

Me



EYFS	Autumn	Spring	Summer
	Relationships	Health	Safety
Wk 1	My family	Range of emotions	Online safety (passwords)
Wk 2	How my family look after me	Recognising emotions in self and others	Rationing time spent online
Wk 3	How my family show love and care	Appropriate responses to emotions	Responding to harmful content online
Wk 4	Marriage	Importance of sleep	Stranger danger
Wk 5	How to choose and make friends	Personal hygiene (how germs spread)	What privacy is (and who is included)
Wk 6	Characteristics of friendship (good and bad)	Oral health	Who my safe people are
Wk 7	The ups and downs of friendships	Healthy diet	Each person's body belongs to them
Wk 8	Managing conflict in friendship	Active lifestyles	It's not always right to keep secrets
Wk 9	What bullying is	Allergies	Safe and unsafe exposure to the sun
Wk 10	Responding to bulling	Recognising when someone is ill	Road safety
Wk 11	How to show respect to others	How and when to call emergency services	Road safety
Wk 12	Courtesy and manners	Basic first aid	Transition
Wk 13	Table manners		Transition
Wk 14	Appropriate and inappropriate contact		

Me



Year 1	Autumn	Spring	Summer
	Relationships	Health	Safety
Wk 1	Different families, same love	Recognising emotions in self and others	Online safety (passwords)
Wk 2	How families support you through life	Behaviour as a result of emotions	Rationing time spent online
Wk 3	What marriage means	Importance of sleep	Responding to harmful content online
Wk 4	How to be a good friend	Personal hygiene (how germs spread)	Stranger danger
Wk 5	Positive and negative friendships	Immunisations	What privacy is (and who is included)
Wk 6	The ups and downs of friendships	Oral health	Appropriate physical contact
Wk 7	Judging if a friendship is healthy	The impact of littering	It's not always right to keep secrets
Wk 8	Managing conflict in friendship	Recycling	What to do if I get lost
Wk 9	Accepting difference in others	Healthy diet	Safe and unsafe exposure to the sun
Wk 10	Showing and expecting respect	Active lifestyles	Road safety
Wk 11	What bullying is	How and when to call emergency services	Road safety
Wk 12	Responding to bullying	Basic first aid	Transition
Wk 13	Courtesy and manners		Transition
Wk 14	Table manners		

Me



Year 2	Autumn	Spring	Summer
	Relationships	Health	Safety
Wk 1	Different families	Responding to emotions	Online safety (personal information)
Wk 2	How my family care for one another	Planning healthy meals	The risks of talking to others online
Wk 3	What to do if my family is unhappy/unsafe	The importance of regular exercise	The risks of excessive time on devices
Wk 4	The meaning of marriage	Making an active lifestyle plan	The concept of privacy
Wk 5	Knowing who is a good friend and who isn't	The importance of sleep	Each person's body belongs to them
Wk 6	Boundaries in friendship	Self-care techniques	The implications of secret keeping
Wk 7	Managing conflict in friendship	The importance of hobbies/community	Recognise and report unsafe adults
Wk 8	Respecting our differences	Personal hygiene	Recognise and report feeling unsafe
Wk 9	Showing and expecting respect	The spread of viruses/bacteria	Reporting concerns (until heard)
Wk 10	How bullying makes someone feel	The treatment of viruses/bacteria	Safe and unsafe exposure to the sun
Wk 11	Types of bullying and how to report it	How and when to call emergency services	Road safety
Wk 12	Courtesy and manners	Basic first aid	Transition
Wk 13	Appropriate and inappropriate contact		Transition
Wk 14	Reporting feeling unsafe/uncomfortable		

Me



Year 3	Autumn	Spring	Summer
	Relationships	Health	Safety
Wk 1	Characteristics of a healthy family life	Appropriate responses to emotions	Online safety (personal information)
Wk 2	Supporting family in difficult times	Self-care techniques	Online risks and reporting content
Wk 3	Respecting different families	Where to find wellbeing support	Risks of talking to others online
Wk 4	Respecting other's differences	The benefits of a healthy sleep schedule	Appropriate physical contact
Wk 5	Being a respectable friend	Risks of unhealthy eating	Privacy and secrets
Wk 6	Boundaries in friendship	Risks of an inactive lifestyle	Responding to unknown adults
Wk 7	Accepting that not all friendships are good	The importance of sleep	Recognise and report unsafe adults
Wk 8	How to show respect to others	Dental health	Recognise and report feeling unsafe
Wk 9	Showing respect to authority	Personal hygiene	Being safe when out without an adult
Wk 10	What self-respect is	The spread and treatment of viruses/bacteria	Trainline safety
Wk 11	Types of bullying (including cyber)	How and when to call emergency services	Water/beach safety
Wk 12	Being a bystander	Basic first aid	Transition
Wk 13	Reporting bullying		Transition
Wk 14	What a stereotype is		

