

**PSHE Progressions Document**

**Valuing Difference**

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Same or Different</p> <ul style="list-style-type: none"> <li>We are all different but equal.</li> <li>It's important that we celebrate and respect differences</li> </ul> <p>Unkind, Tease or Bully?</p> <ul style="list-style-type: none"> <li>Unkind: saying something that is not nice, or hurtful (a one-off).</li> <li>Tease: making fun of or jokes about someone but only once (a one-off).</li> <li>Bully: being repeatedly and deliberately unkind or hurtful (ongoing, not a one-off). (Include cyber bullying)</li> </ul> <p>School Rules</p> <ul style="list-style-type: none"> <li>School rules help to keep everybody safe.</li> <li>We must be SMART when using the internet keep us safe.</li> </ul> <p>Special People</p> <ul style="list-style-type: none"> <li>'Special people' are the people who are important in our lives.</li> </ul> <p>Its' Not Fair!</p> <ul style="list-style-type: none"> <li>Being fair is when everyone is treated the same.</li> <li>Being kind is doing something that is thoughtful.</li> </ul>	<p>Being Different</p> <ul style="list-style-type: none"> <li>Unique means you.</li> <li>Respect means to accept the things that may make people different.</li> </ul> <p>Behaviour</p> <ul style="list-style-type: none"> <li>People can be affected by other people's behaviour</li> </ul> <p>My Special People</p> <ul style="list-style-type: none"> <li>Some people are special because of the things they do to help us.</li> </ul> <p>Caring</p> <ul style="list-style-type: none"> <li>It feels good to be part of a team or group and that it can feel upsetting to be left out</li> </ul>	<p>Family and Friends</p> <ul style="list-style-type: none"> <li>Families are all different.</li> <li>Adopted means that a child has become part of a new family.</li> <li>Fostered means having care in a family not related by birth.</li> </ul> <p>My Community</p> <ul style="list-style-type: none"> <li>Community means <i>the people living in one area.</i></li> <li>Clubs in the community include: Out of school clubs, brownies, cubs, sports clubs.</li> </ul> <p>Respect</p> <ul style="list-style-type: none"> <li>Respect is a way of treating or thinking about something or someone.</li> </ul> <p>British Values</p> <ul style="list-style-type: none"> <li>People living in the UK come from different places.</li> <li>Difference help to make up our identity.</li> </ul> <p>Differences</p> <ul style="list-style-type: none"> <li>Everyone is different.</li> <li>Everybody should be treated with respect</li> </ul> <p>Bullying</p> <ul style="list-style-type: none"> <li>Prejudice means unfair treatment toward a person or group without a good reason.</li> <li>Sending nasty messages are pictures online is bullying.</li> </ul>	<p>Conflict</p> <ul style="list-style-type: none"> <li>Negotiation means to hold discussions to help people agree.</li> <li>Compromise is a settlement of a disagreement in which each side gives up something.</li> </ul> <p>Friend</p> <ul style="list-style-type: none"> <li>Family is a group of people who care for each other.</li> <li>Acquaintance is a person who you have met but do not know well.</li> <li>Friend is person who you know well and like.</li> </ul> <p>Being Yourself</p> <ul style="list-style-type: none"> <li>People may show aggression.</li> <li>Friendships are stronger if people are positive with one another.</li> </ul> <p>Stereotype</p> <ul style="list-style-type: none"> <li>A stereotype is when we think one way of being fits all situations.</li> </ul> <p>Body Space</p> <ul style="list-style-type: none"> <li>Body space is the awareness of where your body is in space.</li> <li>PANTS: P - Privates are private A - Always remember your body belongs to you N - No means no T - Talk about secrets that upset you S - Speak up, someone can help.</li> </ul>	<p>Qualities of Friendships</p> <ul style="list-style-type: none"> <li>Friend is a person whom you know well and like and who likes you.</li> <li>Friendship qualities include: <ul style="list-style-type: none"> <li>Trust</li> <li>Help</li> <li>Share</li> <li>Listen</li> </ul> </li> </ul> <p>Listening</p> <ul style="list-style-type: none"> <li>Good listeners do: <ul style="list-style-type: none"> <li>Look at the speaker</li> <li>Stop other activity</li> <li>Give facial affirmation – nods, smiles</li> <li>Avoid interrupting</li> </ul> </li> </ul> <p>Happy Being Me</p> <ul style="list-style-type: none"> <li>Discriminate is the act of treating some people unfairly.</li> <li>Injustice is an act that is wrong.</li> </ul> <p>Community</p> <ul style="list-style-type: none"> <li>Society is made up of lots of different groups of people who similarly all have their own attributes and qualities.</li> </ul> <p>Posting Online</p> <ul style="list-style-type: none"> <li>The information we see online, either text or images, is not always true or accurate.