

## PSHE Progression Grid

Unit Title	EYFS	KS1	Lower KS2	Upper KS2
<p><b>Beginning and Belonging</b></p>	<p><u>Beginning and Belonging</u> How am I special and what is special about other people in my class?</p> <ul style="list-style-type: none"> <li>• What have I learnt to do and what would I like to learn next?</li> <li>• How do we welcome new people to our class?</li> <li>• What can I do to make the classroom a safe and happy place?</li> <li>• How can I play and work well with others?</li> <li>• How can I show I am listening to an adult?</li> <li>• What can help me to follow instructions?</li> </ul>	<p><u>Beginning and Belonging</u></p> <ul style="list-style-type: none"> <li>• Do I understand simple ways to make sure my school is a safe, happy place?</li> <li>• How can I get to know the people in my class?</li> <li>• How do I feel when I am doing something new?</li> <li>• How can I make someone feel welcome in class?</li> <li>• What helps me manage in new situations?</li> <li>• Who can help me at home and at school?</li> </ul>	<p><u>Beginning and Belonging</u> What is my role in making my school a place where we can learn happily and safely?</p> <ul style="list-style-type: none"> <li>• How can we build relationships in our class and how does this benefit me?</li> <li>• What does it feel like to be new or to start something new?</li> <li>• How can I help children and adults feel welcome in school?</li> <li>• What helps me manage a new situation or learn something new?</li> <li>• Who are the different people in my network who I can ask for help?</li> </ul>	<p><u>Beginning and Belonging</u> What are my responsibilities for making sure everyone in school feels happy and safe?</p> <ul style="list-style-type: none"> <li>• How can I take responsibility for building relationships in my school and how does this benefit us all?</li> <li>• How might different people feel when starting something new and how can I help?</li> <li>• How do we make people feel welcome and valued in and out of school?</li> <li>• What helps me to be resilient in a range of new situations?</li> <li>• Are there more ways I can get help now and how do I seek support?</li> </ul>
<p><b>Family and Friends</b></p>	<p><u>Family and Friends</u> Who are my special people and why are they special to me?</p> <ul style="list-style-type: none"> <li>• Who is my family and how do we care for each other?</li> <li>• What is a friend? • How can I be a good friend?</li> <li>• How do I make new friends?</li> <li>• How can I make up with friends when I have fallen out with them?</li> <li>• How does what I do affect others?</li> <li>• Do I know what to do if someone is unkind to me?</li> </ul>	<p><u>Family and Friends</u> Can I describe what a good friend is and does and how it feels to be friends?</p> <ul style="list-style-type: none"> <li>• Why is telling the truth important?</li> <li>• What skills do I need to choose, make and develop friendships?</li> <li>• How might friendships go wrong, and how does it feel?</li> <li>• How can I try to mend friendships if they have become difficult?</li> <li>• What is my personal space and how do I talk to people about it?</li> <li>• Who is in my family and how do we care for each other?</li> <li>• Who are my special people,</li> </ul>	<p><u>Family and Friends</u> How do good friends behave on and offline and how do I feel as a result?</p> <ul style="list-style-type: none"> <li>• What is a healthy friendship and how does trust play an essential part?</li> <li>• What skills do I need for choosing, making and developing friendships and how effective are they?</li> <li>• How can I help to resolve disagreements positively by listening and compromising?</li> <li>• Can I empathise with other people in a disagreement?</li> <li>• How can I check with my friends that their personal boundaries have not been crossed? • How do my family</li> </ul>	<p><u>Family and Friends</u> What are the characteristics of healthy friendships on and offline and how do they benefit me?</p> <ul style="list-style-type: none"> <li>• How do trust and loyalty feature in my relationships on and offline?</li> <li>• What are the benefits and risks of making new friends, including those I only know online?</li> <li>• Can I always balance the needs of family &amp; friends &amp; how do I manage this?</li> <li>• Can I communicate, empathise &amp; compromise when resolving friendship issues?</li> <li>• How can I check that my friends give consent on and</li> </ul>

		<p>why are they special and how do they support me?</p>	<p>members help each other to feel safe and secure even when things are tough?</p> <ul style="list-style-type: none"> <li>• Who is in my network of special people now and how do we affect and support each other?</li> </ul>	<p>offline? • How do people in my family continue to support each other as things change?</p> <ul style="list-style-type: none"> <li>• Who are in my networks, on &amp; offline, and how have these, changed and how do we support each other?</li> </ul>
