

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 & difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets & touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping my body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls & boys – similarities & difference
Y1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing & celebrating difference Developing respect & accepting others Bullying & getting help	How our feelings can keep us safe – inc. online safety Safe & unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene & health Cooperation	Yasmine and Tom: Introducing Yasmine and Tom Friendships and feelings Different families My brilliant body Keeping safe Sleeping well Keeping clean Safety in the sun Good manners
Y2	Bullying & teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind & helping others Celebrating difference People who help us Listening Skills	Safe & unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving & spending	Growth Mindset Looking after my body Hygiene & health Exercise & sleep	Yasmine and Tom: Keeping clean and taking care of myself Naming body parts - external and private Keeping safe (lesson revisited) Healthy eating Emotions and anger Keeping fit Safety - out and about
Y3	Cooperation Online rules & restrictions Online behaviours Friendship (respectful relationships) Coping with loss	Recognising & respecting diversity Being respectful & tolerant My community Bullying, inc. online	Managing risk Decision-making skills Drugs & their risks Staying safe online Digital literacy	Helping & being helped Looking after the environment Managing money Developing critical thinking	Keeping myself healthy & well Celebrating & developing my skills Developing empathy	Yasmine and Tom: Yasmine and Tom recap and ground rules for Year 3 Me, myself and I What makes a good friend? Families and getting on with our families

						My personal and private body parts and keeping safe People who can help us on and offline Being safe in the sun Hidden sugar Getting physical
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising & celebrating difference (inc. religions & cultural difference) Understanding & challenging stereotypes	Managing risk inc. online Understanding the norms of drug use (cigarette & alcohol use) Influences Online safety & behaviours	Making a difference (different ways of helping others or the environment) Media influence & digital literacy Decisions about spending money	Having choices & making decisions about my health Taking care of my environment My skills & interests	Yasmine and Tom: Gender stereotypes and aspirations My personal and private body parts and keeping safe (lesson revisited) Body care Is it risky? People who can help us on and offline (lesson revisited) Germs Getting enough sleep Oral hygiene Feeling good Keeping safe - online risks Wellbeing online
Y5	Feelings Friendship skills, inc. compromise Assertive skills Cooperation Recognising emotional needs	Recognising & celebrating difference, inc. religions & cultural Critical digital awareness Online Bullying & self esteem	Online safety Bullying inc. online Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	My health rights, respect & duties Making a difference Decisions about lending, borrowing & spending Media manipulation Artificial Intelligence	Growing independence & taking ownership Keeping myself healthy Media awareness & safety My community	Yasmine and Tom: Respectful relationships On and offline friendships Keeping safe - online images Friendships and secrets Friendships and pressure Keeping safe - safe and unsafe touch Consent Wellbeing online (lesson revisited) Misogyny Keeping safe - online risks (lesson revisited) Physical fitness Feeling good

						Getting help Isolation and loneliness Immunisation and vaccinations
Y6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising & celebrating difference Recognising & reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Digital footprint Drugs: norms & risks (inc. the law)	Understanding media bias Digital critical thinking Caring: communities & the environment Earning & saving money Understanding democracy	Aspirations Managing risk Looking after wellbeing Digital literacy & critical thinking skills	Yasmine and Tom: Changes at puberty Periods (menstruation) Wet dreams and masturbation Making babies - sexual intercourse Making babies - assisted fertility and multiple births Making babies - pregnancy and birth Identity and prejudice Equality and the law Dangers of smoking The effects of alcohol Legal and illegal drugs Coping with grief Marriage First aid