</li> <li>Some people post things online about themselves that aren't true, sometimes this is so that people will like them.</li> </ul>	<p>Bullying</p> <ul style="list-style-type: none"> <li>Bullying is repetitive intentional hurting of a person.</li> <li>Bullying can be physical, verbal or psychological.</li> <li>It can happen face-to-face or through the internet and social media.</li> <li>Bullying of any kind is never acceptable</li> <li>Talk to a trusted adult is you are worried about bullying</li> </ul> <p>Respect</p> <ul style="list-style-type: none"> <li>Respect is about being aware of the feelings, wishes, or rights of others.</li> <li>Respect is appreciating that other people have feelings and that what we do or say can cause upset if we are not respectful.</li> </ul> <p>Tolerance and Respect</p> <ul style="list-style-type: none"> <li>Identity means all those qualities and attributes that makes a person unique.</li> <li>Tolerance is the willingness to accept people for who they are.</li> <li>Diversity means differences.</li> </ul> <p>Friendship</p> <ul style="list-style-type: none"> <li>The qualities people have that make them a good friend include: <ul style="list-style-type: none"> <li>trustworthy</li> <li>good at listening</li> <li>well organised</li> <li>good humoured</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>Tell an adult if someone sends a nasty message online.</li> </ul>			<ul style="list-style-type: none"> <li>o helpful</li> </ul> <p>Stereotype</p> <ul style="list-style-type: none"> <li>Stereotype is a belief that certain types of people have the same characteristics and qualities.</li> <li>Don't make assumptions about a person just because of the way they looked.</li> </ul>
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### Rights and Responsibilities

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Teeth</p> <ul style="list-style-type: none"> <li>It is important to:               <ul style="list-style-type: none"> <li>wash hands</li> <li>brush teeth</li> <li>eat breakfast</li> </ul> </li> </ul> <p>Environment</p> <ul style="list-style-type: none"> <li>Environment means everything in the world around us.</li> </ul> <p>Care</p> <ul style="list-style-type: none"> <li>It is important to look after things that belong to themselves or to others.</li> </ul> <p>Money</p> <ul style="list-style-type: none"> <li>Money can come from gifts, pocket money and jobs.</li> </ul> <p>More Money</p> <ul style="list-style-type: none"> <li>A banker is someone who will keep your savings safe</li> </ul>	<p>Behaviour</p> <ul style="list-style-type: none"> <li>Think carefully before you speak.</li> </ul> <p>Getting on with others</p> <ul style="list-style-type: none"> <li>To do our best in school we could need:               <ul style="list-style-type: none"> <li>Quiet classroom</li> <li>A fun break-time</li> <li>To feel safe</li> </ul> </li> </ul> <p>Environment</p> <ul style="list-style-type: none"> <li>We all need to look after our environment</li> </ul> <p>Money</p> <ul style="list-style-type: none"> <li>We all have choices about how we spend our money.</li> <li>We can choose to buy things or to save money to spend another timer.</li> </ul> <p>Spending</p> <ul style="list-style-type: none"> <li>Sometimes we spend money on things that we need.</li> <li>Sometimes we spend money on things we want</li> </ul>	<p>Environment</p> <ul style="list-style-type: none"> <li>Environment means where animals, people and plants live.</li> </ul> <p>Stay Safe</p> <ul style="list-style-type: none"> <li>People help us:               <ul style="list-style-type: none"> <li>Doctors</li> <li>Lunchtime organisers</li> <li>Crossing patrol people</li> <li>Police</li> </ul> </li> </ul> <p>Volunteers</p> <ul style="list-style-type: none"> <li>Volunteers choose to work or give their time free of charge.</li> </ul> <p>Money</p> <ul style="list-style-type: none"> <li>Income is the money received for work.</li> <li>Savings money that has been collected over a period of time.</li> <li>Spending means to pay out.</li> </ul> <p>Earning Money</p> <ul style="list-style-type: none"> <li>People earn their income through their jobs.</li> </ul>	<p>Rights</p> <ul style="list-style-type: none"> <li>Children have the right to be healthy, safe and happy</li> </ul> <p>Rules</p> <ul style="list-style-type: none"> <li>Rules are there to protect people, keep them safe and happy.</li> </ul> <p>News</p> <ul style="list-style-type: none"> <li>Influence means to affect or change in an indirect way.</li> </ul> <p>Bullying</p> <ul style="list-style-type: none"> <li>A bystander is someone who happens to be present when something takes place.</li> <li>Passive bystander means to do nothing when witnessing the behaviour.</li> <li>Active bystander means to stick up for the person being bullied.