Anti-Bullying		<p><u>Anti-bullying</u>  Why might people fall out with their friends? • Can I describe what bullying is?</p> <ul style="list-style-type: none"> <li>• Do I understand some of the reasons people bully others?</li> <li>• Why is bullying never acceptable or respectful?</li> <li>• How might people feel if they are being bullied?</li> <li>• Who can I talk to if I have worries about friendship difficulties or bullying?</li> <li>• How can I be assertive?</li> <li>• Do I know what to do if I think someone is being bullied?</li> <li>• How do people help me to build positive and safe relationships?</li> <li>• What does my school do to stop bullying?</li> </ul>	<p><u>Anti-bullying</u>  How are falling out and bullying different?</p> <ul style="list-style-type: none"> <li>• How do people use power when they bully others?</li> <li>• What are the key characteristics of different types of bullying?</li> <li>• How can lack of respect and empathy towards others lead to bullying?</li> <li>• What is the difference between direct and indirect forms of bullying?</li> <li>• What are bystanders and followers and how might they feel?</li> <li>• Do I understand that bullying might affect how people feel for a long time?</li> <li>• How can I support people I know who are being bullied by being assertive?</li> <li>• How does my school prevent bullying and support people involved?</li> </ul>	<p><u>Anti-bullying</u>  Can I explain the differences between friendship difficulties and bullying?</p> <ul style="list-style-type: none"> <li>• Can I define the characteristics and different forms of bullying?</li> <li>• How do people use technology &amp; social media to bully others and how can I help others to prevent and manage this?</li> <li>• What do all types of bullying have in common?</li> <li>• Might different groups experience bullying in different ways?</li> <li>• How can people's personal circumstances affect their experiences?</li> <li>• How does prejudice sometimes lead people to bully others?</li> <li>• Can I respond assertively to bullying, online and offline?</li> <li>• How might bullying affect people's mental wellbeing and behaviour?</li> <li>• How and why might peers become colluders or supporters in bullying situations?</li> <li>• Can I identify ways of preventing bullying in school and the wider community?</li> </ul>

<p><b>My emotions</b></p>	<p><u>My Emotions</u>          .Can I recognise and talk about my feelings?          • Can I recognise emotions in other people and say how they are feeling?          • Do I know what causes different emotions in myself and other people?          • How do I and others feel when things change?          • Do I know simple ways to make myself feel better?          • How can I help to make other people feel better?          • What could I do when things are difficult for me?</p>	<p><u>My Emotions</u>          What am I good at and what is special about me?          • How can I stand up for myself?          • Can I name some different feelings?          • Can I describe situations in which I might feel happy, sad, cross etc?          • How do my feelings and actions affect others?          • How do I manage some of my emotions and associated behaviours?          • What are the different ways people might relax and what helps me to feel relaxed?          • Who do I share my feelings with?</p>	<p><u>My Emotions</u>          Why is it important to accept and feel proud of who we are?          • What does the word 'unique' mean and what do I feel proud of about myself?          • Why is mental wellbeing as important as physical wellbeing?          • How can I communicate my emotions?          • Can I recognise some simple ways to manage difficult emotions?          • What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others?          • How do my actions and feelings affect the way I and others feel?          • How do I care for other people's feelings?          • Who can I talk to about the way I feel?          • How can I disagree without being disagreeable?</p>	<p><u>My Emotions</u>          How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?          • What does it mean to have a 'strong sense of identity' &amp; 'self-respect'?          • What can I do to boost my self-respect? • How do I manage strong emotions?          • How can I judge if my own feelings and behaviours are appropriate &amp; proportionate?          • How do I recognise how other people feel and respond to them?          • What is loneliness and how can we manage feelings of isolation?          • How common is mental ill health and what self-care techniques can I use? • What kinds of problems can be caused by impulsive online communication?          • How and from whom do I get support when things are difficult?</p>
