

Health and Wellbeing	Relationships	Living in the Wider World
<p>Healthy Lifestyles (physical wellbeing)</p> <ul style="list-style-type: none"> • Keeping healthy – eating, exercise, hygiene medicine, sleep, doctors, dentists, sun protection. <p>Mental health</p> <ul style="list-style-type: none"> • Feelings, managing big feelings, recognise when help is needed, loss and change. <p>Ourselves, growing and changing</p> <ul style="list-style-type: none"> • Recognise what makes them special, likes and dislikes, managing difficulties, naming parts of the body including external genitalia, growing and changing, new class/year group. • Identity (ethnicity, faith, gender, hobbies). Some people’s gender doesn’t correspond with their biological sex, reproductive organs and puberty and hygiene, reproduction and birth (human life cycle), how babies are born and born, how and where to get more information. <p>Keeping safe</p> <ul style="list-style-type: none"> • Risk, fire safety, harmful medicine, road safety, online safety, people who keep us safe, emergency 999. • First aid for common injuries, FGM is illegal - what to do? <p>Drugs, alcohol and tobacco</p> <ul style="list-style-type: none"> • Things people can put into their body and how they can affect people. • Risks of legal drugs (cigarettes ad alcohol (habit). Drugs and the law and getting help. 	<p>Families and close positive relationships</p> <ul style="list-style-type: none"> • Roles different people play. Different types of families including those that may be different to ours. Who to speak to if they are worried. Private parts, online safety, physical contact, asking permission, keeping only happy secrets, resisting pressure, asking for help. • Recognise different types of relationships, that people can be attracted to someone and that this may be someone of the same sex or different sex to them. Marriage and civil partnership, forced marriage is a crime, people who are commuted to each other may chose to marry, live together or live apart, recognise different types of family structure. Seeking advice or help if they are unhappy. <p>Friendships</p> <ul style="list-style-type: none"> • Making friends, recognising loneliness, strategies to resolve arguments, asking for help. • Positive friendships (online friendships), seeking support if lonely, peer influence, strategies for including people, resolving disputes. <p>Hurtful behaviour and bullying</p> <ul style="list-style-type: none"> • Words and actions can hurt feelings ad bodies, how people may feel if they experience bullying or hurtful behaviour. Hurtful behaviour online or face to face is not acceptable, reporting to trusted adults. • Impact of bullying and strategies to respond if witnessing or experiencing it. Discrimination and what it means. Privacy and boundaries, acceptable and unacceptable contact and how to deal with it. When a secret should be shared, where to get advice. <p>Respecting self and others</p> <ul style="list-style-type: none"> • Kind and unkind behaviour and its consequences, being respectful, polite and courteous, recognising differences, listening and playing cooperatively, sharing opinions. • Recognise and model respectful behaviour and understand the importance of self-respect. 	<p>Shared responsibilities</p> <ul style="list-style-type: none"> • Rules, responsibility and the environment. • Rules and laws and consequences. Human rights, rights and responsibilities and compassion. <p>Communities</p> <ul style="list-style-type: none"> • Roles and responsibilities, differences and belonging. • What living in a community means, valuing contributions of different communities, diversity, stereotypes and prejudice. <p>Media literacy and digital resilience</p> <ul style="list-style-type: none"> • Online safety and online information. • Social media, texting, commercial media. <p>Economic wellbeing: Money</p> <ul style="list-style-type: none"> • What money is and where it comes from. Saving and spending. Needs and wants and looking after money. • Paying for things, attitudes towards saving money, spending decisions, risks associated (winning, losing, stealing). Impact on emotions. <p>Economic wellbeing: Aspirations, work and career</p> <ul style="list-style-type: none"> • Jobs help people to earn and pay for things. • Recognise their achievements and set goals. Jobs and careers, stereotypes, money and skills influence careers. College, apprenticeships, university.