</li> </ul> <p>Money</p> <ul style="list-style-type: none"> <li>The money a business receives is called their 'income'.</li> <li>The money a business spends is called their 'expenses'.</li> </ul>	<p>Wellbeing</p> <ul style="list-style-type: none"> <li>People are responsible for their own health and wellbeing.</li> </ul> <p>Fact or Opinion</p> <ul style="list-style-type: none"> <li>Fact is something known.</li> <li>Opinion is what someone thinks about something or somebody.</li> </ul> <p>Rights, Responsibilities &amp; Duties</p> <ul style="list-style-type: none"> <li>Rights – something should be allowed to have or are entitled to</li> <li>Responsibility – having the duty to looking after something</li> <li>Duties – what we should or must do</li> </ul> <p>Community</p> <ul style="list-style-type: none"> <li>Voluntary means to do something without pay.</li> <li>Community is a particular area where a group of people live.</li> <li>A pressure group is any special-interest group that tries to influence</li> </ul> <p>Money</p>	<p>Social Media</p> <ul style="list-style-type: none"> <li>Misleading means to present certain information and missing out other bits.</li> <li>Not everything posted online is what it appears to be.</li> <li>Before forwarding messages, photos, posts or videos, ask permission.</li> </ul> <p>Money</p> <ul style="list-style-type: none"> <li>Money in a savings account can earn you interest, you can withdraw money when you need.</li> <li>'Interest' is when you save in a savings account the bank give you a small amount of money for doing this.</li> </ul> <p>Jobs &amp; Taxes</p> <ul style="list-style-type: none"> <li>People pay different amounts of money in tax according to how much they earn</li> <li>There are two types of basic tax:</li> </ul>

		<ul style="list-style-type: none"> <li>The amount people get paid changes depending on their job.</li> </ul>	<p>Taxes</p> <ul style="list-style-type: none"> <li>Income Tax: money used to pay for public services like hospitals and police.</li> <li>National Insurance: money used to pay for state pension and benefits.</li> <li>VAT means Value Added Tax. It is a tax that is paid when people buy items.</li> </ul>	<ul style="list-style-type: none"> <li>Loan – someone lends someone else some money.</li> <li>Credit – can mean that someone has money.</li> <li>Debt – someone owes someone else an amount of money</li> <li>Interest – is an additional charge a company makes for lending the money.</li> </ul>	<ul style="list-style-type: none"> <li>PAYE – income tax which is paid according to how much a person earns</li> <li>VAT – a fixed tax on goods and services</li> </ul> <p>Happy Shoppers</p> <ul style="list-style-type: none"> <li>Environmentally sustainable way means living in a way that does not destroy the environment or use up the earth's resources.</li> </ul>
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### Keeping Myself Safe

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Healthy Me</p> <ul style="list-style-type: none"> <li>To stay healthy: <ul style="list-style-type: none"> <li>Sleep</li> <li>Healthy food</li> <li>Exercise</li> <li>Wash hands</li> <li>Cleaning teeth</li> </ul> </li> </ul> <p>Super Sleep</p> <ul style="list-style-type: none"> <li>Sleep helps the body rest and grow</li> </ul> <p>Who can help?</p> <ul style="list-style-type: none"> <li>Parents (or other family members) and teachers can help me if I feel unsafe.</li> </ul> <p>Loss</p> <ul style="list-style-type: none"> <li>People feel sadness when they lose someone or something.</li> </ul> <p>Sharing pictures online</p> <ul style="list-style-type: none"> <li>Sharing pictures online can be dangerous</li> </ul>	<p>Safe/Unsafe</p> <ul style="list-style-type: none"> <li>Our body tells us when we feel unsafe or worried.</li> </ul> <p>Yes or No</p> <ul style="list-style-type: none"> <li>If we are unsure or feel unsafe, speak to an adult.</li> </ul> <p>Medicine</p> <ul style="list-style-type: none"> <li>Medicines make people feel better when they're ill.</li> </ul> <p>Feeling Safe</p> <ul style="list-style-type: none"> <li>'Safe' means not being scared, feeling happy.</li> <li>Things online may make us feel unsafe, tell an adult.</li> </ul> <p>Should I Tell</p> <ul style="list-style-type: none"> <li>A secret is when someone says you should not tell anyone, but if it hurts you or others, you should tell..</li> </ul>	<p>Safe or Unsafe?</p> <ul style="list-style-type: none"> <li>Keeping Safe: <ul style="list-style-type: none"> <li>Listen to your feelings</li> <li>It's OK to say no</li> <li>Talk to someone you trust</li> </ul> </li> <li>Texting or messaging people you don't know when playing games online is unsafe.</li> </ul> <p>Danger or risk?</p> <ul style="list-style-type: none"> <li>A danger is a threat to someone.