<p><b>Rights, Rules and Responsibilities</b></p>		<p><u>Rights, Rules and Responsibilities</u>          • How do rules make me feel happy and safe?          • How do I take part in making rules?          • Who looks after me and what are their responsibilities?          • What jobs and responsibilities do I have in school and at home?          • Can I listen to other people, share my views and take turns?          • Can I take part in discussions</p>	<p><u>Rights, Rules and Responsibilities</u>          What does it mean to be treated and to treat others with respect?          • Who are those in positions of authority within our school and communities and how can we show respect?          • Why do we need rules at home and at school?          • What part can I play in making and changing rules?          • What do we mean by rights</p>	<p><u>Rights, Rules and Responsibilities</u>          What are the conventions of courtesy &amp; manners and how do these vary?          • How does my behaviour online affect others &amp; how can I show respect? • Why is it important to keep my personal information private, especially online?          • How can I contribute to making and changing rules in school?          • How else can I make a</p>

		and decisions in class?	and responsibilities? <ul style="list-style-type: none"> <li>• What are my responsibilities at home and at school?</li> <li>• How do we make democratic decisions in school?</li> <li>• What is a representative and how do we elect them?</li> </ul>	difference in school? <ul style="list-style-type: none"> <li>• Are there places or times when I have to behave differently?</li> <li>• What are the basic rights of children and adults?</li> <li>• Why do we have laws in our country?</li> <li>• How does democracy work in our community and in our country?</li> <li>• What do councils, councillors, parliament and MPs do?</li> <li>• Can I take part in a debate and listen to other people's views?</li> </ul>
<b>Diversity and Communities</b>	<p><u>Identities and Diversity</u>  Who are the people in my class and how are we similar to and different from each other?  <ul style="list-style-type: none"> <li>• Who are the people in my family, and who are the people in other families?</li> <li>• What things are especially important to my family and me?</li> <li>• What are some of the similarities and differences in the way people including families live their lives?</li> <li>• How can we value different types of people including what they believe in and how they live their lives?</li> <li>• How do we celebrate what we believe in and how is this different for different people?</li> </ul> </p> <p><u>Me and My World</u>  Who are the people who help to look after me and my school?  <ul style="list-style-type: none"> <li>• How can I help to look after my school?</li> <li>• How can I help to care for my things at home?</li> </ul> </p>	<p><u>Diversity and Communities</u>  What makes me 'me', what makes you 'you'?</p> <ul style="list-style-type: none"> <li>• Do all boys and all girls like the same things?</li> <li>• What is my family like and how are other families different?</li> <li>• What different groups do we belong to?</li> <li>• What is a stereotype and can I give some examples?</li> <li>• Who helps people in my locality and what help do they need?</li> <li>• What does 'my community' mean and how does it feel to be part of it?</li> <li>• How do people find out about what is happening in my community?</li> <li>• How do we care for animals and plants?</li> <li>• How can I help look after my school?</li> </ul>	<p><u>Diversity and Communities</u>  What have we got in common and how are we different?</p> <ul style="list-style-type: none"> <li>• How might others' expectations of girls and boys affect people's feelings and choices?</li> <li>• How are our families the same and how are they different?</li> <li>• Do people who live in my locality have different traditions, cultures and beliefs?</li> <li>• How does valuing diversity benefit everyone?</li> <li>• Why are stereotypes unfair and how can I challenge them?</li> <li>• How do people in my locality benefit from being part of different groups?</li> <li>• What are the roles of people who support others with different needs in my community?</li> <li>• How does the media work in my community?</li> <li>• How can we care for the local environment and what are the benefits?</li> </ul>	<p><u>Diversity and Communities</u>  How do other people's perceptions, views and stereotypes influence my sense of identity?</p> <ul style="list-style-type: none"> <li>• How do views of gender affect my identity, friendships, behaviour &amp; choices?</li> <li>• What are people's different identities, locally and in the UK?</li> <li>• How can I show respect to those with different lifestyles, beliefs &amp; traditions?</li> <li>• What are the negative effects of stereotyping?</li> <li>• Which wider communities &amp; groups am I part of &amp; how does this benefit me?</li> <li>• What are voluntary organisations and how do they make a difference?</li> <li>• What is the role of the media and how does it influence me and my community?</li> <li>• Who cares for the wider environment and what is my contribution?</li> </ul>