Me



Year 4	Autumn	Spring	Summer
	Relationships	Health	Safety
Wk 1	Characteristics of a healthy family	Managing emotions	Keeping safe online
Wk 2	Showing respect in different contexts	The benefits of a healthy sleep schedule	Risks of excessive gaming
Wk 3	The expectation of being respected by others	Dental health	Safe searching online (reliability)
Wk 4	Respecting others (physically, character)	Recognise signs of illness	Who my safe adults are
Wk 5	Developing self-respect	The risks of an unhealthy diet	Appropriate physical contact
Wk 6	Types of bullying (including cyber)	The risks of an inactive lifestyle	Responding to unfamiliar adults
Wk 7	The impact of bullying	Self-care techniques	Recognise feeling unsafe/bad about any adult
Wk 8	What a stereotype is	Recognising poor wellbeing in self and others	Report feelings of feeling unsafe about adults
Wk 9	Risks associated with strangers online	Where to find wellbeing support	Asking for help for self and others
Wk 10	Recognising harmful content online	Basic first aid	Where to get advice when unsafe
Wk 11	Being respectable online	Puberty and changing minds and bodies	Being safe when out without and adult
Wk 12	Consider friendships online	Menstruation	Transition
Wk 13	How to ask for advice or help		Transition
Wk 14	Where to get advice (family, school etc)		

Me



Year 5	Autumn	Spring	Summer
	Relationships	Health	Safety
Wk 1	Characteristics of a healthy family	Managing emotions	Age restrictions of games and social media
Wk 2	Seeking help if families are unsafe	Self-care techniques	Online trolling, bullying and harassment
Wk 3	Respecting others (personality, background)	Maintaining a healthy sleep schedule	How to be a discerning consumer
Wk 4	Improving respectful relationships	Recognise signs of illness	Consider reliability of online information
Wk 5	Improving self-respect	Science of allergies	Privacy and secrets
Wk 6	Bullying and reporting a bully	Legal and illegal substances	Recognise feeling unsafe/bad about any adult
Wk 7	The impact of being a bystander	The risks of an unhealthy lifestyle	Report feelings of feeling unsafe about adults
Wk 8	What stereotypes are	Creating a healthy lifestyle plan	The vocabulary to report concerns of abuse
Wk 9	Stereotypes being unfair/negative	Basic first aid	Where to get advice when feeling unsafe
Wk 10	Respecting others online	Basic first aid	Trainline safety
Wk 11	Considering friendships online	Puberty and changing minds and bodies	Water/beach safety
Wk 12	Boundaries of online friendships	Menstruation	Transition
Wk 13	Responding to adults met online		Transition
Wk 14	People can behave differently online		

Me



Year 6	Autumn	Spring	Summer
	Relationships	Health	Safety
Wk 1	Respecting others (choices, beliefs)	Mental health	Rationing time spent online
Wk 2	Supporting respectful relationships	MH; when and where to seek support	Impact of negative online content on MH
Wk 3	Self-respect and it's link to happiness	Maintaining a healthy sleep schedule	Online trolling, bullying and harassment
Wk 4	The impact of cyber bullying	Science of immunisation and vaccination	How to be a discerning consumer online
Wk 5	Seeking help for cyber bullying	Legal and illegal substances	The consequences of peer pressure
Wk 6	What stereotypes are	The risks of an unhealthy lifestyle	Appropriate/inappropriate physical contact
Wk 7	Stereotypes being destructive	Basic first aid	Responding to adults you do not know
Wk 8	Stereotypes and their consequences	Basic first aid	Asking for help/advice for self and other
Wk 9	The importance of permission seeking	Puberty and changing minds and bodies	^ Keep trying until heard
Wk 10	Risks with online friends you've never met	Menstrual wellbeing	The vocabulary to report concerns of abuse
Wk 11	How information is shared and used online	Conception	Where to get advice when feeling unsafe
Wk 12	Boundaries in online friendship	Birth	Transition
Wk 13	People online may not be who they appear		Transition
Wk 14	Report concerns of abuse		