

PSHE strands.

	Friendships	Keeping safe	Body changes/differences
Nursery	Play with 1 or more other children and elaborating play ideas.	Increasingly follow rules, understanding why they are important.	I know about how boys and girls can be different or the same.  Continue developing positive attitudes about the differences between people.
Reception	Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others' needs. I know how to help a friend if they are sad or worried.	I know the PANTS rule.  Explain the reason for rules, know right from wrong and try to behave accordingly.	I know the scientific names for my body parts. (SCARF)
Y1	I know how to listen to others and wait my turn to speak.  I know how to share and take turns with others, showing fairness and patience.	I know that I should say 'no' to unwanted touch and ask for help from a trusted adult.	I know the body parts girls and boys have that are the same and which body parts are different.
Y2	I know what makes a good friend and also tell you how I try to be a good friend.	I know that I should say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe.	I know the human private parts.
Y3	I know why friends may fall out and how they can make up.	I know what I could do to make a situation less risky or not risky at all.	I know about the physical and emotional changes as I become a teenager.
Y4	I know how to recognise the qualities of a healthy relationship.	I know examples of people or things that might influence me to take risks and make decisions.	Girls: I know what happens to a woman's body when she has a period. Both: I know why young people can have mixed up feelings when they go through puberty.
Y5	I know the warning signs that a relationship could be unhealthy or unsafe.	I know what someone should do when faced with a risky situation.	I know what happens to a woman or a man's body during puberty and that this is linked to reproduction.

Y6	I know how to work through challenges I have with my friends with respect, assertiveness and understanding.	I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch.	I know how someone could cope with or get support during puberty.
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