	<ul style="list-style-type: none"> <li>• Where do I live and what are the different places and features in my neighbourhood?</li> <li>• Who are the people who live and work in my neighbourhood including people who help me?</li> <li>• How can we look after the local neighbourhood and keep it special for everybody?</li> <li>• What do animals and plants need to live and how can I help to take care of them?</li> <li>• What is money and why do we need it?</li> </ul>		<ul style="list-style-type: none"> <li>• What do animals need, and what are our responsibilities?</li> </ul>	
Healthy Lifestyles	<p><u>Healthy Lifestyles</u></p> <p>What things can I do when I feel good and healthy?</p> <ul style="list-style-type: none"> <li>• What can't I do when I am feeling ill or not so healthy?</li> <li>• What can I do to help keep my body healthy?</li> <li>• Why is food and drink good for us?</li> <li>• How can I make healthier choices about food?</li> <li>• What is exercise and why is it good for us?</li> <li>• Why is rest and sleep good for us?</li> </ul>	<p><u>Healthy Lifestyles</u></p> <p>How can I stay as healthy as possible?</p> <ul style="list-style-type: none"> <li>• What does it feel like to be healthy?</li> <li>• What does healthy eating mean and why is it important?</li> <li>• Why is it important to be active &amp; what are the opportunities for physical activity?</li> <li>• What foods do I like and dislike and why?</li> <li>• What can help us eat healthily?</li> <li>• Why do we need food? • What healthy choices can I make?</li> </ul>	<p><u>Healthy Lifestyles</u></p> <p>What does healthy eating and a balanced diet mean?</p> <ul style="list-style-type: none"> <li>• What is an active lifestyle and how does it help me to be healthier?</li> <li>• What is mental wellbeing and how is it affected by my physical health?</li> <li>• How much sleep do I need &amp; what happens if I don't have enough?</li> <li>• How do nutrition and physical activity work together?</li> <li>• How can I plan and prepare simple, healthy meals safely?</li> <li>• How can I look after my teeth and why is it important?</li> <li>• Who is responsible for my lifestyle choices and how are these choices influenced?</li> </ul>	<p><u>Healthy Lifestyles</u></p> <p>How does physical activity help me &amp; what might be the risks of not engaging in it?</p> <ul style="list-style-type: none"> <li>• What could characterise a balanced or unbalanced diet and what are the associated benefits and risks?</li> <li>• What are the different aspects of a healthy lifestyle and how could I become healthier?</li> <li>• What are the factors influencing me when I'm making lifestyle choices and how might these change over time?</li> <li>• What might be the signs of physical illness and how might I respond?</li> <li>• What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health?</li> <li>• Why are online apps and games age restricted?</li> </ul>
Working Together		<p><u>Working Together</u></p> <p>What am I and other people good at?</p> <ul style="list-style-type: none"> <li>• What new skills would I like to</li> </ul>	<p><u>Working Together</u></p> <p>What am I good at and what are others good at? • What new skills would I like or need to</p>	<p><u>Working Together</u></p> <p>What are my strengths and skills and how are they seen by others?</p>

		<p>develop?</p> <ul style="list-style-type: none"> <li>• How can I listen well to other people?</li> <li>• How can I work well in a group?</li> <li>• Why is it important to take turns?</li> <li>• How can I negotiate to sort out disagreements?</li> <li>• How are my skills useful in a group?</li> <li>• What is a useful evaluation?</li> </ul>	<p>develop?</p> <ul style="list-style-type: none"> <li>• How well can I listen to other people?</li> <li>• How do I ask open questions?</li> <li>• How can I share my views and opinions effectively?</li> <li>• How can different people contribute to a group task?</li> <li>• How can I persevere and overcome obstacles to my learning?</li> <li>• How can I work well in a group?</li> <li>• What is useful evaluation?</li> <li>• How do I give constructive feedback and receive it from others?</li> </ul>	<ul style="list-style-type: none"> <li>• What helps me learn new skills effectively?</li> <li>• What would I like to improve and how can I achieve this?</li> <li>• How could my skills and strengths be used in future employment?</li> <li>• What are some of the jobs that people do?</li> <li>• How can I be a good listener to other people?</li> <li>• How can I share my views effectively and negotiate with others to reach agreement?</li> <li>• How can I persevere and help others to do so?</li> <li>• How can I give, receive and act on sensitive and constructive feedback?</li> </ul>