</li> <li>A risk is when someone can weigh up the danger and make a decision about what to do.</li> </ul> <p>Help or Harm?</p> <ul style="list-style-type: none"> <li>ALL drugs including medicines can be harmful if not used properly.</li> <li>Viruses, accidents, too much of certain foods, lack of exercise, smoking can make us unhealthy or ill.</li> </ul> <p>Alcohol and cigarettes</p> <ul style="list-style-type: none"> <li>Alcohol and cigarettes change the way people think, feel or behave.</li> </ul>	<p>Danger, risk or hazard?</p> <ul style="list-style-type: none"> <li>Danger – something, which will definitely cause harm.</li> <li>Hazard – something, which could cause harm.</li> <li>Risk – an action which is taken in a hazardous situation</li> </ul> <p>Online picture wise</p> <ul style="list-style-type: none"> <li>Once a photo is posted online, it can be copied and sent on to others.</li> <li>Photos can be "tagged" on social networks. The "tag" identifies the name and identity of the person in the photo.</li> <li>Do not reveal anything personal or private about the person in the photo or in the caption that accompanies it.</li> </ul> <p>Medicines: check the label</p> <ul style="list-style-type: none"> <li>A medicine is a drug that has been designed to help the body by treating or preventing an illness or injury but that it can be</li> </ul>	<p>Smoking</p> <ul style="list-style-type: none"> <li>Most young people choose not to smoke.</li> <li>Some reasons people choose not to smoke: <ul style="list-style-type: none"> <li>more aware of the risks</li> <li>want to stay healthy</li> <li>changes to the law</li> </ul> </li> </ul> <p>Drugs</p> <ul style="list-style-type: none"> <li>Drugs can help the body.</li> <li>All medicines are drugs but not all drugs are medicines.</li> </ul> <p>Online Bullying</p> <ul style="list-style-type: none"> <li>Cyberbullying is the use of the internet, mobile phone or other technology to bully another person.</li> <li>Strategies to deal with cyberbullying: <ul style="list-style-type: none"> <li>Ask for help from a trusted adult</li> <li>Block the person who is perpetrating the behaviour</li> </ul> </li> </ul> <p>Habits</p> <ul style="list-style-type: none"> <li>Habit - A regular action or routine.</li> <li>Addiction - the condition of being addicted, especially to</li> </ul>	<p>Safe Online</p> <ul style="list-style-type: none"> <li>STOP (red light): when we are asked for personal information.</li> <li>THINK (orange light) is it ok to share this information? What information is being asked? Who is asking for it? Have I checked with an adult?</li> <li>GO (green light): I have checked with an adult, I know what information is safe to share</li> </ul> <p>Think before you click</p> <ul style="list-style-type: none"> <li>Responsible and respectful behaviour is necessary when interacting with others online.</li> <li>Something posted online can be easily spread.</li> </ul> <p>To share or not to share online</p> <ul style="list-style-type: none"> <li>It is illegal to create and share sexual images of children under 18 years old.</li> <li>Keep your information private online.</li> </ul>

		<ul style="list-style-type: none"> <li>The drug inside drinks like beer, wine and spirits is alcohol.</li> <li>The drugs inside cigarettes is nicotine</li> </ul> <p>Online Safety</p> <ul style="list-style-type: none"> <li>Profiles must be private, not public.</li> <li>Once a person posts something, they lose control of it.</li> <li>Don't have to respond to people you don't know.</li> </ul> <p>Risks</p> <ul style="list-style-type: none"> <li>Choices are made all the time.</li> <li>We use risks to make decisions.</li> </ul>	<p>harmful if not used properly.</p> <ul style="list-style-type: none"> <li>Alternative strategies someone could use to feel better if they are unwell include: get some fresh air; drink water; eat fruit; have a rest or sleep.</li> </ul> <p>Alcohol and Drugs</p> <ul style="list-style-type: none"> <li>It is against the law to sell cigarettes to anyone under the age of 18,</li> <li>It is against the law to buy alcohol under the age of 18 or sell it to under 18s.</li> </ul> <p>Keeping ourselves safe</p> <ul style="list-style-type: none"> <li>To keep safe: <ul style="list-style-type: none"> <li>Ask a trusted adult.</li> <li>It's ok to say no to something if doing it would make you feel unsafe.</li> <li>Listen to your feelings. They are there to tell you whether something is safe or not.</li> </ul> </li> </ul>	<p>something that is not good for one's health.</p> <p>Risks</p> <ul style="list-style-type: none"> <li>Risk is an action, which has potential benefits but also potential negative consequences.</li> <li>Risks can be managed.</li> </ul>	<p>Drugs</p> <ul style="list-style-type: none"> <li>Drugs can be harmful when not taken correctly.</li> </ul> <p>Alcohol</p> <ul style="list-style-type: none"> <li>Short-term effects of alcohol include: <ul style="list-style-type: none"> <li>Changes in mood</li> <li>Difficulty making decisions</li> <li>Changes in hearing and vision</li> <li>Poor coordination</li> <li>Sickness, headache.</li> </ul> </li> <li>Long-term effects of alcohol include: <ul style="list-style-type: none"> <li>Increased risk of heart disease, liver disease, raised blood pressure and some cancers.</li> </ul> </li> </ul>
