

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
KS1	Feelings Getting help Classroom rules Special people Being a good friend Bullying and teasing Our school rules about bullying Feelings/self-regulation	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help Being kind and helping others People who help us Listening Skills	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep Safe and unsafe secrets Appropriate touch	Taking care of things: Myself My money My environment Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Healthy eating Hygiene and health Cooperation Looking after my body Exercise and sleep	Getting help Becoming independent My body parts Taking care of self and others Life cycles Dealing with loss Being supportive Growing and changing Privacy
LKS2	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and respecting diversity Being respectful and tolerant My community Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Decision-making skills Drugs and their risks Staying safe online Understanding the norms of drug use (cigarette and alcohol use) Influences	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy Having choices and making decisions about my health Taking care of my environment My skills and interests	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets Body changes during puberty Managing difficult feelings Relationships including marriage

<p>UKS2</p>	<p>Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs Safe/unsafe touches Positive relationships</p>	<p>Recognising and celebrating difference, including religions and cultural Influence and pressure of social media Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping</p>	<p>Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills Understanding emotional needs Drugs: norms and risks (including the law)</p>	<p>Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy</p>	<p>Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community Aspirations and goal setting Managing risk Looking after my mental health</p>	<p>Managing difficult feelings Managing change How my feelings help Keeping safe Getting help Coping with changes Keeping safe Body Image Sex education Self-esteem</p>
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