<p>Safety</p> <p>Keeping Safe</p>	<p><u>Keeping Safe</u></p> <p>What are some situations where I need to think about how to keep myself safer?</p> <ul style="list-style-type: none"> <li>• Do I understand simple safety rules for when I am at home, at school and when I am out and about?</li> <li>• What are the clues my body gives me if I am feeling unsafe?</li> <li>• Can I say 'No!' if I feel unsafe or unsure about something?</li> <li>• Can I ask for help and tell people who care for me if I feel unsafe, worried or upset?</li> <li>• Who are the people who help to keep me safe?</li> </ul>	<p><u>Personal Safety</u></p> <p>Can I identify different feelings and tell others how I feel?</p> <ul style="list-style-type: none"> <li>• Which school/classroom rules are about helping people to feel safe?</li> <li>• Can I name my own Early Warning Signs?</li> <li>• How do I know which adults and friends I can trust?</li> <li>• Who could I talk with if I have a worry or need to ask for help?</li> <li>• What could I do if a friend or someone in my family isn't kind to me?</li> <li>• Can I identify private body parts and say 'no' to unwanted touch?</li> <li>• What could I do if I feel worried about a secret?</li> <li>• What could I do if something</li> </ul>	<p><u>Personal Safety</u></p> <p>How do I recognise my own feelings and communicate them to others?</p> <ul style="list-style-type: none"> <li>• Which school/classroom rules are about helping people to feel safe?</li> <li>• Can I recognise when my Early Warning Signs are telling me I don't feel safe?</li> <li>• What qualities do trusted adults and trusted friends have?</li> <li>• Who is on my personal network and how can I ask them for help?</li> <li>• What could I do if I feel worried about a friendship or family relationship?</li> <li>• What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted?</li> </ul>	<p><u>Personal Safety</u></p> <p>How do I recognise my own feelings and consider how my actions may affect the feelings of others?</p> <ul style="list-style-type: none"> <li>• Can I use my Early Warning Signs to judge how safe I am feeling?</li> <li>• How do I judge who is a trusted adult or trusted friend?</li> <li>• How can I seek help or advice from someone on my personal network and when should I review my network?</li> <li>• How could I report concerns of abuse or neglect?</li> <li>• Can I identify appropriate &amp; inappropriate or unsafe physical contact?</li> <li>• How do I judge when it is not right to keep a secret and what action could I take?</li> </ul>

		<p>worries or upsets me when I am online?</p> <p><u>Managing Risk</u> <u>Safety Contexts</u> What are risky situations and how do they make me feel?</p> <ul style="list-style-type: none"> <li>• What is my name, address and phone number and when might I need to give them?</li> <li>• What is an emergency and who can help?</li> <li>• What makes a place or activity safe for me?</li> <li>• What are the benefits and risks for me when walking near the road, and how can I stay safer?</li> <li>• What are the benefits and risks for me in the sun and how can I stay safer?</li> <li>• What do I enjoy when I'm near water and how can I stay safer?</li> <li>• What are the risks for me if I am lost and how can I get help?</li> <li>• How can I help to stop simple accidents from happening and how can I help if there is an accident?</li> </ul>	<ul style="list-style-type: none"> <li>• How can I decide if a secret is safe or unsafe?</li> <li>• How can I keep safe online?</li> </ul> <p><u>Managing Risk</u> <u>Safety Contexts</u> How do I feel in risky situations and how might my body react?</p> <ul style="list-style-type: none"> <li>• Can I make decisions in risky situations and might my friends affect these decisions?</li> <li>• When might I meet adults I don't know &amp; how can I respond safely?</li> <li>• What actions could I take in an emergency or accident and how can I call the emergency services?</li> <li>• What are the benefits of using the roads and being near water and how can I reduce the risks?</li> <li>• How is fire risky and how can I reduce the risks?</li> <li>• How do I keep myself safe during activities and visits?</li> <li>• How can I stop accidents happening at home and when I'm out?</li> </ul>	<ul style="list-style-type: none"> <li>• How can I recognise risks online and report concerns?</li> <li>• What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?</li> </ul> <p><u>Managing Risk</u> <u>Safety Contexts</u> When might it be good for my mental health for me to take a risk?