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### **Being my best**

<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<p>Rainbow</p> <ul style="list-style-type: none"> <li>Fruit and vegetables are important in their daily diet.</li> </ul> <p>Eat Well</p> <ul style="list-style-type: none"> <li>Eating five a day</li> </ul> <p>Catch it! Bin it! Kill it!</p> <ul style="list-style-type: none"> <li>Washing hands can stop germs spreading.</li> </ul> <p>Praise</p> <ul style="list-style-type: none"> <li>Saying something nice to someone makes them feel good.</li> </ul> <p>Behaviour</p>	<p>You can do it!</p> <ul style="list-style-type: none"> <li>When you achieve something, you feel proud.</li> </ul> <p>My Day</p> <ul style="list-style-type: none"> <li>Making healthy choices is important.</li> </ul> <p>Harold's postcard</p> <ul style="list-style-type: none"> <li>Vaccinations can help to prevent certain illnesses.</li> </ul> <p>Harold's bathroom</p> <ul style="list-style-type: none"> <li>Brush twice a day and brush for at least two minutes.</li> </ul> <p>My body needs</p> <ul style="list-style-type: none"> <li>Exercise and sleep are important to health.</li> </ul>	<p>Medicines</p> <ul style="list-style-type: none"> <li>Medicines are "good drugs".</li> <li>Rest, sleep and healthy food, time are also good ways to feel better.</li> </ul> <p>Choices</p> <ul style="list-style-type: none"> <li>Making choices is important for being healthy and looking after wellbeing</li> </ul> <p>I am fantastic</p> <ul style="list-style-type: none"> <li>People may say kind things to help us feel good about ourselves.</li> </ul>	<p>Uniqueness</p> <ul style="list-style-type: none"> <li>Talent is grown and that most skills comes from a person working hard at something.</li> <li>Everyone is unique.</li> </ul> <p>Making Choices</p> <p>There are different choices:</p> <ul style="list-style-type: none"> <li>Choices children can make for themselves</li> <li>Choices others make for children</li> <li>Choices adults make for themselves</li> </ul> <p>Healthy Lifestyles</p>	<p>Smoking and alcohol</p> <ul style="list-style-type: none"> <li>The body can be affected by alcohol including the brain.</li> <li>Smoking increases the risk of heart disease, stroke, lung cancer, aged and discoloured skin.</li> </ul> <p>The body</p> <ul style="list-style-type: none"> <li>The circulatory system pumps blood through your body.</li> <li>The respiratory system gathers oxygen and removes carbon dioxide.</li> </ul> <p>Strengths and Talents</p>	<p>Five ways to well-being</p> <ul style="list-style-type: none"> <li>The Five ways to wellbeing are: <ol style="list-style-type: none"> <li>Connect</li> <li>Be Active</li> <li>Take Notice</li> <li>Keep Learning</li> <li>Give</li> </ol> </li> <li>Aspirations <ul style="list-style-type: none"> <li>An aspiration is a goal, aim, or ambition.</li> <li>Achievement means to achieve something through hard work, courage, or skill.</li> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>Behaviour means what people do and how they act.</li> </ul>	<p>What does my body do?</p> <ul style="list-style-type: none"> <li>Our bodies have: <ul style="list-style-type: none"> <li>Heart</li> <li>Blood</li> <li>Lungs</li> <li>Stomach</li> </ul> </li> </ul>	<p>The Brain</p> <ul style="list-style-type: none"> <li>Brain - is the control centre of the body</li> </ul> <p>Body</p> <ul style="list-style-type: none"> <li>Heart - pumps blood around the body.</li> <li>Blood vessels carry the blood</li> <li>Lungs - help pass the oxygen from the air into the blood.</li> <li>Stomach - breaks down the food.</li> <li>Liver - cleans the blood.</li> </ul> <p>Talent</p> <ul style="list-style-type: none"> <li>Talent is an ability or skill that a person has.</li> </ul>	<ul style="list-style-type: none"> <li>exercise</li> <li>a healthy, balanced diet</li> <li>sleep</li> <li>Sleep helps the body rest, repair and grow.</li> </ul> <p>Environment</p> <p>The 7 Rs</p> <ol style="list-style-type: none"> <li>1. Refuse – say no to things you do not need.</li> <li>2. Reduce – use less.</li> <li>3. Re-use – use things rather than throwing them away.</li> <li>4. Rot – turn any food waste into compost.</li> <li>5. Recycle – all plastic, paper, metal and glass waste.</li> <li>6. Repair – rather than throwing something away if it's broken.</li> <li>7. Re-think – do things that are less damaging to the environment.