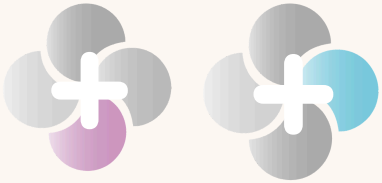
PSHE Association (2026) Coverage

This table shows how the PSHE Association Programme of Study (2026) is delivered through myHappymind Plus modules. It outlines the progression of learning from Key Stage 1 to Key Stage 2 across Relationships, Sex and Health Education and Economic Wellbeing.

Section 1: Relationships, Sex and Health Education (RSHE / Health Education)			
	KS1 – What is taught	**KS2 – What is taught**	**myHappymind Plus Module**
Families	Learn what a family is and who is in their family. Understand that families can be different (e.g. single parents, adoptive families) and that families care for each other. Know who to talk to if something feels upsetting.	Understand different family structures (including blended, foster, adoptive and LGBT+ families). Learn about roles, responsibilities and committed relationships (e.g. marriage, civil partnerships), and how families support and protect children.	myHappyRelationships
Friendships	Learn what makes a good friend. Understand that friends can fall out and how to resolve simple disagreements. Know how to ask for help.	Learn how to build healthy friendships (trust, respect, loyalty), manage conflict, deal with peer pressure, and recognise unhealthy or controlling friendships. Learn how friendships can change over time and how to ask for help if a friendship makes them feel unsafe or unhappy.	myHappyRelationships
Respecting self and others	Learn that everyone is unique, to respect differences and show kindness. Understand that words and actions can hurt others and know to tell an adult if worried.	Learn about identity (culture, beliefs, ethnicity), diversity and equality. Understand stereotypes, prejudice and discrimination and how to challenge them. Develop respectful communication and conflict resolution skills.	myHappyRelationships

	KS1 – What is taught	KS2 – What is taught	myHappymind Plus Module
Safe relationships: consent, boundaries and trust	Learn that their body belongs to them. Use correct names for body parts (e.g. penis, vulva). Understand private parts, safe/unsafe touch, and trusted adults.	Learn about consent, boundaries and appropriate contact. Recognise pressure, coercion and unsafe relationships. Understand safeguarding issues, that Female Genital Mutilation is against British Law and how to report concerns if they are concerned about their own safety or the safety of others.	myHappyRelationships/ myHappybody 
Mental health and wellbeing	Recognise and name basic feelings and understand that feelings affect behaviour. Learn simple strategies to manage emotions and who can help.	Understand a wide range of emotions and how they change. Learn everyday strategies to manage stress, worry and change, build resilience, and recognise when support is needed.	myHappyBody 
Keeping healthy and well	Learn basic hygiene, sleep routines and sun safety. Know who helps keep them healthy and who to talk to if they are worried about their health.	Understand how to maintain health through hygiene, sleep, dental care and preventing illness (including bacteria, viruses and vaccination). Know the role of medical professionals and how to access help when needed.	myHappyBody 
Physical activity and nutrition	Learn that being active and eating a range of foods helps keep us healthy.	Understand balanced diets, the impact and risks of high-sugar and ultra-processed foods, and the importance of regular exercise. Learn how to prepare healthy meals and be supported to make healthy choices.	myHappyBody 

	KS1 – What is taught	KS2 – What is taught	myHappymind Plus Module
Changing and growing up	Learn that people grow and change as they get older.	Learn about puberty (periods, wet dreams, body changes), reproduction and identity. Learn that people can develop crushes and be attracted to others romantically. That people may be attracted to someone of the same sex or different sex to them.	myHappyBody 
Personal safety and first aid	Learn simple safety rules (road, water, home), how to get help and how to call 999 in an emergency.	Learn to assess risk, stay safe in different situations, and respond to emergencies. Learn basic first aid for common injuries and how to make a clear and efficient call to the emergency services.	myHappyBody 
Online life and safety	Learn how people use the internet and that not everything online is true. Learn to be kind online. Learn how age restrictions protect wellbeing online and follow basic online rules. Learn how to speak to a trusted adult.	Learn how online content is created, targeted and sometimes false, sometimes involving AI. Understand misinformation and how to think critically about what they see online. Learn about online harms (cyberbullying, scams, harmful content) and how to report concerns.	myHappyWorld 
Drug education	Learn that medicines can help but some substances can be harmful. Understand basic safety around substances.	Learn about drugs (including alcohol, tobacco and vaping), their effects, risks and laws. Understand influences on behaviour and where to get help.	myHappyBody 

Section 2 - Economic Wellbeing and Careers Education			
	KS1 – What is taught	**KS2 – What is taught**	**myHappymind Plus Module**
Economic wellbeing	Learn what money is, where it comes from and how it is used. Begin to understand saving, spending and needs vs wants.	Learn how to budget, save and track money. Understand how money affects emotions, decisions, other people and the environment, and how to keep money safe.	myHappyWorld
Careers education: aspirations, learning and work	Learn about different jobs and begin to recognise their own strengths and interests.	Learn to recognise their achievements, strengths and how to set targets to achieve their goals. Identify how these skills might help in their future career. Learn about a wide range of careers and pathways. Develop skills, set goals, and challenge stereotypes about jobs.	myHappyWorld