</p> <ul style="list-style-type: none"> <li>• What are the possible benefits and consequences of taking physical, emotional and social risks?</li> <li>• When am I responsible for my own safety as I get older and how can I keep others safer?</li> <li>• How can I safely get the attention of a known or unknown adult in an emergency?</li> <li>• Can I carry out basic first aid in common situations, including head injuries?</li> <li>• What are the benefits of cycling and walking on my own and how can I stay safer?</li> <li>• How can being outside support my wellbeing &amp; how do I keep myself safe in the sun?</li> <li>• What are the benefits of using public transport and how can I stay safe near railways?</li> <li>• How can I prevent accidents at school and at home, now that I can take more responsibility?</li> </ul>
<p><b>Managing Change</b></p>		<p><u>Managing Change</u> How are my achievements, skills and responsibilities changing and what else might change?</p> <ul style="list-style-type: none"> <li>• How might people feel during times of loss and change?</li> </ul>	<p><u>Managing Change</u> What changes have I and my peers already experienced and what might happen in the future?</p> <ul style="list-style-type: none"> <li>• What helps me when I'm</li> </ul>	<p><u>Managing Change</u> What positive and negative changes might people experience?</p> <ul style="list-style-type: none"> <li>• How do people's emotions evolve over time as they</li> </ul>

		<ul style="list-style-type: none"> <li>• How do friendships change?</li> <li>• What helps me to feel calmer when I am experiencing strong emotions linked to loss and change?</li> <li>• How might people feel when they lose a special possession?</li> <li>• When can I make choices about changes?</li> </ul>	<p>experiencing strong emotions due to loss or change?</p> <ul style="list-style-type: none"> <li>• What strategies help me to thrive when my friendships change?</li> <li>• How might I behave when I feel strong emotions linked to loss and change?</li> <li>• How might people feel when loved ones or pets die, or they are separated from them for other reasons?</li> <li>• What changes might people welcome and how can they plan for these?</li> </ul>	<p>experience loss and change?</p> <ul style="list-style-type: none"> <li>• How can I manage the changing influences and pressures on my friendships and relationships?</li> <li>• What different strategies do people use to manage feelings linked to loss and change and how can I help?</li> <li>• How might people whose families change feel?</li> <li>• When might change lead to positive outcomes for people?</li> <li>• What positive and negative changes have I experienced and how have these experiences affected me?</li> <li>• What strategies will help me to thrive when I move to my next school?</li> </ul>
Financial Capability		<p><u>Financial Capability</u> Where does money come from and where does it go when we 'use' it?</p> <ul style="list-style-type: none"> <li>• How might I get money and what can I do with it?</li> <li>• How do we pay for things?</li> <li>• What does it mean to have more or less money than you need?</li> <li>• How do I feel about money?</li> <li>• How do my choices affect me, my family, others?</li> <li>• What is a charity?</li> </ul>	<p><u>Financial Capability</u> What different ways are there to earn and spend money?</p> <ul style="list-style-type: none"> <li>• What do saving, spending and budgeting mean to me?</li> <li>• How can I decide what to spend my money on and choose the best way to pay?</li> <li>• What might my family have to spend money on? • What is 'value for money'?</li> <li>• How do my feelings about money change?</li> <li>• How do my choices affect my family, the community, the world and me?</li> </ul>	<p><u>Financial Capability</u> What different ways are there to gain money?</p> <ul style="list-style-type: none"> <li>• What sort of things do adults need to pay for?</li> <li>• How can I afford the things I want or need?</li> <li>• How can I make sure I get 'value for money'?</li> <li>• Why don't people get all the money they earn?</li> <li>• How is money used to benefit the community or the wider world?</li> <li>• What is poverty?</li> </ul>
Drug Education	<ul style="list-style-type: none"> <li>• What goes on to and into my body and who puts it there?</li> <li>• Why do people use medicines?</li> <li>• What are the safety rules relating to medicines and who helps me with these?</li> </ul>	<p><u>Drug Education</u> Which substances might enter our bodies, how do they get there and what do they do?</p> <ul style="list-style-type: none"> <li>• What are medicines and why and when do some people use them?</li> </ul>	<p><u>Drug Education</u> What medical &amp; legal drugs do I know about, and what are their effects?</p> <ul style="list-style-type: none"> <li>• Who uses and misuses legal drugs?</li> <li>• Why do some people need</li> </ul>	<p><u>Drug Education</u> What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them?</p> <ul style="list-style-type: none"> <li>• How does drug use affect the way a body or brain works?</li> </ul>