</li> </ol> <p>My school community</p> <ul style="list-style-type: none"> <li>Community means the people living in one area.</li> </ul>	<ul style="list-style-type: none"> <li>Preserving means to stick at something in order to get better.</li> <li>Determination, commitment, patience and resilience are important attitudes to help get better at something.</li> </ul> <p>Independence and responsibility</p> <ul style="list-style-type: none"> <li>Independence means not having to depend on anyone or anything else.</li> <li>Responsibility means being dependable, making good choices, and taking accountability for your actions.</li> </ul> <p>Personal qualities</p> <ul style="list-style-type: none"> <li>Some personal qualities: <ul style="list-style-type: none"> <li>Generous</li> <li>Thoughtful</li> <li>Kind</li> <li>Caring</li> <li>Helpful</li> </ul> </li> </ul>	<p>Healthy Lifestyles</p> <ul style="list-style-type: none"> <li>Some issues that can affect wellbeing include: <ul style="list-style-type: none"> <li>The amount of sugar in different foods</li> <li>Pollution on health</li> <li>Modern technology on sleep quality</li> </ul> </li> </ul> <p>Risk</p> <ul style="list-style-type: none"> <li>A risk is an action which may have negative consequences but also some possible benefits.</li> <li>A dilemma is a situation that requires a choice between two actions, neither of which will be a good solution.</li> </ul> <p>More Risk</p> <ul style="list-style-type: none"> <li>Chatting online could be a potential risk to safety.</li> <li>Everyone has to make choices, the more aware we are of the risks, the more able we are to make choices that keep us safe.</li> </ul>
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### Me and my Relationships

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Feelings</p> <ul style="list-style-type: none"> <li>We can tell how someone is feeling by looking at their face. Our Feelings</li> </ul> <p>Feelings can include being:</p> <ul style="list-style-type: none"> <li>worried or nervous</li> <li>angry</li> <li>happy</li> </ul> <p>Feeling and Bodies</p> <ul style="list-style-type: none"> <li>If you are mean you can hurt somebody's feelings.</li> <li>Hurt feelings aren't always so easy to see.</li> </ul> <p>Family</p>	<p>Feelings</p> <ul style="list-style-type: none"> <li>You can feel happy, scared, worried, surprised, angry or nervous.</li> </ul> <p>Bullying or Teasing</p> <ul style="list-style-type: none"> <li>When people bully, they do it often, or even every time and deliberately (including online).</li> </ul> <p>Types of Bullying</p> <ul style="list-style-type: none"> <li>Saying hurtful things</li> <li>Hitting or kicking</li> <li>Leaving someone out</li> </ul>	<p>Feelings</p> <ul style="list-style-type: none"> <li>When we lose a pet or a person that we love, it is natural and OK to cry and be sad.</li> </ul> <p>Special People</p> <ul style="list-style-type: none"> <li>Special people: <ul style="list-style-type: none"> <li>friends</li> <li>parents</li> <li>carers</li> <li>siblings</li> <li>other family members</li> </ul> </li> </ul> <p>Conflict</p>	<p>Friends</p> <ul style="list-style-type: none"> <li>Friends should try to negotiate with each other</li> <li>Friends we are respectful and kind (including online).</li> </ul> <p>Feelings</p> <ul style="list-style-type: none"> <li>Someone who is feeling upset could be feeling: <ul style="list-style-type: none"> <li>sad</li> <li>unhappy</li> <li>devastated</li> <li>wretched</li> <li>downcast</li> </ul> </li> </ul> <p>Cooperation</p>	<p>Give and Take</p> <ul style="list-style-type: none"> <li>Negotiation - Discussion aimed at reaching an agreement.</li> <li>Compromise - Settle a dispute by mutual concession.</li> </ul> <p>Friends</p> <ul style="list-style-type: none"> <li>Good friends listen to their friends and consider their feelings.</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Relationship be unhealthy if people:</li> </ul>	<p>Working together</p> <ul style="list-style-type: none"> <li>Working collaboratively means working together.</li> </ul> <p>Cooperation</p> <ul style="list-style-type: none"> <li>Negotiation means a discussion aimed at reaching an agreement.</li> <li>Compromise means to settle a dispute by mutual concession.</li> </ul> <p>Friendships</p> <ul style="list-style-type: none"> <li>Balanced friendship means that one person doesn't dominate the other.</li> </ul>

