on it. Keep it still. Use ice wrapped in a towel for 15-20 minutes to reduce swelling. If you can, keep the injured area raised to reduce swelling.
 - Nose bleeds: lean forward: lean slightly forward to prevent blood from flowing into the throat. Pinch the nose: pinch the soft part of the nose (just below the bridge) with your thumb and index finger. Hold firmly but gently for 10-15 minutes. If injured, gently hold ice wrapped in a towel to the bridge of the nose. Most nosebleeds will not need any treatment and will stop on their own. Don't put anything in the nose.
 - Insect bites and stings: if there is a sting still in the skin (e.g. from a bee) gently scrape it off with a hard edge like a credit card or your fingernail. Wash the area with soap and water. Ice in a towel can reduce pain and swelling. Anti-allergy creams from the chemist can reduce pain and itching.
 - Debris in the eye: avoid rubbing the eye, as it can cause further damage. Blink several times to try to naturally flush out whatever is in the eye. If blinking doesn't work, flush the eye with clean water. Use eyewash from a first aid kit if you have one. If this doesn't help, get an adult to help you to get medical help.





Rules, responsibilities and community

- ✦ Equality means treating everyone the same regardless of their differences, whereas equity means taking into account people's differences and giving them what they need to be successful.
- ✦ Unconscious biases are the automatic and unintentional attitudes you might hold towards certain groups of people. You must try to recognise and challenge your unconscious biases so that you can treat everyone fairly and equally.
- ✦ Prejudice is pre-judging someone negatively based on their characteristics such as race, ethnicity, gender, religion, or sexual orientation.
- ✦ Prejudice can be based on stereotypes, rather than on personal experiences or facts.
- ✦ The media can play a role in making prejudices worse by stereotyping or biased reporting.
- ✦ Everyone has a role to play in challenging prejudice. This can be done by calmly pointing out the behaviour and explaining why it is hurtful and unfair.
- ✦ Discrimination is the unfair or unequal treatment of people based on their differences, which can include age, gender, race, religion, sexual orientation, disability.
- ✦ Text and images in the media and on social media can be manipulated or invented, including the use of AI.
- ✦ Human rights are designed to protect everyone.
- ✦ Human rights are basic rights and freedoms that are entitled to every person.
- ✦ Some examples of human rights include the right to life, liberty, and security of person, the right to education, the right to work and receive fair pay, the right to freedom of expression, and the right to a fair trial.
- ✦ The Universal Declaration of Human Rights was adopted by the United Nations General Assembly in 1948.





Staying healthy 1

- Habits can have both positive and negative effects on a healthy lifestyle.
- Human beings can develop healthy habits by making small changes, setting achievable goals, making habits part of a daily routine, celebrating successes, and finding the positive.
- Routines that support good quality sleep include maintaining a consistent bedtime and wake-up time (even on weekends), creating a relaxing bedtime ritual, making sure the room is dark, cool, and quiet, and limiting screen time before bed.
- Lack of sleep can have long term effects on health, such as increasing the risk of high blood pressure, heart disease, stroke and diabetes.
- Spending too much time online can have negative effects on mental and physical health, including inactive lifestyle, sleep disturbances, social isolation, and addiction.
- Feelings can change over time and range in intensity.
- Vaping has become a popular alternative to traditional tobacco smoking.
- Vapes are battery-powered devices that heat a liquid (usually containing nicotine, flavourings, and other chemicals) to create an aerosol.
- Many e-cigarettes contain nicotine, which is a highly addictive substance.
- The aerosol produced by vaping can contain harmful chemicals.
- The long-term health effects of vaping are not yet fully understood.
- A chemical called diacetyl causes breathing issues when inhaled. It is banned in e-liquids in Europe but can still be found in illegal vapes in the UK.
- Vape juice releases heavy metal particles into the aerosol when heated with metal components and can cause major lung damage.
- It can take several months to years for healing and recovery from vaping, especially if there has been substantial damage.





Staying healthy 2

- ✘ FGM stands for Female Genital Mutilation.
- ✘ FGM means removing some or all of the external genitalia of girls or women for non-medical reasons.
- ✘ FGM is a violation of the human rights of girls and women and highly illegal.
- ✘ A teacher or trusted adult, like a social worker, can help you to report FGM or suspected FGM.
- ✘ Opticians are healthcare professionals who specialise in providing vision care. They give eye tests and help you with glasses and contact lenses.
- ✘ Bacteria and viruses can affect health.
- ✘ Some bacteria are helpful but others can cause infections and illnesses like sore throats, ear infections and pneumonia.
- ✘ Viruses can cause a wide range of illnesses, including the common cold, flu, and COVID-19.
- ✘ Everyday hygiene routines like washing hands with soap, or using a sanitiser, covering mouth and nose when coughing or sneezing, cleaning surfaces, proper food handling, and practising good personal hygiene can limit the spread of infection.
- ✘ Personal hygiene is good for public health, because it reduces the spread of infectious diseases, as well as serious infections like food poisoning.
- ✘ Practising good personal hygiene can help to prevent skin infections, bad breath, and dental problems.
- ✘ Recognising warning signs of mental health problems can help people to get help early.
- ✘ Signs that someone is suffering from mental health problems might be:
 - ✘ Drastic changes in sleep patterns (can't sleep or sleeping too much), or nightmares
 - ✘ Losing or gaining lots of weight suddenly
 - ✘ Avoiding friends and family
 - ✘ Avoiding activities they used to enjoy
 - ✘ Mood swings
 - ✘ Difficulty concentrating
 - ✘ Worrying all the time
 - ✘ Constant headaches or tummy aches