		<ul style="list-style-type: none"> <li>• When and why do people have an injection from a doctor or a nurse?</li> <li>• Who is in charge of what medicine I take?</li> <li>• What different things can help me feel better if I feel poorly?</li> <li>• How can I keep safe with medicines and substances at home and at school?</li> <li>• What is persuasion and how does it feel to be persuaded?</li> </ul>	<p>medicine and who prescribes it?</p> <ul style="list-style-type: none"> <li>• What are immunisations and have I had any?</li> <li>• What are the safety rules for storing medicine and other risky substances?</li> <li>• What should I do if I find something risky, like a syringe?</li> <li>• What do I understand about how friends and the media persuade and influence me?</li> </ul>	<ul style="list-style-type: none"> <li>• How do medicines help people with different illnesses?</li> <li>• What immunisations have I had or may I have in future and how do they keep me healthy?</li> <li>• What is drug misuse?</li> <li>• What are some of the laws about drugs?</li> <li>• When and how should I check information about drugs?</li> </ul>
RSE	<p><u>My Body and Growing Up</u> What does my body look like?</p> <ul style="list-style-type: none"> <li>• How has my body changed as it has grown?</li> <li>• What can my body do?</li> <li>• What differences and similarities are there between our bodies?</li> <li>• How can I look after my body and keep it clean?</li> <li>• How am I learning to take care of myself and what do I still need help with?</li> <li>• Who are the members of my family and trusted people who look after me?</li> <li>• How do I feel about growing up?</li> </ul>	<p><u>Year 1 Relationships and Sex Education</u> What are the names of the main parts of the body?</p> <ul style="list-style-type: none"> <li>• What can my amazing body do?</li> <li>• When am I in charge of my actions and my body?</li> <li>• How can I keep my body clean?</li> <li>• How can I avoid spreading common illnesses and diseases?</li> </ul> <p><u>Year 2 Relationships and Sex Education</u> How do babies change and grow? (Statutory NC Science Y2)</p> <ul style="list-style-type: none"> <li>• How have I changed since I was a baby? (Statutory NC Science Y2)</li> <li>• What's growing in that bump? (Sex Education/NC Science)</li> <li>• What do babies and children need from their families?</li> <li>• Which stable, caring relationships are at the heart of families I know?</li> <li>• What are my responsibilities now I'm growing up?</li> </ul>	<p><u>Year 3 Relationships and Sex Education</u> How are male and female bodies different and what are the different parts called?</p> <ul style="list-style-type: none"> <li>• When do we talk about our bodies, how they change, and who do we talk to?</li> <li>• What can my body do and how is it special?</li> <li>• Why is it important to keep myself clean?</li> <li>• What can I do for myself to stay clean and how will this change in the future?</li> <li>• How do different illnesses and diseases spread and what can I do to prevent this?</li> </ul> <p><u>Year 4 Relationships and Sex Education</u> What are the main stages of the human life cycle? Science</p> <ul style="list-style-type: none"> <li>• How did I begin? Sex Education</li> <li>• What does it mean to be 'grown up'?</li> <li>• What am I responsible for now and how will this change?</li> <li>• How do different caring,</li> </ul>	<p><u>Year 5 Relationships and Sex Education</u> What are male and female sexual parts called and what are their functions?</p> <ul style="list-style-type: none"> <li>• How can I talk about bodies confidently and appropriately?</li> <li>• What happens to different bodies at puberty?</li> <li>• What might influence my view of my body?</li> <li>• How can I keep my growing and changing body clean?</li> <li>• How can I reduce the spread of viruses and bacteria?</li> </ul> <p><u>Year 6 Relationships and Sex Education</u> What are different ways babies are conceived and born? (Sex Education)</p> <ul style="list-style-type: none"> <li>• What effect might puberty have on people's feelings and emotions?</li> <li>• How can my words or actions affect how others feel, and what are my responsibilities?</li> <li>• What should adults think about before they have children?</li> </ul>

			stable, adult relationships create a secure environment for children to grow up?	<ul style="list-style-type: none"><li>• Why might people get married or become civil partners?</li><li>• What are different families like?</li></ul>
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