<ul style="list-style-type: none"> <li>Families are made up of people who are special to us.</li> </ul> <p>Friends</p> <ul style="list-style-type: none"> <li>Good friends:</li> <li>Share</li> <li>Be kind</li> </ul> <p>Listening</p> <ul style="list-style-type: none"> <li>To show we are listening:</li> <li>Ears listening</li> <li>Eyes looking</li> <li>Mouth quiet</li> <li>Hands still</li> </ul>	<ul style="list-style-type: none"> <li>Sending hurtful messages or saying nasty things about people using mobile phones or computers.</li> </ul> <p>Bullying</p> <ul style="list-style-type: none"> <li>Talk to an adult if you are bullied or see someone being bullied. (or online)</li> </ul> <p>Friendships</p> <ul style="list-style-type: none"> <li>Share</li> <li>Look after each other</li> <li>Are kind</li> <li>Notice if someone is being left out or feeling lonely</li> </ul> <p>More Feelings</p> <ul style="list-style-type: none"> <li>Sometimes our feelings make us feel good and sometimes they don't.</li> </ul>	<ul style="list-style-type: none"> <li>Strategies to resolve situations:</li> <li>walk away and calm down</li> <li>see things from the other person's point of view</li> <li>Find a compromise</li> </ul> <p>Dare</p> <ul style="list-style-type: none"> <li>Dare means to challenge someone to do something as a test of courage.</li> <li>That some dares are ok and some are not ok.</li> </ul> <p>Respect</p> <ul style="list-style-type: none"> <li>Opinions are neither right nor wrong.</li> <li>It is important to consider others points of view.</li> </ul> <p>Friends</p> <ul style="list-style-type: none"> <li>Strategies for making up with a friend include:</li> <li>Stay calm</li> <li>Listen without interrupting</li> <li>Pick a solution that makes everyone feel OK</li> </ul>	<ul style="list-style-type: none"> <li>To work collaboratively means you have to work together and be aware of what other people are doing and what help they need.</li> </ul> <p>Different Feelings</p> <ul style="list-style-type: none"> <li>When you're feeling nervous, you might feel butterflies in your stomach.</li> </ul> <p>When feelings change</p> <ul style="list-style-type: none"> <li>Feelings might change towards someone or something</li> </ul> <p>Under Pressure</p> <ul style="list-style-type: none"> <li>Unkind: when someone says something that is not nice, or hurtful (only once)</li> <li>Tease: when someone makes fun of or jokes about someone (only once).</li> <li>Bully: when someone is repeatedly and deliberately unkind or hurtful to another person.(Include online behaviours)</li> </ul>	<ul style="list-style-type: none"> <li>lie</li> <li>break promises</li> <li>feel unsafe</li> </ul> <p>Being assertive</p> <ul style="list-style-type: none"> <li>Assertive means to be forward or aggressive in speech or action.</li> <li>Passive means to offer no resistance.</li> </ul> <p>Emotions</p> <ul style="list-style-type: none"> <li>Emotions are a way our mind and body reacts</li> <li>Examples of positive coping strategies include:</li> <li>speaking about feelings</li> <li>writing down your worries</li> </ul> <p>Communication</p> <ul style="list-style-type: none"> <li>It can be difficult to understand the meaning and intention of text and email messages.</li> <li>Messages sent via social media can be misinterpreted, potentially with negative and damaging consequences.</li> </ul>	<p>Assertiveness</p> <ul style="list-style-type: none"> <li>Assertiveness strategies include:</li> <li>Stand firm</li> <li>Speak clearly</li> <li>Be friendly and polite</li> <li>Look confident</li> <li>Negotiate</li> <li>Give eye contact as you speak</li> </ul> <p>Commitment</p> <ul style="list-style-type: none"> <li>People make a commitment to each other by getting married/enter in to a civil partnership.</li> <li>It is against the law in this country for someone to be forced to marry.</li> </ul>
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### Growing and Changing

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>The body</p> <ul style="list-style-type: none"> <li>The body has a heart, lungs, stomach, intestines and a brain.</li> </ul> <p>Babies</p> <ul style="list-style-type: none"> <li>Babies need:</li> <li>eye contact</li> <li>cuddling</li> <li>washing</li> <li>changing</li> <li>feeding</li> </ul> <p>Growing</p>	<p>Teamwork</p> <ul style="list-style-type: none"> <li>We can give support to others.</li> <li>Feedback is helpful.</li> </ul> <p>Feelings</p> <ul style="list-style-type: none"> <li>If someone moves away, we can keep in touch with them</li> </ul> <p>Growing Up</p> <ul style="list-style-type: none"> <li>Food, rest and sleep helps us to grow.</li> <li>People who look after us help us to grow.</li> </ul> <p>The body</p>	<p>Relationships</p> <ul style="list-style-type: none"> <li>We have different relationships with different groups of people.</li> <li>Things that can make a positive, healthy relationship include trust, respect and caring.</li> </ul> <p>Body Space</p> <ul style="list-style-type: none"> <li>The area around the body is called personal space.</li> </ul> <p>PANTS RULE</p> <ul style="list-style-type: none"> <li>Privates are private</li> </ul>	<p>Changes</p> <ul style="list-style-type: none"> <li>Sometimes changes are positive.</li> <li>Some changes can be more challenging and changes we do not choose happen.