

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 For reference	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
Y1	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches sharing pictures	How behaviour affects others Taking care of things Basic first aid	Healthy eating Hygiene and health	Becoming independent Getting help Taking care of self Difference secrets and surprises
Y2	Bullying and teasing Our school rules about bullying Being a good friend	Being kind and helping others Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Asking for help Self-regulation Online safety	Making choices Looking after my body Hygiene and health Looking after my teeth	Dealing with loss Growing and changing Privacy
Y3	Rules and their purpose Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Staying safe online	Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills	Relationships incl online Keeping safe on line Safe and unsafe secrets
Y4	Healthy relationships Listening to feelings Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk incl online Medicine safety Influences Online safety and behaviour	Making a difference (different ways of helping others or the environment) Media influence and digital literacy	Having choices and making decisions about my health Taking care of my environment	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5	Feelings Friendship skills, including compromise Assertive skills Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Critical digital awareness Online bullying self esteem	Managing risk, including online safety Norms around use of legal drugs (tobacco, vape, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Media manipulation & AI Critical thinking	Growing independence and taking ownership Keeping myself healthy Media awareness and safety	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Digital footprint Drugs: norms and risks (including the law)	Understanding media bias, including social media Digital critical thinking Earning and saving money Understanding democracy	Managing risk Norms smoking/alcohol Looking after my mental health	Coping with changes Keeping safe including online AI deepfakes Body Image Sex education Self-esteem

