

	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
Y1	Feelings Getting help Classroom rules Special people Being a good friend MindMate: Friends and Family – I know when my friends are feeling happy Pol-Ed: What if my friends are making me feel sad? Online Safety: I know who I can talk to if I have conflict online	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help MindMate: Being the Same and Being Different - I know the people in my class are all different Pol-Ed: How can I speak up? Online Safety: I know how to deal with online bullying	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep MindMate: Strong Emotions – I know when someone is being unkind, including myself Pol-Ed: Why are safe hands important?	Taking care of things: Myself My money My environment MindMate: Solving Problems (and making it better) – I can work and play well in a small group	Growth Mindset Healthy eating Hygiene and health Cooperation MindMate: Feeling Good and Being Me – I can talk about how I am feeling	Getting help Becoming independent My body parts Taking care of self and others MindMate: Life Changes – I understand that talking about my feelings can help Pol-Ed: What is 999?
Y2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation MindMate: Friends and Family – I know that what I say and do can affect my friends Pol-Ed: How do I share family worries? Online Safety: I know what to do if something	Being kind and helping others Celebrating difference People who help us Listening Skills MindMate: Being the Same and Being Different - I understand my friend might have different feelings to me Pol-Ed: What do the police do? Online Safety: I know	Safe and unsafe secrets Appropriate touch Medicine safety MindMate: Strong Emotions – I can talk about what makes me feel sad Pol-Ed: Who are my trusted adults?	Cooperation Self-regulation Online safety Looking after money – saving and spending Pol-Ed: Why does age matter? MindMate: Solving Problems (and making it better) – I understand it is important to keep going when something is tricky	Growth Mindset Looking after my body Hygiene and health Exercise and sleep MindMate: Feeling Good and Being Me – I am good at ... and I am going to try and be better at ...	Life cycles Dealing with loss Being supportive Growing and changing Privacy MindMate: Life Changes – I can talk about feeling sad when I have lost something Pol-Ed: How can I keep safe in new places?

	online makes me feel sad, upset or worried.	what to do if something online makes me feel sad, upset or worried.				
Y3	<p>Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss</p> <p>MindMate: Friends and Family – I understand that when I am unkind it affects others</p> <p>Pol-Ed: What do we mean by consent in friendships?</p> <p>Pol-Ed: KS2 Bonfire Night Lesson</p> <p>Online Safety: I know that online we should follow rules and use appropriate behaviour</p>	<p>Recognising and respecting diversity Being respectful and tolerant My community</p> <p>MindMate: Being the Same and Being Different - I accept that my friends and I might have different opinions</p> <p>Online Safety: I know that I need to be respectful online</p>	<p>Managing risk Decision-making skills Drugs and their risks Staying safe online</p> <p>MindMate: Solving Problems (and making it better) – I can work with different people in my class</p> <p>Pol-Ed: What do we mean by risk?</p>	<p>Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money</p> <p>MindMate: Strong Emotions – I know it's ok to feel strong emotions sometimes</p> <p>Pol-Ed: What are emergency services?</p>	<p>Keeping myself healthy and well Celebrating and developing my skills Developing empathy</p> <p>MindMate: Feeling Good and Being Me – I am good at ... and I am going to try and be better at... by setting myself a simple target</p>	<p>Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets</p> <p>MindMate: Life Changes – I am learning to handle changes</p>
Y4	<p>Healthy relationships Listening to feelings Bullying Assertive skills</p> <p>MindMate: Friends and Family – I can describe a healthy relationship</p> <p>Pol-Ed: What do we mean by consent in friendships?</p> <p>Pol-Ed: KS2 Bonfire Night Lesson</p>	<p>Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes</p> <p>MindMate: Being the Same and Being Different - I know that discrimination can hurt people's feelings</p> <p>Online Safety: I know how to stay safe online, I know what to do is something</p>	<p>Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety</p> <p>MindMate: Solving Problems (and making it better) – I can cope in difficult situations</p> <p>Pol-Ed: What is the issue with addiction vaping/smoking)?</p>	<p>Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</p> <p>MindMate: Strong Emotions – I can stand up for myself without hurting others</p>	<p>Having choices and making decisions about my health Taking care of my environment My skills and interests</p> <p>MindMate: Feeling Good and Being Me – I can use a range of words to describe my feelings</p> <p>Pol-Ed: How can we use our phones sensibly?</p>	<p>Body changes during puberty Managing difficult feelings Relationships including marriage</p> <p>MindMate: Life Changes – I am learning to accept that I will feel a wide range of emotions depending on the situation</p>

	<p>Online Safety: I know how to stay safe online, I know what to do is something makes me feel sad, worried or upset online.</p>	<p>makes me feel sad, worried or upset online.</p>				
<p>Y5 and Y6</p>	<p>Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs</p> <p>MindMate: Friends and Family – I can describe an unhealthy relationship (Y5)</p> <p>MindMate: Friends and Family – I can talk about how I will maintain positive relationships (Y6)</p> <p>Pol-Ed: KS2 Bonfire Night Lesson</p> <p>Online Safety: I know how to deal with online bullying and how to report it (CEOP)</p>	<p>Recognising and celebrating difference, including religions and cultural Influence and pressure of social media</p> <p>MindMate: Being the Same and Being Different - I know what stereotyping is (Y5)</p> <p>Pol-Ed: What is discrimination?</p> <p>Online Safety: I know that friends online are different to friends in real life and I know how to keep myself safe online.</p> <p>Online Safety: I know what information should and should not be shared online. I know how to keep passwords safe. I know how to behave appropriately online.</p>	<p>Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills</p> <p>MindMate: Solving Problems (and making it better) – I can support my friends when things go wrong (Y5)</p> <p>Pol-Ed: What is the issue with addiction (vaping/smoking)?</p>	<p>Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending</p> <p>MindMate: Strong Emotions – I know what mental health is (Y5)</p>	<p>Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community</p> <p>MindMate: Feeling Good and Being Me – I can do ... (Y5)</p> <p>Pol-Ed: What is peer pressure?</p>	<p>Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p> <p>MindMate: Life Changes – I am seeing changes in a more positive light (Y5)</p>