</li> </ul> <p>Feelings</p> <ul style="list-style-type: none"> <li>A compromise is where people reduce their demands, or change their opinion in order to agree.</li> </ul> <p>All Change</p>	<p>Feelings</p> <ul style="list-style-type: none"> <li>Worries and anxieties can affect sleep, concentration, confidence and ability to eat.</li> </ul> <p>Take notice of feelings</p> <ul style="list-style-type: none"> <li>Nobody should make us feel unhappy or uncomfortable.</li> <li>Remember it is not OK for someone to hurt you or make you feel uncomfortable.</li> </ul> <p>Changing bodies and feelings</p>	<p>Change – helpful &amp; unhelpful</p> <ul style="list-style-type: none"> <li>Changes happen all through our lives.</li> <li>Bigger changes can be managed if we have people who support us..</li> </ul> <p>Self Image – I look great</p> <ul style="list-style-type: none"> <li>Photos can be manipulated to enhance the image.</li> </ul> <p>Media Manipulation</p> <ul style="list-style-type: none"> <li>A stereotype is a fixed general image that a lot of people believe represent a</li> </ul>

<ul style="list-style-type: none"> <li>Bodies change and the things we can do change.</li> </ul> <p>Who can help?</p> <ul style="list-style-type: none"> <li>It's important to talk to someone if you are worried about something.</li> </ul> <p>Surprises</p> <ul style="list-style-type: none"> <li>A surprise is something we weren't expecting happen.</li> <li>We shouldn't keep something to ourselves if we don't feel ok about it.</li> </ul> <p>Private</p> <ul style="list-style-type: none"> <li>The names for a boy's external genitals are penis and for a girl's it's vulva.</li> <li>What is in our pants belongs only to us, which is why we cover them up.</li> </ul>	<ul style="list-style-type: none"> <li>Parts of the body are private and no one has a right to touch them or look at them, they belong to you.</li> </ul> <p>Privacy</p> <ul style="list-style-type: none"> <li>Three different types of private: <ul style="list-style-type: none"> <li>privates or private parts</li> <li>private belongings</li> <li>private information</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Always remember your body belongs to you</li> <li>No means no</li> <li>Talk about secrets that upset you</li> <li>Speak up, someone can help.</li> </ul> <p>Secret or Surprise</p> <ul style="list-style-type: none"> <li>Secrets can either make us feel safe and happy or unsafe and uncomfortable.</li> <li>The body's way of telling us that things aren't right include: <ul style="list-style-type: none"> <li>Getting butterflies in the stomach</li> <li>Feeling hot or sick or sweaty</li> <li>Needing the toilet</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Puberty is the process by which our bodies change from a child's to an adult's.</li> <li>During puberty, bodies develop physically, and emotionally too.</li> </ul> <p>My Changing Body</p> <ul style="list-style-type: none"> <li>Babies come from the joining of an egg and sperm.</li> <li>For girls, periods are a normal part of puberty.</li> </ul> <p>Together</p> <ul style="list-style-type: none"> <li>Marriage should be entered into freely not against someone's will.</li> <li>Marriage includes same sex and opposite sex partners.</li> </ul>	<ul style="list-style-type: none"> <li>a part of puberty is our bodies getting taller, stronger and wider.</li> </ul> <p>Growing up and changing bodies</p> <ul style="list-style-type: none"> <li>Not everyone starts puberty at the same age.</li> <li>Some products that may be needed include: deodorant, shower gel, tissues, spot cream, facial wash, spot cream, period products</li> </ul> <p>Dealing with change</p> <ul style="list-style-type: none"> <li>During puberty hormones are released that cause physical and emotional changes.</li> <li>Speak to a trusted adult if you need advice about puberty</li> </ul> <p>Stereotypes</p> <ul style="list-style-type: none"> <li>Stereotype is a set idea that people have about what someone or something is like.</li> <li>The media can sometimes reinforce gender stereotypes</li> </ul>	<p>particular type of person or thing.</p> <p>Pressure Online</p> <ul style="list-style-type: none"> <li>Once images are shared online, these are hard to control.</li> <li>People can feel pressured to behave in a certain way because of influence.</li> </ul> <p>Growing and changing – Is it normal?</p> <p>Puberty' is to describe how the body begins to change from a child's body to an adult's body.</p> <ul style="list-style-type: none"> <li>Puberty involves physical, emotional and psychological changes.</li> </ul> <p>Reproduction (making babies)</p> <ul style="list-style-type: none"> <li>The legal age of consent is 16 years old.</li> <li>Conception is the action of conceiving a child.</li> </ul>
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