

UKS2	<p>Marriage and same-sex relationships Friendship and trust Manners outside of home/school What are stereotypes What is self-respect Bullying in school</p>
LKS2	<p>Families are different Making amends Manners in and out of school Self-care Bullying in school</p>
KS1	<p>Who is my family Who are my friends? What makes a good friend Manners in school Personal space What is bullying</p>
SRE 1	<p style="text-align: center;">Healthy relationships</p>

UKS2	<p>Rationing time spent online, risks of excessive time on electronic devices, impact on well-being</p> <p>Internet can be a negative place (trolling, harassment, bullying) and impact on mental health</p> <p>Why social media and games are age-restricted</p>
LKS2	<p>Rationing time spent online, risks of excessive time on electronic devices</p> <p>Online friends - risks</p> <p>Respect for others online - even the ones you don't know</p> <p>How to report concerns online</p> <p>Why social media and games are age-restricted</p> <p>How to respond safely to adults they may encounter - online and in person</p>
KS1	<p>Rationing time spent online</p> <p>Why social media and games are age-restricted</p> <p>Pretending to be someone else</p> <p>Keeping safe online</p> <p>How information is shared online</p> <p>SMART rules</p>
SRE 2	<p style="text-align: center;">Healthy behaviours online</p>

UKS2	<p>Mental health illnesses</p> <p>Self-care techniques - hobbies</p> <p>Isolation and loneliness - seek support</p> <p>Report concerns or abuse - vocab and confidence to do so</p>
LKS2	<p>Boundaries with friends and peers</p> <p>Where and how to seek support, whom in school to speak to if worried about someone else.</p> <p>Behaviour - appropriate and proportionate - in and out of school</p> <p>Each person's body belongs to them - safe and inappropriate contact</p> <p>Recognise and report feelings of being unsafe</p> <p>Ask for advice keep trying until heard</p> <p>Talk about emotions</p>
KS1	<p>There's a normal range of emotions that we experience - all normal</p> <p>Behaviour - what does it mean to be sensible</p> <p>Benefits of physical exercise</p> <p>Self-care techniques - strategies</p> <p>Where and how to seek support if you're feeling upset/unsafe</p>
SRE 3	<h2 style="text-align: center;">Healthy minds</h2>

UKS2	<p>Benefits of an active lifestyle (mental and physical) Facts about legal and illegal harmful substances and associated risks Loving ourselves - Body image What is a healthy diet Concepts of first aid, common injuries and head injuries</p>
LKS2	<p>Importance of exercise Risks associated with poor diet and no exercise Allergies, immunisation and vaccination How to make a call to emergency services if necessary</p>
KS1	<p>Healthy eating Preparing healthy meals Feeling poorly Unsafe exposure to the sun Importance of quality sleep Dental health Personal hygiene</p>
SRE 4	<h2 style="text-align: center;">Healthy bodies</h2>

6	Loving relationships and attraction
5	Reproduction
4	Body changes - puberty Personal hygiene
3	Body changes - puberty Personal hygiene
2	Labelling male and female parts
1	Vocabulary - male and female
SRE 5	Sexual education Year 6