

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Year 2	Roles of different people; families; feeling cared for Making friends; feeling lonely and getting help	Recognising privacy; staying safe; seeking permission Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	How behaviour affects others; being polite and respectful Recognising things in common and differences; playing and working cooperatively; sharing opinions	What rules are; caring for others' needs; looking after the environment Belonging to a group; roles and responsibilities; being the same and different in the community	Using the internet and digital devices; communicating online The internet in everyday life; online content and information	Strengths and interests; jobs in the community What money is; needs and wants; looking after money	Keeping healthy; food and exercise, hygiene routines; sun safety Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Recognising what makes them unique and special; feelings; managing when things go wrong Growing older; moving class or year	How rules and age restrictions help us; keeping safe online Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal hygiene	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid
Year 6	Building relationships	Recognising and managing pressure;	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

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	Autumn Health & wellbeing	Autumn Living in the wider world		Spring Relationships	Spring Health & wellbeing		Summer Relationships	Summer Living in the wider world	
Year 7	<i>Transition and safety</i> Transition to secondary school and personal safety in and outside school, including first aid	<i>Developing skills and aspirations</i> Careers, teamwork and enterprise skills, and raising aspirations		Diversity, prejudice, and bullying	<i>Health and puberty</i> Healthy routines, influences on health,		<i>Building relationships</i> Self-worth, romance and friendships (including online) and relationship boundaries	<i>Financial decision making</i> Saving, borrowing, budgeting and making financial choices	
Year 8	<i>Drugs and alcohol</i> Alcohol and drug misuse and pressures relating to drug use	<i>Community and careers</i> Equality of opportunity in careers and life choices, and different types and patterns of work		Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination	<i>Emotional wellbeing</i> Mental health and emotional wellbeing, including body image and coping strategies		Identity and relationships 'sexting', and an introduction to contraception	<i>Digital literacy</i> Online safety, media reliability, and gambling hooks	